



E: newsletter.bundyorgard@gmail.com Mail: PO Box 4158, Bundaberg South QLD 4670

E: secretary.bundyorgard@gmail.com Secretary: Karyn Ennor: 0447 360 882

Website: <https://www.bundaberg-organic-gardeners.com/> Club Mobile: 0493 789 243

NEWSLETTER SEPTEMBER 2023

Hello and welcome to our September Newsletter.

This month's meeting promises to be a fun learning experience in so many aspects – demonstration of wicking beds, plant propagation, herb information, food preparation and tasting!

With the approach of warmer weather, I decided to install digital timers for our watering system! It has been a real learning experience – connecting the timers to the established system, then deciding when to water, how long and how often! I guess there are a few variables with it. I was also able to extend the system to areas not previously included. After many trips to Bunnings for extra parts and advice, I'm pretty happy with the result and my plants seem to appreciate my efforts too!

Have a happy and healthy month!

Warm regards

Deltry

Could those on our supper roster (see last page) provide a list of the ingredients of your contribution due to various dietary concerns of our attendees!

Thank you!

Content

- Pg 2 Cathy and Dan's Organic Presentation
- Pg 3 New members & Save the Date
- Pg 4 GCA Award for Maureen Schmitt
- Pg 5 Herb of the Month – Mouse ears Hawkweed
- Pg 6 Christmas Raffle
- Pg 8 Member profile
- Pg 9 Moon planting, Sambung info

CLUB MEETING – Tuesday 26th September 2023

Always the last Tuesday of the Month.

Time: Doors open 6.00 pm for a 6.30 pm start

Venue: McNaught Hall (Uniting Church Hall)
Corner Barolin and Electra Street, Bundaberg

Attendance \$3-member, \$5 visitor, yummy supper avail.

Members please be reminded to wear your badges to the meeting.

Get your lucky door ticket (free with entry), bring along produce to show on the 'From My Garden' table and share in the free seedlings at the end of the meeting.

Member Round Robin Activity for September

This is going to be Member Sharing month!

Members and visitors in four groups, will hear and share information on garden tips and tricks, herbs and recipes from Peter, Lenzie, Chris and Deltry!



Field Trip: Saturday 14th October:

Lupton Park Community Garden 9:30am Cr Rex and Aberdeen Streets, Maryborough!

Bring morning tea to share and your lunch!

There is an option after lunch to visit an orchid & Brom garden at Naelle & John's home.

See page 7 for more information!

We will be car-pooling for this event, so sign up with our BOGI community for this enjoyable visit!

Lara's Report from our August Meeting 2023

Members of our club, Cathy and Dan Critchlow along with their children, Austin and Olive, shared their journey of living originally on 10 acres, growing their own food and salvaging materials from the tip, while Dan worked on a farm. They found that they couldn't grow all their own food and they were struggling to buy quality approved organic foods. They became distributors of 'Organic and Quality Foods' which is a company that handpicks and supplies organic food to meet the standards and needs of their customers.

September is 'organic month'. Cathy told us about the importance of buying certified products and not just those with 'organic' on the label. A product with 'organic' written on the label, does not have to have a great deal of organic ingredients. It could be as little as 2%, whereas certified organic produce means it has met a very high standard. From a certified organic product, we should have the guarantee that it is:

- Chemical free – grown without synthetic fertilisers, pesticides or herbicides.
- Free from artificial colours and preservatives
- From animals that have been treated better – they have light, space and comfort to move and express their natural behaviours
- Fed with a diet as natural as possible and free from genetically modified organisms.

The only way to know we are getting this is to check for the certified organic label. There are a few to look out for:

- NASAA
- OFC – Organic Food Chain
- Aus-Qual
- ACO – Australian Certified Organic

Cathy and Dan also shared with us information about sustainable farming based on bio-dynamic research. These are farms where the compost, feed and inputs used on the farm are all linked. The farm's needs are met by the farm. The harvesting, planting and tiling are based on the lunar cycle. The aim is to farm in a harmonious eco-system and to work with nature to produce nourishing food.

It is important to connect people with companies so they can learn where their food comes from and how they can buy organic produce. Kialla Pure Foods is one company which aims to connect their farming products to the consumer. You can scan their packets to see where your food was grown. If you would like to buy some organic items from 'Organic and Quality Foods' have a look at their website www.organicfoods.com.au They have a wide delivery area – from Childers, Gin Gin, Agnes Water, Bundaberg and to all the beaches. They deliver to your door except where the recipient lives out of town, and then they arrange a convenient pick-up place!

Dan and Cathy bought in a box of beautiful apples for everyone to try! So delicious! Many thanks to the Critchlow family for an informative evening!



President Marlene presenting Cathy, Dan and Austin with a Certificate of Appreciation!



Olive with a selection of their fresh hens' eggs! Note the 'monster' egg! I felt sorry for the hen! Ed.

Welcome to our New Members

We wish you all a happy gardening and a special time of learning and sharing with your fellow club members!



Jennifer Blake



Michael McMullen



Denise Mc Mullen



Josie Roberts



Geoffrey Dickie



Pauline & Neville Allen



Sarah Murray

Seedling Give-away: Our seedling give-away table is one of the highlights of our monthly meetings! Please clearly name any seedlings you bring in for the give-away table. This will make it easier for members and visitors to choose the plant they would like for their garden.

Save the Date

- Saturday 14th October – visit to Lupton Park Community Garden
- Saturday 25th November – Garden visit to Lisa Kain's place
- Sunday 10th December – BOGI Christmas party – Baldwin Swamp

REPORT ON SWAP MEET HELD ON 2ND SEPT. 2023 by Maureen

Last Saturday, 2nd September, the annual BOGI Swap Meet was held. Despite only 12 people attending, lots of interesting and useful items were passed on. Very popular were the kitchen items of a blender, beautiful coffee cups, books and even a portable b-b-cue. For the garden, items that went quickly were hoses, spades, pots and hose fittings. Lyn did a great job on the b-b-cue and Marlene's vegan salad was again just delicious. We were grateful for the use of the soccer club shelter-shed and toilet. Thanks to everyone who participated and made it a great social event.

Pole Saw on loan for BOGI members to help clear up your garden and yard!

Our President Marlene and her husband Malcolm have generously donated a Pole Saw for members to use. The Pole Saw and accessories are stored on Kay and Les' property, and all it takes is a phone call to arrange the time and date of collection. A complete set of instructions has also been provided by Marlene and Malcolm. – Kay & Les de Gunst. 0477014096 Of course, at this time of the year, the pole saw can be used to clear unwanted branch/tree clutter but please don't touch those fruiting trees!



The Garden Clubs of Australia Annual Major Awards

Our motto is: "Friendship Through Gardens"

Our aim is to provide service to you!!

The Garden Clubs of Australia Inc. is a non-profit organisation formed by Mrs Margaret Davis OBE in 1950. The organisation provides a range of services to its members (affiliated clubs) and currently has a membership of more than 780 affiliated clubs representing over 52,000 individuals.

The prestigious Annual Awards are an opportunity to recognise a club member/s, a young gardener or club who has achieved excellence in the gardening world.

Our club nominated Maureen Schmitt in CATEGORY 6: THE GWENDY HANSFORD AWARD

The criteria for this award is as follows:

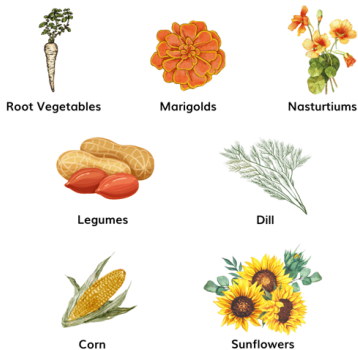
For: Outstanding service by an individual or affiliated club to the Environment, the Nominee should have:

- Shown an active, inspiring and committed role in protecting the environment i.e., residential or public area.
- Demonstrated their ability to communicate and educate the public in the understanding of environmental issues.
- Been involved in activities such as bush care or bushland regeneration or similar i.e., residential or public area.

You will all be delighted to know it was announced at the Garden Clubs Australia Biennial Convention and AGM, held at Lake Macquarie this month, that Maureen was the winner of this prestigious award!

Maureen is at present touring overseas and when she comes home, we will have a special presentation at our October meeting. The Director of Promotions and Events of GCA, Joy Duke, will travel from Maryborough to present Maureen with her trophy! We are inviting local dignitaries and media to be present at this special occasion! Congratulations Maureen!

CUCUMBER COMPANION PLANTS



Cucumbers are excellent veggies for beginners to grow.

Broccoli tends to attract pests, so it's important to plant broccoli alongside companion plants that repel pests.

BROCCOLI COMPANION PLANTS



HERB OF THE MONTH – by Chris Jeffrey

Welcome back to the Organic Garden Club as we close out September for 2023 and move toward our summer months. Normally that is a lovely time to farewell our moderate winter for Bundy, but this next season has already brought worrying news of a very dry summer ahead, and extreme bushfire conditions. So how will our gardens survive? Prepare, prepare! Lots of mulching, get nutrients into our soil and keep the grass under control in our surrounds and water with wisdom while we can.

Our herb this month: MOUSE EARS Hawkweed - *Hieracium pilosella* L.

Description: Aptly named as you can see by the photo attached, with a basal rosette of oblanceolate to 10cm leaves in length, green on top, grey underneath and both sides covered with stellately branched hairs up to 1cm long- hence appearance of fur-covered ears! From the root system, more rosettes are formed, and from the centre of each is a leafless flower, in the appearance of the dandelion. Just delightful!

This plant is hardy, and propagation is by seed or rosette division. I shall endeavour to have a plant at our next meeting, and we will try our utmost to divide. Our climate here should suit, and if dandelions grow well in your yard, this should adapt nicely.

Constituents: caffeic, tannic and chlorogenic acid, coumarin, flavonoids, bitters

Actions: astringent, digestive, pectoral, tonic, diuretic, cholagogue, anti-inflammatory, sudorific, expectorant, antispasmodic, vulnerary, sialagogue

MEDICAL USES: Doctors are aware of the tremendous pectoral properties of the Mouse Ears, which has had widespread use in its native Europe. There are a number of species of *Hieracium*, all have recorded similar therapeutic properties specific for whooping cough, and problems of the lungs. Other uses included, jaundice, mouth ulcers, fevers, diarrhea, intestinal griping pain, internal bleeding, mouth ulcers, throat, bladder, liver and spleen ailments. Treatment may need to continue for a few weeks to prevent reoccurrence.

DOSE: 1 teaspoon of herb infused in 1 cup boiling water, sweetened with honey, and 2 cups sipped during the day.

This herb would appear to be a 'go to' herb for so many uses and would be soo good in all gardens for immediate help, when required. Hopefully we will be able to acquire some plants.

Info; 'How Can I Use Herbs In My Daily Life by Isabell Shiphard'

N.B. It should be noted that Mouse-ear hawkweed (*Hieracium pilosella*) is regarded as a potential environmental weed or "sleeper weed" in south-eastern Australia. This species was first recorded as naturalised in Tasmania in 2001 and is the target of an eradication campaign. It is also listed as an "alert weed" in this state, because of its potential impacts on biodiversity and agriculture. Therefore, if you are interested in propagating this plant for its medicinal benefits, you would be wise to keep it contained!





COMMUNITY
GARDENS
AUSTRALIA

Our BOGI outing to Lupton Park Community Garden, Maryborough is on Saturday 14th October at 9.30am.

There is an option to visit an orchid and Brom garden later in the day!

Community gardens and city farms are places where people come together to grow fresh food, to learn, relax and make new friends.

Community Gardens Australia (CGA) connects city farms and community gardens around Australia. It is a community-based organisation linking people interested in city farming and community gardening across Australia.

CGA acknowledges the traditional owners and custodians of the lands upon which we live and garden, lands that have never been ceded, and we pay our respects to elders past, present, and emerging.

The Lupton Park Community Garden in Maryborough is a not-for-profit, community-based enterprise producing food primarily for the consumption of the gardeners.

It is a community managed, multi-functional garden space, carefully designed to provide a wide range of environmental, social and economic benefits, and is a great place to grow food and to share knowledge, develop friendships and grow community.

The Community Garden has mostly community garden beds where all members are able to grow and share the produce as well some garden beds/ plots available for hire. These hired garden beds are used solely by the person, family or community organisation who hires the bed. All produce from these hired beds is harvested by the individual, family or organisation who hires the garden bed.

The Garden also has a Community Library where books can be exchanged.

CHRISTMAS RAFFLE

Sunday 10th December: BOGI Christmas Party - Baldwin Swamp – 10am – 3pm



Tickets \$2 ea or
5 for \$3
Tickets on sale at our
meeting! Take some ticket
books and sell to your
friends and relatives!



We are looking forward to support from our members to FILL the trolley with lovely Christmas gifts!
Only new goods please!!



We are announcing that our BOGI club now has business cards for our members to share the good news about our Organic Club. Please take some from the front desk and hand out to those interested in learning about organic gardening!

Our BOGI member, Bhavana Shukla, has been travelling in Greenland and has sent us news of her travels!

I am travelling in Greenland at present. I thought you might like a few photos to show everyone what the Tundra and Permanent Frost lands produce.

Due to the climate Greenlanders can grow many varieties of salads and small crops during the summer months.

I popped into the local supermarket. It was interesting to see that they had a health variety of fruits and vegetables, including mangoes, pomegranates, and even passionfruit.

Today we visited the Paul-Emile Victor Base Camp, Eqi Glacier. The Trees in the tundra grow like bushes, but they are actually fully grown trees, mainly Willow and Birch.

The wild flowers are beautiful.



Member Profile – Deltry Dickie

How did you hear about BOGI?

My husband Geoffrey introduced me to Maureen when he was playing table tennis at the Bundaberg Table Tennis Centre on Kendall's Road last year. I was trying to grow more than just a few potted herbs. Geoffrey had bought me a Vegepod so I wouldn't have to do so much bending! Maureen invited me to a BOGI meeting, which was the following Tuesday night and the rest is history!



Have you been to any workshops?

Yes, I attended my first field day at the Giles Herb Farm – I wasn't an official member at that stage as we still had the requirement to attend three meetings and/or field trips. It was great to see a farm in production! I learnt that any plant production is hard work and that those who take on that type of growing are very dedicated and also have a strong mental approach to the purpose of their work. I have been to many since then and have learnt a lot from attending those workshops/field days!

Have you always been interested in organics?

I have been since I was aware of the health difference between organic and other food production! My dad grew some vegetables in our back yard – tomatoes, corn, beans, passionfruit, rhubarb in the main. We had a Granny Smith and Jonathon apple tree – so yum! Though he did spray, I was too young to know what he used! That was in the 1950's so maybe it wasn't as bad as these days with chemical sprays and fertilisers!

Are you a keen gardener?

I'm keen to learn, particularly about the medicinal properties of plants/trees. My son-in-law set me up with a veggie garden when they moved to Bundy about 10 years ago, but work commitments were such that with my limited time, that fell by the wayside. I kept up with my potted herbs. However, I am trying again with the help and inspiration of experienced BOGI members!

Is there something in your garden you are happy with?

I'm happy with my dwarf mulberry tree! I took the advice from BOGI members how to prune it last year and it is thriving now – particularly since we transplanted it from its pot into the ground!! I am delighted that it is fruiting so well!

Something about yourself – where you came from.

I was born in Melbourne – trained to be a technical teacher in Fashion Manufacturing. Moved to Brisbane in early 1970's – where I met Geoffrey. I started my own business teaching pattern making and sewing. Geoffrey also started teaching Maths/Science and those occupations allowed us to move interstate, with our four children – teaching in Walgett, Goulburn, Sydney, before moving back to Queensland! We moved to Bundaberg in 2004. I upgraded my teaching qualifications to do supply teaching in Queensland schools and completed my Bachelor of Education APD through Griffith University. They were interesting years! I became a school chaplain in 2007 and gained a Diploma in Youth Work. Over a period of 5 years, I worked at Biggenden, Rosedale, Burnett Heads, Bundaberg West and Moore Park schools as a support and mentor to staff and pupils. In 2013 I changed occupations and worked as a Chiropractic Assistant for my daughter and son-in-law when they established their chiropractic business – Family Chiropractic Bundaberg - until I 'retired' in 2020.

What topics interest you?

Nutrition and health - particularly raising awareness to the dangers of processed food – and the need to eliminate sugar in all its guises! Our meals are grain, dairy and sugar free. I enjoy cooking and learning to adapt recipes to our food choices. We follow many Macrobiotic principles – fermented foods, sea vegetables, legumes etc. I love classical music – sometimes playing piano! I recently started playing table tennis – 3-4 times per week! Lots of laughs! Two of our four children live in Bundy now with six of our ten grandchildren! Life is busy and I am grateful to live in Bundaberg and learn how to improve my health and that of my family through organic practices!

Here is some interesting information about Sambung – or Longevity Spinach - *Gynura procumbens*

This site has more information! <https://oaktreeherbalclinic.com.au/>

Sambung is mentioned in traditional Chinese medicine as a topical anti-inflammatory remedy. In Thailand it is externally used as anti-itching, anti-inflammatory and anti-herpes virus. Sambung leaves poultice is applied for rheumatism and muscle pains, ulcers, wounds and inflammations.

Sambung grows easily from stem-cuttings. It is best grown in well-draining, fertile soil that is kept moist at all times. Sambung prefers to grow in semi-shade but can slowly be adapted to grow in full sun, provided the plant does not dry out at the roots. Initial planting under direct sunshine will result in burnt leaves and stunting in growth, but the growth should resume once the plant has acclimatised to its new growing conditions. In warm climates the plant is perennial and will provide harvests for many years.

Here is a summary of all the attributes of Sambung! It seems that every garden should have this plant!

Sambung has been noted for anti-viral, anti-inflammatory, antihistamine, anti-pyretic, anti-oxidant, anti-cancer, anti-ageing, anti-allergy properties, and also actions as a blood cleanser, tonic, diuretic and pain killer. Some of its uses include: treating migraines, dyspepsia, constipation, arthritis, rheumatism, diabetes, dysentery, fevers, malaria, varicose veins, kidney stones, joint and back pain, knitting broken bones and strengthening ligaments, stroke and cardiovascular conditions, high cholesterol, lymphatic diseases, cancers, leukemia, hepatitis, detoxifier, coughs, colds, sore throats, halitosis, laryngitis, flu, sinusitis, depression, urinary infections, renal failure, varicose veins, and as a “skin-care-elixir” for skin diseases, skin care and toning, acne, boils, bites. It supports male reproductive health and performance, including prostate function. Females have taken the herb for breast firming, menstrual cycle problems, and vagina contraction. Wow!



Planting by the Moon – October

(Full Moon to ¼ Moon) 1 – 6 Sept: Gravitational pull decreases and moonlight decreases, so leaf growth reduces and root growth increases. Plant root crops now.

(Last ¼ to New Moon) 7 – 14 Sept: The waning moon is good for balanced growth. No sowing or planting during this phase. *Harvest vegetables, weeding, digging, pruning and cultivate. Apply mulch*

(New Moon to ¼ Moon) 15 – 22 Sept: Influences balanced growth; a lower gravitational pull decreases and this stimulates root growth. The best time to sow or transplant leafy vegetables.

(First ¼ to Full Moon) 23 – 6 Oct: Increased light from the waxing moon benefits leaf growth, and root growth slows down. Best time to sow/transplant fruiting annuals.

What to plant in September:

Asian vegetables; Beans; Beetroot; Capsicum; Carrots; Chili; Choko; Cucumber; Eggplant; Lettuce; Leeks; Marrow; Melon; Mustard Greens; Potatoes; Pumpkins; Radish; Rosellas; Shallots; Squash; Sweet Corn; Sweet Potatoes; Tomatoes; Zucchini.

Plant these in seedling trays first: *Capsicum; Chili; Cucumber; Eggplant; Lettuce; Luffa; Marrow; Pumpkins; Silverbeet; Squash; Sweet Corn; Tomatoes; Zucchini.*

BOGI SHOP – See Bruce before or after the meeting to purchase any of the following gardening inputs. This is one way that the club supports its members by buying in bulk and sharing the savings.

Products available are:

- Liquid Lime
- Liquid Kelp
- Liquid Fish
- Mineral Granules
- Microlife
- Organibor and
- Katex Organic Super Growth.



They are available for sale at our meetings, or please contact Bruce McKay on 41544405 for collection from his address in Walkervale.

Committee

President – Marlene Kent-Fuller
 Vice President – Maureen Schmitt
 Treasurer – Kay de Gunst
 Secretary – Karyn Ennor
 Committee Members – Pam Biden, Christine Jeffrey, Lenzie Duffy and Deltry Dickie.
 Herbal Teas – Tony Wolfe
 Library – Joy Millett
 Supper – Pam Biden
 Workshops and Field Trips – Linda Cameron
 0437 679 747
 BOGI Shop – Bruce McKay
 Newsletter Editor– Deltry Dickie
 Assistant Editor – Joan Smart
 Note Taker – Lara Hawker

Deadline for October 2023 Newsletter

Friday 13th October 2023

Please send through information to the editor by the second Friday of each month.

We would love FEEDBACK from club members on anything and everything.

Tell us about your successes and your failures in the garden and help others learn along the way.

Let us know about community events or what’s up-and-coming in the area.

To include notices and details of Club activities email: newsletter.bundyorgard@gmail.com

Or Phone Deltry 0414 992 553

Please send through articles at any time, if they miss one newsletter, they will make the next.



Our Objectives

- To promote the understanding of the health and environmental benefits of organic gardening and food production.
- To encourage members to grow some of their own herbs, vegetables and fruit using organic principles.
- To help preserve traditional, non-patented and seed heirloom varieties.
- To provide fellowship and enjoyment in growing and eating organic food.
- To encourage active participation by members in supportive and fun social activities in pursuit of the above objectives.

Treasurers Report August 2023

Opening Balance 1 st August	\$5506.22
Income	\$ 835.88
Expenditure	\$ 667.81
Closing Balance August	<u>\$5674.27</u>

This Month’s Supper Roster September 26th

<i>Effie Hadjielia</i>	<i>Colin Walmsley</i>	<i>Val Wright</i>
<i>Tony Wolfe</i>	<i>Debra Nowraikalou</i>	<i>Les de Gunst</i>
<i>Marlene Raynor</i>	<i>Alan Blyth</i>	<i>Chris Jensen</i>
<i>Ester Shereston</i>	<i>Angela Skerman</i>	<i>Pam Biden</i>

Members - Can you bring in your favourite herbs for tea tasting at our monthly suppers?
 As the saying goes, variety is the spice of life and for tea too!!

This is the official monthly newsletter published by and distributed to the members of Bundaberg Organic Gardeners Inc. Whilst every effort is made to publish accurate information, the Club accepts no responsibility for statements made or opinions expressed, or any consequence arising from them. For further information, contact the Secretary.