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## NEWSLETTER OCTOBER 2023

### Hello and welcome to this month's Newsletter

Well, the heat seems to be upon us – and on our gardens! No doubt you are using the basic survival tips for our gardens in summer which include:

- 1) Water early
- 2) Mulch
- 3) Heat tolerant plants

e.g. Tomato (although in late summer the fruit fly moves in), Capsicum, Chilli, Corn, Cucumber, Beans. The taller ones can help shade plants such as lettuce!

Here are some Trivia questions to test your gardening knowledge! Thanks to Brisbane BOGI Newsletter!

1. What is the oldest known cultivated plant?
2. Which of the following foods is not in the rose family?
  - A. Raspberries
  - B. Apples
  - C. Grapes
3. What is the most consumed tree nut in the world?

See page 9 for the answers!

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!

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### CLUB MEETING – Tuesday 31st October 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, supper available

*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.

### **October Meeting**

This is going to be a very special meeting! Maureen Schmitt will be presented with the national Gwendy Hansford Environmental Award sponsored through the Gardening Clubs of Australia. See page 2.

It would be great to have as many members as possible to attend this meeting!

There will be a lovely supper afterwards to celebrate this important occasion.



### **Save the Date**

Saturday 25<sup>th</sup> November – Garden visit to Lisa and Brent Kain's place – Moore Park Beach

Sunday 10<sup>th</sup> December – BOGI Christmas party – Baldwin Swamp Shelter Shed 10am -3pm



You would all be aware of the report in our September Newsletter, that our member, Maureen Schmitt won Category 5, The Gwendy Hansford Environmental Award which is for Outstanding service by an individual or an affiliated club to the Environment. Gardening Clubs of Australia are the proud sponsor of this National award!

*Nominee should have shown an active, inspiring and committed role in protecting the local environment i.e. residential or public area, demonstrated their ability to communicate and educate the public in the understanding of environmental issues; and been involved in activities such as Bushcare or bushland regeneration or similar i.e. residential or public area.*

Maureen will receive this award at our October meeting. Joy Dukes, the Director of Publicity, Promotions & Events for Gardening Clubs of Australia, will present Maureen with her trophy.

Also present will be the Mayor, Mr. Jack Dempsey, Councillor John Learmonth and Ray Johnson, President of Gin Gin Landcare and past President of our Club.

Below is the information that was submitted to GCA regarding Maureen's nomination for the award!

*Maureen is not sure that having such commitment to the environment is a good or a bad thing. It is good because it gives her great enjoyment when in the bush, because she can identify most of the plants, birds and animals. The down-side is that she can also identify all the invasive weed plants, notices all the destruction and sees and feels bad about all the rubbish. With this she feels she should be pulling weeds and picking up rubbish wherever she goes - and she usually does!*

*Maureen's first involvement with environmental advocacy was in the 1980's when she joined the Wildlife Preservation Society of Queensland (WPSQ) firstly in Ingham then in Cairns. Upon return to her hometown of Bundaberg, she almost immediately became secretary and then President of WPSQ Bundaberg which she was until its closing in 2017.*

*A similar story exists with Bundaberg and District Urban Landcare as it was called back then. She first became Secretary, President and then Project Officer. She also did a stint as secretary of Kolan Landcare group as it was then called.*

*Driving around Bundaberg, Maureen can point to many revegetated plots of land whether at Burnett Heads, Elliott Heads, Baldwin Swamp or the Hummock where she organised tree planting events. Some were planted by school children and/or the community during National Tree Day tree plantings she organised.*

*A large area at the Hummock near Bundaberg that was destined for sub-division became one of her largest tree planting plots and in recognition of her work, the park was named in her honour viz. "Maureen Schmitt Park". During that time Maureen ran working bees and produced a monthly newsletter to raise awareness about the plight of the remaining dry rain forest around Bundaberg. During that time she produced two small publications titled "Conservation of Woongarra Scrub Remnants" and "Conservation of Isis Scrub Remnants".*

*During her time with Landcare and WPSQ, Maureen gave numerous talks and walks around the district, including walks through the Wallum Wildflower Reserve, Baldwin Swamp Conservation Park and the Hummock Vine Forest reserve. For each of these talks, she would produce a plant list in order to teach attendees the names of at least a few of the plants.*

*Now in her early seventies, Maureen still advocates for respect and protection of the environment and is a regular writer to the Bundaberg Regional Council, the Bundaberg Today newspaper and government. She organises and runs Clean Up Australia Day events at McCoys Creek near to where she lives and also organises, almost monthly, roadside and creek clean-ups whenever she identifies rubbish building up. These rubbish build-ups usually occur after rain events when rubbish gets washed down drains and creeks and she dreads the thought of them ending up in the ocean and impacting on our marine life.*

*She is particularly meticulous about small items such as cigarette butts or pieces of silver paper as she knows how bad these items are in the oceans.*

*Maureen has been donating weekly to Bush Heritage Trust for around 20 years and has volunteered on one of their reserves in North Queensland, doing weed removal and plant identification. She has volunteered on Fraser Island with Greening Australia doing similar work. She also donates weekly to Greenpeace to help protect our oceans.*

*She has been a member of the Bundaberg Regional Council Community Conservation Advisory Group since its inception and has been involved with Bundaberg Organic Gardeners for much of its existence since 2014. She has just completed a three year term as President. She says organic gardening is another area where she can protect the environment by advocating against the use of harmful chemicals.*

*Maureen remembers together with Paralympian Tracy Oliver, they planted trees at CQ University as part of Olympic Landcare in 2000. In 1991 Bundaberg Landcare needed a representative and Maureen put her hand up and was President, Secretary or a general member for over 20 years.*

*“We planted trees at lots of places around Bundaberg such as the Hummock, Baldwin Swamp, Smiths Crossing and Kalkie. We are trying to give our native animals and birds somewhere to live. People take our wildlife for granted until it’s all gone and then it’s too late” she said.*

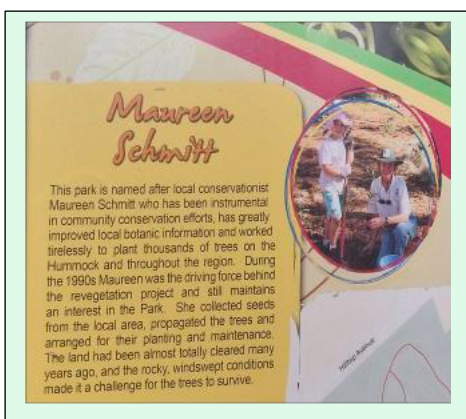
*“At the Hummock we had monthly working bees and tree plants until the westward facing site was completed. National Tree Planting Days were organised as were school planting days. At the request of a volunteer, we left a small area unplanted for the small grass-feeding birds such as finches and wrens. From memory, Mayor of then Burnett Shire, Cr. Bill Niebecker and even the Minister for the Environment, Hon. Pat Comben planted a tree each.”*

*In recognition of the successful outcome , a Burnett Shire Councillor suggested the Park be named the “Maureen Schmitt Park” in recognition of the work involved. This was adopted by Council.*

*Maureen is saddened what is being done to the natural environment, but she feels there is still hope to turn things around with education and advocacy.*

*“As a dedicated environmentalist, I embrace the idea of not placing chemicals into our environment because of the short and long term damage they cause. Hence the connection to organic gardening, which aims to work with nature rather than trying to conquer and control it. One of my biggest regrets is not making the time to devote to my garden. However, despite this, it still provides me with an assorted range of fruits and vegetables for which I am extremely grateful and a place where I can feel relaxed and at home!”*

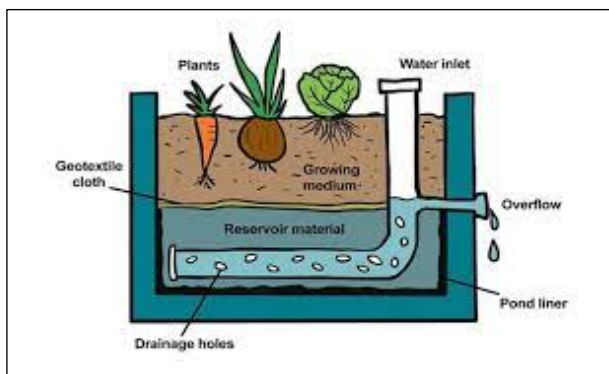
Congratulations Maureen on receiving this prestigious award!



Maureen Schmitt Park



### Demonstration 1. Peter van Beek – WICKING BED



This wicking bed diagram is for materials other than Styrofoam.

Peter Van Beek explained the benefits of making wicking beds using Styrofoam boxes, which do not need plastic lining as they are waterproof.

Wicking beds need watering much less often, meaning plants will survive and thrive for days, or even a couple of weeks, even if you go away during in a heatwave. You can place them on any surface. Wicking beds are a great solution for spots where eucalypt or other vigorous tree roots might invade the bed.

A pipe (down pipe cut off) 900ml is put into the boxes with a cap on each end and 1 or 2 holes cut out of it on the underside. This pipe has a smaller upright pipe added to it (where the water is fed into it through a drip system or just hand watering). This upright pipe (400ml PVC) should have a cap on it to keep out mosquitoes, midges and other critters. The pipes showed how fast the water moves up and how it stops around 30 cm up. This is a big advantage for plants as they have a large volume of water to choose from. The rate that the water moves up depends on the coarseness of the sand/soil grains. There is a limit to how coarse the grain size can be. The use of organic materials makes it easier for the water to be absorbed, to move around and to be retained. Peter discussed the need to have an overflow hole in the box so that excess water can leave the box rather than creating a mud bath within. He uses Styrofoam boxes as they are cheap, a good size, easy to get but importantly because they have insulative properties that keep the soil cool in summer. Normal plastic pots can get up to 45C in summer, which cooks the plants.



Nutrition can be added to the water but be careful to only add a very little as it's very easy to over fertilise the plants. A little Seasol is okay but worm castings are better and can be used constantly, as they are a very good food for the soil.

We spoke about reusing any overflow water and a possible tiered system but agreed that there shouldn't be much overflow once you get used to learning what is the right amount of water through general use/practice. There is no time frame involved. If you keep the system fed, it will just keep going. There is no need to change the soil, just add to it, feed it and maintain the water.

Peter keeps his bed sizes to 1mtr x 1mtr as it's easier to reach/work with. Another advantage is that the boxes can be placed on tables and so less bending is required.

It is important to remember if using plastic on the bottom of the box, that it only goes up the sides to the overflow hole level. If this plastic falls in on the sides, then the system will not work and it will need to be redone.

Peter explained why he felt that ABC gardening are giving the wrong advice when they say to add rocks, sand and a dividing material at the bottom of the box. Peter says that it is the soil biology that feeds the plants. Rocks and sand cannot feed the plants, so he believes that it is time and space wasted. He does not use potting mix as it is normally based on bark chips which nature has designed to ward off biology. And once it finally decays, it disappears literally into the air. Soil does not do that; it stays.

Peter's wicking bed notes are attached to this newsletter!



## Demonstration 2- Chris

**(Mother of Herbs)** Scientific name: *Coleus amboinicus*

This is a perennial aromatic, culinary herb that can be used as a replacement for 'mixed herbs' in various dishes. It has a number of common names! It is easy to grow, prefers a part shade position and requires minimal watering to flourish. It is an excellent addition to every herb garden. Chris got interested in this herb because she had trouble sleeping. A friend mentioned Chinese five herb plant, (another name for Mother of Herbs plant). She made a tea by chopping 3 leaves and steeped it in hot water every night, then sipped the tea while relaxing with a good book. This solved her sleep problems. Some herbal remedies take a little time to start working so she said not to expect the results to be instantaneous. You can also adjust how many leaves you need according to your requirements.

There are 2 varieties- normal and variegated. The normal variety can take off so just make sure you cut it back.



The variegated variety does not spread as much, is very hardy, easy to grow and can also grow quickly. Although it has a quite a strong smell when fresh, the flavour is not that strong when used in cooking. Therefore, just use a little at a time until you get used to the flavour. Chris made a spinach and nut loaf using this herb and only used four leaves. Chris also suggested adding a little fetta for extra texture as well as some sweet chilis sauce for extra zing and flavour.

Some people have used this herb for sore throat and coughs. Make tea for bronchitis, asthma coughs, and viral conditions, to relieve indigestion and stomach cramps, convulsions and as a liver tonic and for pain relief. A leaf can be rubbed or laid on the forehead to relieve headaches. Another use is to treat insect bites, or sores, or use it on animals, like horses, with an itch.

Chris discussed the benefits of Brahmi/**gotu kola** (*Centella asiatica*). Historically, it has been used to treat syphilis, hepatitis, stomach ulcers, mental fatigue, epilepsy, diarrhea, fever and asthma. Today, in the U.S. and Europe, gotu kola is most often used to treat varicose veins and chronic venous insufficiency, a condition where blood pools in the legs.

Chris also spoke of Brahmi/Gota Kola for arthritis as she found she only needed three leaves per day to provide her with pain relief. Rabbits love it too, so put net over it!



Gota Kola

You can also reduce inflammation by eating anti-inflammatory foods, such as leafy greens and colourful vegetables and avoiding these seven inflammatory foods:

- Processed foods
- Omega-6 fatty acids
- Sugar and certain sugar alternatives
- Red meat and fried foods
- Refined carbohydrates
- Cheese and high-fat dairy
- Alcohol.

Chris' Spinach and Nut loaf recipe will be attached with this newsletter.

### **Demonstration 3- Lenzie (Asian greens) plus gardening tips!**

Sambung can be used in exchange in recipes calling for silverbeet or spinach and is great in stir fries and salads. Obtain a cutting and put it in water for 8-10 days. When it roots, put it in a pot and let it grow. Okinawa spinach is another plant that can be grown from a cutting. Sweet potato has a higher iron content than silverbeet. Plus, you can also eat the leaves and flowers. Just cut off a stem and put it in your stirfry. Another version of the sweet potato demonstrated was the white flesh and skin variety. Remember to plant everything in a north to south facing direction to get the most advantage from the sunlight.



Lenzie sharing his expertise

Pigeon peas are also a legume and if harvested when green, can be eaten like shelled peas. They have over 42% protein. If left to harden (to be as hard as buckshot) they can be soaked overnight then cooked and eaten. The same thing can be done with any excess beans.

Leaf ginseng has a pink flower.

Ginseng Tea has healing benefits for the body which calms the mind of the person and relaxes the body. It treats sleep disorder while working on increasing the body's metabolism and immunity. Ginseng Tea is known for its benefits of boosting the immune system of the body.



Leaf Ginseng



Sambung

European bees love to get nectar first thing in the morning then they take the pollen later in the day. Native bees take the pollen around 10am. The native bees can also go into the corn tassel. Corn is wind pollinated with pollen falling onto the corn silk when the wind blows. Due to this, it's best to grow corn in blocks of four rows in a square to get the most corn production. It is best to grow companion flowers in between the rows as they help repel pests.

Lenzie said that ornamental plants should not be planted in your garden as they are host plants to pests. He rotates crops so that the same plant comes back to the one space only every 2 years. There is one week left between planting new crops to maintain production.

Nutgrass is a challenge because when you break it off another piece just sprouts from where it was cut from. When Lenzie first got his place (5 years ago) it was entirely covered in nut grass. He thought it was a lawn! He tried digging it all up with an excavator but that didn't work. So, he ended up spraying everything with Sipcam. (spray 5 times every 5 weeks killed it all). There was no residue left.

[Sipcam Herbicides \(agrobasesapp.com\)](https://agrobasesapp.com)

Okinawa Spinach Plant – *Gynura bicolor* is a perennial, evergreen spinach with lots of health benefits and has many uses in traditional medicine. It contains high levels of vitamin C and vitamin A and it is rich in protein, fibre and calcium. The young Okinawa spinach leaves are very tasty. There are many ways of using this plant.

- tasty green used raw in salads, smoothies, stir-fries, soups, and more
- ground cover
- mulch
- fodder for cows, goats, sheep, pigs, birds
- worm farm
- organic matter for compost production
- fluid fertiliser/compost tea production



Okinawa Spinach

The Okinawa spinach is an easy-to-grow plant that loves half-shade or shade and moderate watering. However, the better the soil, the quicker and better it grows. Planting and growing tips:

1. Give it a good drink and place it in a half-shade position out of the wind.
2. Leave it in the original pot for a few days until it recovers from the journey.
3. Re-pot or plant into the ground at the latest when the roots start to come out of the bottom holes.
4. Watering straight after planting is essential - from then on as required.
5. It doesn't like to sit in water so a well-drained position is best. All our edibles grow happily and quickly in slightly raised garden beds.
6. Longevity spinach grows best in shade and half shade and in any type of soil, however, the better the soil, the quicker and better your plants will grow.

Do your own research before trying any new foods. <https://www.foodforestseeds.au/product/okinawa-spinach-plant-gynura-bicolor-perennial-spinach/>

Lenzie keeps his fruit trees small by pruning them. He plants them like a small gazebo, in a circle, so that after they have flowered, he can put a curtain-like net over them to protect from pests.

Lenzie uses no processed food and eats only from his garden. He puts his harvest (23 types) in the fridge then makes batches of 70 meals which he freezes. This way it's healthy and he can taste the flavours of the produce. He also makes ice blocks with 5-6 fruits for dessert.

#### **Demonstration 4- Deltry (Salad, preparation of nuts, salad dressings)**

Deltry was grateful to Kay and Les who grew the Sambung, Leaf ginseng, First Fleet Lettuce and some other leafy greens that she used for the salad recipe.

Sambung grows easily and its growth could be compared to that of a weed. Every garden should have Sambung! The September Newsletter on page 9, has more information on the health benefits of this wonderful plant!

First fleet lettuce was named due to being brought over by people on the first fleet to Australia. It is in the BOGI seed bank. A truly classic Australian heirloom that has adapted well to our growing conditions. Lettuce 'First Fleet' arrived here 1788 and was planted in Sydney's First Farm, now the site of the Botanic Gardens. It is a loose-leaf, open-hearted cos type with crunchy green and red ruffled leaves. It is hardy, disease resistant and slow to bolt. It is soft with a pretty leaf and grows to be a big lettuce.

The salad recipe consisted of: Longevity spinach, Okinawan spinach, Cos lettuce, First fleet lettuce, Leaf ginseng, grated carrot, chopped celery, sliced cucumber, parsley (from Marlene) and sprinkled with walnuts (activated by soaking with water and salt, then dehydrated by slow roasting in 70deg oven).

Two dressings options were available: Creamy cashew which was flavoured with dill tips and a Wholegrain mustard dressing. Recipes below! A serving of fermented vegetables completed the demonstration.

#### **WHOLE GRAIN MUSTARD DRESSING**

Put into a jar with a tight lid:-

4tbls olive oil,

2tbls lemon juice,

1 teas whole grain mustard,

1 ½ teas rice malt syrup.

Shake all ingredients until well blended and pour over prepared salad.

## CREAMY CASHEW SALAD DRESSING

### INGREDIENTS

- 1 1/4 cups cashews (160g)
- 3/4 cup water (or a little more) 180g
- 3 tablespoons lemon juice (40g)
- 1/4 cup apple cider vinegar (60g)
- 1/3 cup extra virgin olive oil (70g)
- 3 tablespoons rice syrup (45g)
- 2 cloves garlic - medium size
- 3 teaspoons onion powder – (store in the fridge in a glass jar – it will never go hard)!
- 1 teaspoon dried dill tips
- 1 teaspoon sea salt



Put all ingredients in a powerful blender and blitz until smooth. Put into a suitable sealed container and refrigerate! The dressing will thicken when refrigerated. Add extra water later if required and mix well.

Fermentation increases the nutritional value of food, the bioavailability of nutrients, and the enzyme concentration, in addition to neutralizing several toxic substances. There are many variations available on the internet. Here is the link for this recipe below! <https://www.runningtothekitchen.com/how-to-ferment-vegetables/>

## HOW TO FERMENT VEGETABLES

*yield: 8-10 SERVINGS    Prep time: 4 DAYS    Total time: 4 DAYS*

*An easy homemade tutorial on how to lacto-ferment vegetables in a mason jar or flip-top glass jar*

### INGREDIENTS

- sliced or chopped vegetables (anything will do, I really like broccoli, radishes and carrots)
- 2 cups water
- 1 1/2 tablespoon coarse sea salt
- 1 lt wide mouth mason jar with plastic lid or glass flip-top jar (acid will corrode regular metal lids)
- any spices or herbs you like (cumin, fennel, peppercorns, dill, basil, bay leaf, etc.)
- 1 small cabbage leaf

### INSTRUCTIONS

1. Place vegetables and any spices/herbs you're using in the mason jar right up to the bottom of the neck, there should be about 2.5cm of space to the top.
2. Stir the salt and water together until dissolved.
3. Pour the salt water over the vegetables until it reaches just below the top of the jar. There should be about 1 ½ cm of room left.
4. Fold a small cabbage leaf and press it down on top of the vegetables so that it keeps the vegetables submerged in the salt water. This isn't necessary, but helps make sure the vegetables are submerged. Feel free to skip this step if you don't have cabbage on hand. (I always do this)
5. Close the lid on the jar tightly and place the jars out of direct sunlight in a relatively moderate temperature.
6. You will start to see some bubbling around day 2 or so. After day 2, open the lid over a sink (in case it leaks/drips), to let some of the gas escape once or twice a day.
7. The vegetables are ready anywhere from day 4-10. The longer they sit, the more tangy they'll be. Taste them starting on day 4 to figure out your preference. I like them best around day 5 or 6.
8. Once you decide they're the level of sourness you're looking for, place the jar in the refrigerator where it will keep for a couple of months (not that they'll last that long!)

## **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!



HERB OF THE MONTH – by Chris Jeffrey

YARROW- SOLDIERS WOUNDWORT; *Achillea millefolium*

Other common names include Staunch Grass, Old Man's Mustard, Devil's Plaything, Nosebleed, Old Man's Pepper and Devil's Nettle!

If you are looking to activate your compost, repel insects, including mosquitoes and plant a powerful healing herb which will stop the bleeding of a wound plus so much more, then this herb deserves a careful study.

Constituents: volatile oil containing azulenes (used in antiallergic, antibacterial, and anti-inflammatory therapies), cineol, camphor and thujone; salicylic- skin concerns and pore cleaner, linoleic and oleic acid; alkaloids, flavonoids, coumarin, tannin, saponin.

Vitamins: A, B1, B2, B3, C

Minerals: Calcium, chromium, cobalt, copper, iron, magnesium, manganese, prosperous, selenium, silicon, sodium, sulphur

Actions: astringent, antiseptic, analgesic, diuretic, diaphoretic, anti-inflammatory, emmenagogue, antibacterial, antispasmodic, hemostatic, stimulant, tonic, alterative, vulnerary, digestive, circulatory, carminative, febrifuge, prophylactic.

WOW- with all those actions, you're bound to be a blessing to others if you have a supply in your garden to assist them.

Medicinal Uses: treatment for haemorrhaging; a blood stopper, both internally and externally and breaking fevers by inducing perspiration. Pain, cancers, epilepsy, earache, hypertension, coughs colds, sore throat and ear aches. Nausea, heartburn, diabetes, and internally for diseases of the liver, lung, gall, spleen, kidney and colon. Yarrow tea is used to tone the blood vessels, especially veins to relieve varicose veins and haemorrhoids, and stabilise blood sugar.

Yarrow is valued as a relaxing and restorative remedy for both the circulatory and nervous systems.

How to use: brew a tea of equal amounts of yarrow, peppermint and elderberry flowers, or if unable to source other herbs, just use the yarrow on its own - 1 tsp dried or 3 tsp fresh leaf per cup. This can be sweetened with honey, if desired. You can drink 1-4 cups a day. Any gastric complaint will be relieved as the gallbladder is stimulated. Quickly crush leaves and apply to a bleed to stop the flow.



Answers to Trivia questions from Editor letter on page 1.

1. Figs were the first cultivated plant. Previously, it was wheat, but new evidence points to Figs!
2. C – Grape
3. Almonds – Almonds and walnuts make up the largest share of tree nuts produced globally, for a combined half of all nut production and consumption.

Good News from Trevor!

The BOGI shop has Katec Super Growth in stock

Katec Super Growth is an **organic all-purpose fertilizer** that is based on biologically active, fully composted poultry manure. It is rich in live beneficial microbes and trace elements that are essential for optimal soil health and nutrition. In addition to poultry manure, it also contains other ingredients such as Zeolite, Natural Gypsum, Fish Meal, Blood & Bone, Sulphate of Potash and Rock Phosphate that are chosen for their ability to enhance fruiting and flowering and improve crop taste, colour, and yield.

Nitrogen (N)3.5%	Phosphorous (P)1.85%	Potassium (K)4.0%
Calcium (Ca)5.15%	Magnesium (Mg)0.68%	Sulphur (S)2.30%
Iron (Fe)7500mg/kg	Manganese (Mn)490mg/kg	Copper (Cu)85mg/kg
Zinc (Zn)500mg/kg	Boron (B)24mg/kg	Molybdenum (Mo)8mg/kg

This fertilizer is one of the few poultry manure pellet fertilizers which contains calcium and trace elements. Generally available from local stores, such as Northside Produce, in 25 kg bags for approx. \$25.

BOGI sells it in smaller lots.

Start your garden – select a friable soil, add about 300 g per square metre, and plant seeds or seedlings after digging in the fertilizer to 5cm.

Make a start today. Cheers, Trevor

## CHRISTMAS RAFFLE

Sunday 10<sup>th</sup> December: BOGI Christmas Party - Baldwin Swamp – 10am – 3pm



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



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

Would you like to be a Secret Santa at our Christmas party on the 10<sup>th</sup> December?  
Bring along your lovely, wrapped gift up to the value \$10 for another lucky member!  
Receive a ticket and choose a gift in exchange when your number is called!  
See page 13 for more information re our Christmas Party at Baldwin Swamp.



**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!**

## Lupton Park Community Garden report – by Deltry

The sun shone brightly on Saturday 14<sup>th</sup> October as nine BOGI members set off to visit the Lupton Park Community Garden in Maryborough! We were all looking forward to seeing this enterprise in action and we were not disappointed! Some members had been to the Community Garden a few years ago and were keen to see the changes and how it had developed!

As described in some reviews, ‘Lupton Park Community Garden is an oasis of fruit and vegetables, flowers and herbs, and friendly, welcoming volunteers.’

We were greeted by Sandra and other members who invited us to share a lovely morning tea in their undercover area! The Community Garden 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 members grow and share the produce. Ripe produce is picked and put on the table for members to take what they need! Members of the public can also be given some! There is also a Community Library where books can be exchanged.

One of the founding members, Dot, explained that the community garden was the brainchild of three ladies who were involved in community services in Maryborough in 2013. In 2014, their idea came to fruition with the first AGM. The section of land at Lupton Park was rented from the council and had the advantage of being fenced on three sides by the existing houses; council then provided the remaining side! The group obtained grants to help finance the setting up of the area, which has, over the period of ten years, developed into the beautiful community garden it is today! Council initially charged them for the use of water, however that is no longer a problem as the council has reduced the cost to something more manageable! Power is obtained via solar panels. They no longer pay council rates. Both the local council and local Member are very supportive of this Garden Community!

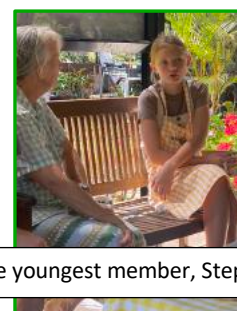
The initial goal was to provide a community service and have an area where members could enjoy and participate in gardening to whatever extent they were able. The Garden is open to the public on Wednesdays and Saturdays from 8am to 11am and people can wander around admiring the plants and have a cuppa provided by the members! Members of the public can buy plants on these occasions which helps to cover some of the costs of running the Garden! They also raise money through raffles, Garden Open Days and by applying for and gaining the occasional government grant to assist in upgrading their facilities! It costs \$15 to become a member – there is a waiting period to ensure that the applicant and members are happy to continue! There are about 30 members who have diverse interests, such herbs, vegetables, flowers, succulents etc. One of their members – 92 years old – dead-heads the flowers; some weed, others work on the compost area and all work together to enjoy the community life at the Lupton Park Garden!



Welcome to Lupton  
Community Garden



Picturesque!



The youngest member, Steph!



The job list keeps members on track!



The community shed is a lovely area to meet, talk, share and grow friendships!



Great way to store the tools!



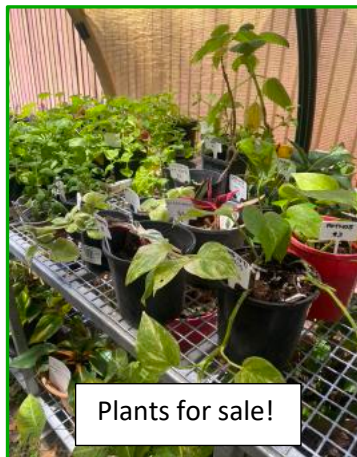
Happy, healthy plants!



Dot's pride and joy! Karyn has a way to go to catch up!



Enjoying morning tea in the community area!



Plants for sale!



Propagation area!



The photo above shows the original bare block of land, just starting to be planned and developed! As you can see from all the previous photos, the Lupton Park Community Garden has been a great success! Lenzie was able to share much of his knowledge re the names of various trees and the best way to care for them! The members were very grateful for his input and were interested to hear how he developed his garden! Lenzie may be having more visitors now!

# Christmas Party details!



When: Sunday 10<sup>th</sup> December, 10am to 3pm

Where: Baldwin Swamp Shelter Shed, Steindl St, Bundaberg East

What to bring: Chair, Cutlery, Plate, Cup, Snacks to share

Please indicate on the sign on sheet or contact Deltry on 0414 992 553, re your choice of Salad or Sweet that you will bring to share!

The Club supplies Roast chicken, Sausages and Preservative free ham.

Tea, Herb Tea and Coffee supplied.

Join in the fun with Trivia games, Sing-a long, Secret Santa (optional) and Dancing - for some!

Our Xmas raffle will be drawn during the afternoon. We are looking forward to seeing you all there!



## Planting by the Moon – November

**(Last ¼ to New Moon) 5 – 12 Nov:** 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) 13 – 19 Nov:** 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) 20 – 26 Nov:** Increased light from the waxing moon benefits leaf growth, and root growth slows down. **Best time to sow/transplant fruiting annuals.**

**(Full Moon to ¼ Moon) 27 Nov – 4 Dec:** Gravitational pull decreases and moonlight decreases, so leaf growth reduces and root growth increases. Plant root crops now.

## What to plant in November:

*Asian vegetables; Beans; Capsicum; Chilli; Cucumberr; Eggplant; Lettuce; Luffa; Marrow; Melon; Mustard Greens; Pumpkins; Radish; Rosellas; Shallots; Squash; Sweet Corn; Sweet Potatoes; Tomatoes; Zucchini.*

Plant these in seedling trays first: *Asian Vegetables; Asparagus; French Beans; Choko; Cucumber; Eggplant; Lettuce; Marrow; Mustard Greens; Pumpkins; Radish; Rosella; Shallots; Squash; Sweet Corn; Tomatoes; Zucchini.*

## **Seeds and Seedlings Give-away.**

*Several club members collect seeds from their own gardens. At club meetings these selected seeds and seedlings are available for members to plant out for their own garden use. A good chance for you to give some new varieties a try.*

**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 November 2023 Newsletter

**Friday 10th November 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](mailto: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 September 2023

Opening Balance 1 <sup>st</sup> September	\$5674.27
Income	\$ 315.23
Expenditure	\$ 108.58
Closing Balance September	<u>\$5880.92</u>

### ***This Month’s Supper Roster Tuesday 31<sup>st</sup> October***

*Katrine Raynor    Cathy Critchlow    Michael Apap*

*Julie Burry    Angela Samways    Kay de Gunst*

*Lenzie Duffy    Joan Smart    Chris Jeffrey    Pam Biden*

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!! Please label them!

**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.**