



Bundaberg Organic Gardeners

~working with nature~

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NEWSLETTER JUNE 2023

Hello and welcome to our June Newsletter.

I'm sure you have all been revelling in our beautiful weather this month! The daily boost of mild, sunny days has been such a gift to our gardens.

We are gearing up for the upcoming visit to Nambour for the Queensland Garden Expo on Saturday July 8th! Have you booked your seat in the bus? More details in this Newsletter.

Bundy Flavours Festival is our next big promotion in August! This is a great opportunity to share our love of growing our plants organically without using artificial fertilisers or chemicals.

As always, you are most welcome to contribute your best gardening tips. We are always on the lookout for healthy recipes so you can send those to me also.

Please contact me by phone on 0414 992 553 or by email at newsletter.bundyorgard@gmail.com

Happy gardening!

Warm regards, Deltry (Editor)

Venue: McNaught Hall (Uniting Church Hall)

Corner Barolin and Electra Street, Bundaberg

Attendance - \$3 member, \$5 visitor, tea, coffee avail.

Members please wear your name badge.

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!

CLUB MEETING - Tuesday 27th June 2023

Always the last Tuesday of the Month.

Time: Doors open 6.00 pm for a 6.30 pm start

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. Enjoy a cuppa afterwards!

June Meeting

The speaker at this month's meeting is Michael McAulay from Corymbia Cottage. We are looking forward to hearing how growing his own food has improved his health.



To Jeanette Cox for bringing in containers over the last few months for the Bundaberg taste festival! We really appreciate your support.

2023 EXECUTIVE COMMITTEE

PRESIDENT – MARLENE KENT-FULLER
VICE PRESIDENT – MAUREEN SCHMITT
SECRETARY – KARYN ENNOR
TREASURER – KAY DE GUNST

COMMITTEE MEMBERS
PAM BIDEN CHRISTINE JEFFREY
LENZIE DUFFY DELTRY DICKIE

At this month's meeting, President Marlene will be demonstrating how easy it is to grow seedlings in time for the Taste Festival, using the coir discs!

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.

Planting by the Moon – July

(Full Moon to ¼ Moon) 3 – 9 July: Gravitational pull decreases and moonlight decreases, so leaf growth reduces and root growth increases. Plant root crops now.

(Last ¼ to New Moon) 10 – 17 July: 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) 18 – 25 July: 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) 26 – 1 August: 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 July:

Asian vegetables; French Beans; Beetroot; Broad Beans; Cabbage; Carrots; Cauliflower; Endive; Garlic; Kohlrabi; Lettuce; Leeks; Mustard Greens; Onions; Peas; Potatoes; Radish; Shallots; Silverbeet; Sweet Potatoes; Tomatoes.

Plant these in seedling trays first: *Broccoli; Cabbage; Capsicum; Cauliflower; Celery; Lettuce; Silverbeet; Tomatoes.*

Seeds and Seedlings Give-away.

Several club members collect their own 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.



Are you interested in joining our members and friends to attend the Queensland Garden Expo in Nambour on Saturday 8th July? Plans are being made to hire a bus for the day's travel. This has been a very popular visit in the past. The range of plants is extraordinary and there is a huge range of workshops and activities to enjoy!

Maureen is organising a bus for this purpose. In order to book a bus we need to know the number of people interested to go. Some have already indicated their interest at the June meeting. The cost of entry is \$22.50 for under ten people and \$20 for ten or more. The cost of the bus will vary depending on numbers. The club has offered to pay for part of the expenses.

Departure from Bundaberg will be at 6am and from Nambour at 3pm. The journey takes 3 hours.

If you would like to go, please confirm this by contacting Maureen on 0427517759

or email secretary Karyn secretary.bundyorgard@gmail.com for further enquiries.

Here is the web address for more information re the Expo - <https://qldgardenexpo.com.au/>

Welcome to our new members:

Deedee Sorensen

Lynda Vertigan

Lisa Kain

Geoffrey Dickie

JoAnne O'Callagan

Alex Price

Angela Skerman

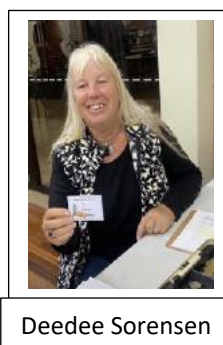
Debra Nawaikalou

Noelene Mackay

Here are three happy new members with their badges! Welcome!



Noelene Mckay



Deedee Sorensen



Rosie Blythe

Many thanks to the following members: Lara Hawker who will be the scribe at our monthly meetings, and Linda Cameron who is now our Workshop and Field Trip Coordinator!

The only position yet to be filled is Assistant Editor. The main task is to give a final check of the Newsletter before it is emailed ! Please let Deltry know if you are able to help with this! Thank you!

We are halfway through this year already and Bundy Fest is looming fast, so please plant those great vegie and flower seeds NOW, or love on those you are already nursing to full strength. It's going to be another great chance to promote our club, encourage would be gardeners, and delight all with our produce, and chat about gardening successes, and resolve the 'failures'.

From Trevor! There was a request for some herbs for Bundy Flavours, so I tried some oregano. These photos show early results in 5 days!!!!!!!!!!!!!! Amazing! Some of the cuttings were very quick and others slower.



Our President Marlene has prepared some beautiful plants to raffle at the Bundy Flavours Festival!

The tickets will be 2 for \$1!!



These pots are growing a variety of herbs.



Beautiful strawberry plants

For those who have been unwell and are still on the road to recovery, here are some beautiful flowers to help you on your way to better health!



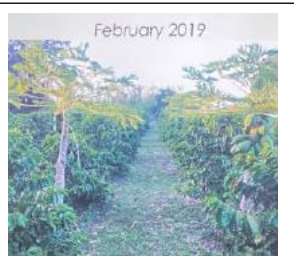
Happy Birthday to all special members who are celebrating their birthday in June and in July!
Enjoy your day and best

Our speaker for our May monthly meeting was Rod Walmsley from Kadilly Coffee.

This company is a completely local coffee roaster based in Bundaberg. Rod explained that they roast quality beans from all around the world, including Colombia, Brazil, PNG, and Ethiopia. This is supplemented along with a small quantity of their very own, plantation grown coffee from the family farm 'Tathra' situated on the north side of Bundaberg.

"Kadilly Coffee is a blend of my two children's names, Kaden and Tilly," Rod said. Rod said that are proud that their flagship blend, "Cranky Pants" had won them

a number of awards in the Australian 'Golden Bean' Roasting competition over the past few years.



As a part-time farmer and full-time coffee lover, Rod said that turning his hobby into a business was an easy decision to make. In 2014, he transformed part of his parents' Sharon farm (BOGI members Colin and Heather Warmlesley) into a coffee plantation and has since been hand picking, pulping and roasting delicious 100 per cent Arabica beans for coffee connoisseurs to enjoy.

Rod said his coffee orchard comprises about 250 dwarf trees. Some varieties can grow really tall.

There is a lot of effort involved in producing a quantity of the coffee from "crop to cup" and making the humble coffee cherry become a tasty beverage!

Unlike the big farming industries, he said there was no fancy equipment at his orchard as everything is hand-picked. Rod said people who visited his farm were often surprised about what coffee beans look like in the first stages. They are very different to the final product that you see in a cafe. They start as a red cherry; there are two beans in every cherry on the tree.

It takes 21.6kg of fresh cherry to produce 8kg of dried green beans. After harvesting, the fruit gets pulped, which removes the coffee cherry skin from the seed. From there, the seeds are fermented in water for about 48 hours then sun dried and left to sit for a few months in the inner skin or parchment. The parchment is removed then the green bean is ready for roasting.

The beans are sorted into sizes before roasting. Ron has a gas-fired roaster which maintains a constant temperature. The coffee has a 10 – 15% caffeine content, however longer maturation increases the caffeine content in the bean.



Rod stressed the importance of plants having a straight tap root, with no kinks or bends.



Young germinating seedlings



Rod also plants pawpaw trees for shade and silky oak trees and legumes to improve soil health.

Native bees play a big part in the success of the farm. Rod said that they help increase production of fruit on the trees. The main species is Tetragonulu Hockingsi. The major characteristics of Hockingsi are their ability to handle heat, and also to defend their nest. Tetragonulu Carbonacci make a beautiful spiral hive. They also make a cover for their hive each night for protection!



Tetragonulu Hockingsi



Swarm of native bees



Tetragonulu Carbonacci

Did you know? I only heard about Maureen's 'Park' last week! I'm looking forward to seeing this very soon!

Maureen Schmitt Park was named after local conservationist Maureen Schmitt. Maureen has been instrumental in community conservation efforts, greatly improving local botanical information and working tirelessly to plant thousands of trees on The Hummock and throughout the region.

During the 1990s Maureen was the driving force behind the 4 hectare revegetation project and still maintains an interest in the Park. The land had been almost totally cleared many years ago, and the rocky, windswept conditions made it a challenge for the trees to survive.

Maureen oversaw the collection of seeds from the local area, propagated the rainforest trees and arranged for their planting and maintenance.

<https://www.bundaberg.qld.gov.au/sport-recreation/parks-reserves-natural-areas/2>

What a wonderful example of 'walking the talk' Maureen has set for us all! Congratulations Maureen!

Many thanks to our Librarian, Joy, for her choice of book for this month.

'the organic garden' by Jeffrey Hodges

Jeff Hodges is a Queenslander who has refined and adapted his gardening methods to suit Australian conditions.

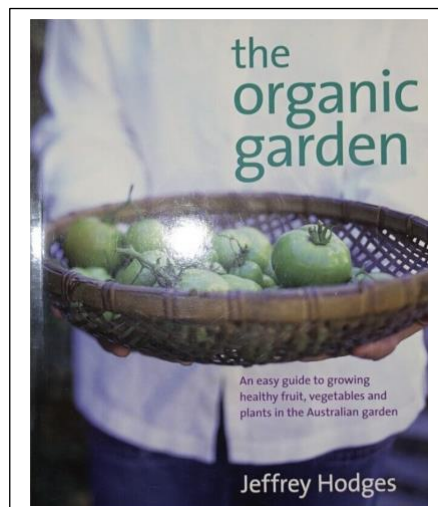
The Organic Garden provides time-saving, minimal-energy techniques to turn ordinary gardeners into organic green-thumbs.

Your bountiful garden will work in harmony with nature, producing your own healthy, chemical-free fruits, vegetables and flowers.

This system uses the 'no-dig' and other easy methods, composting, mulching, crop rotation, and companion planting.

This beautifully illustrated book explains how to become attuned to the natural world and help sustain the environment in lots of practical ways.

Review: 'This is a book for gardeners of the heart. If you're only interested in results—in growing huge tomatoes or giant cabbages—then perhaps it won't impress you. If, however, you've ever gazed in awe at the beauty of the early morning dew glistening on your first poppy flower in spring; if you've watched with humility and wonder as the tiny seeds you planted last week burst through the surface of the soil to lift their first little leaves to the sun; if you truly love plants and love gardening; if the joy of gardening is in the growing and the results—then this book is for you.'



Here are some winter gardening tips from the Brisbane BOGI group!

Late autumn and early winter is a good time for planting out most of our native plants.

Nurseries are stocked with a full range of deciduous trees and shrubs.

Meanwhile, take the opportunity of checking potential planting sites. Most trees and shrubs dislike soils that drain poorly. Clay soils can be improved considerably by spreading gypsum over the surface (one kilogram per square metre). Alternatively, you can plant into a raised garden bed or into large containers.

Chives and shallots need the cold to stimulate their roots into active growth, while rosemary responds by smothering its pungent leaves with a delicate layer of blue flowers. Think about some leeks, rocket, beetroot, celery, lettuce (oak leaf), broccoli, cabbage, carrots, cauliflower, kale, kohlrabi, spinach and silverbeet. Onions are exceptionally useful in the kitchen, and properly harvested and cured bulbs will successfully store for up to six months. They really are a must-grow vegetable. See this short video - <https://youtu.be/weMXumhdXLO>

Pop in some coriander and chamomile... perfect for warming winter curries and cups of tea!

Stick in some spuds, home grown is easy, and incredibly rewarding. Don't forget about sweet potatoes, they are great fun to grow as well!

Garden beds with established strawberry plants should not be neglected simply because it's winter. It's likely these plants will begin flowering early in spring. Start by removing any remaining old fruits as well as damaged leaves along with all weeds and unwanted runners. Apply a large hand full of organic pellets beneath the plants and cover this with a layer of straw mulch.

There are a load of fruity favourites ready to go in, including kiwifruits and figs! Remember that kiwi fruits need to cross pollinate, so ensure you pick up one of each sex so that they can cross pollinate.

A seaweed tea, or any low environmental impact liquid fertiliser is perfect for giving plants a kick start as they establish. Apply to the soil early in the morning and in the concentrations mentioned on the packet. Don't forget to give the fruit trees a bit of a feed as well (particularly paw paw).

Much needed at this time of year is colour. Marigolds, lupins, pansies, violas, phlox, verbena and lavender (non-invasive varieties of course!). Popping these in around your veggies will give some colour and interest to the patch, and act as beneficial insect attractors!

Consider a green manure crop to add some life and love to an overworked patch. At this time of year, try millet, oats, lupins or field peas. This will improve your soil incredibly, and, as a bit of forward planning, you'll find it well worth the effort!

Water smarter at this time of year. Water first thing in the morning, and instead of quickie irrigation, a nice, deep drink a couple of times a week is far more beneficial! Always check soil moisture before watering at this time of year - don't water out of habit - water when necessary only, noting that beds can dry out if it is windy too.

Top up mulch on your veggie patches, herb gardens and ornamental beds, especially important for weed suppression at this time of year. A hot tip is to mulch after watering, to a depth of about 7cm. Keep mulch clear of plant stems, especially young seedlings. Choose sustainable, low environmental impact mulch, one that will enrich your soil as it breaks down. Also look for one that has done the least amount of travel to get to you.

Weeding is still needed at this time of year. Most plant growth has slowed down though so it will not have to happen as often. But it also means that it is also a time of year to try and remove as many competitors as possible before the weather starts warming up again. June has the shortest day of the year, which means by July, the days will be getting longer - how quick is that!

Many thanks to Pam Burgess for contributing these recipes!

Hi all, this is not strictly garden, however....all edible garden ends up at the kitchen eventually, so here is one for any of you that like fish.

Peter recently caught a mammoth cod, 14.79kg, weighed it in for the fishing club comp and then we got down to filleting the monster.

Many bags of flesh later, an idea came up for Thai fish cakes; so off we went to the kitchen.

The garden's contribution was shallot tops, garlic chives and Italian parsley.

The chickens donated the eggs while the pantry and fridge yielded the rest of the ingredients.

We have French Wwoofers (Willing Workers On Organic Farms) staying with us at present - definitely a very welcome helping hand or 4 around the place I must say!

So, Ana and I got stuck into the process; 4 kg of chunks netted us 135 fish cakes!

That was a marathon cooking session for sure. But the beauty of such a batch cook up is that they can be frozen, reheated easily or even eaten cold as a picnic lunch portion.

Here are some pictures and the recipe. I tweaked it a bit from the original as I normally do, to create a dish that is usually more green than at first.

I hope you like the result. Always remember....a recipe is not set in concrete; it is simply a guideline to be tweaked to suit your needs and availability. Enjoy!

Thai fish cakes

Ingredients

500g fish portions
500g potato
3 tablespoons red curry paste
1 or 2 eggs
A handful of chopped green beans
2 tablespoons coriander or parsley
1 tablespoon to lots of garlic chives and shallots
1 tablespoon fish sauce
1 tablespoon lime juice
1 tablespoon soy sauce
Rice flour to roll the fish cakes
Sunflower oil for frying

Method

Whizz all ingredients except beans in a processor – fold beans into the mixture

Shape cakes using a soup spoon worth of mixture

Roll in rice flour and set aside on kitchen paper till all are done.

Heat the oil in wok or large saucepan; when hot, fry cakes in batches and drain on paper towel!

Eat hot, cold or fridge or freeze for later.



Here is another recipe that may come in handy when you have many bananas and would like to try something different.

Fried Green Banana

Ingredients

Any number of bananas (you will need to de skin them with a sharp knife, cut into approx.2.5cm chunks

Fry these sections until they become golden and getting a little crispy on the outside

Remove from pan and put them on a plate or board

One at a time, press down with a saucer or small plate

Flatten the shape until they are squashed down to approximately 6mm thick

Place them back in the pan to fry again till golden and crispy on the outside

Do not overcook. These are delicious and replace a potato chips on the plate

Did you know that in other countries unripe banana, paw paw, mango, jackfruit, and possibly other fruits are all treated as vegetables until ripe. Recipes abound for these most versatile of fruits.

Necessity is the mother of invention.

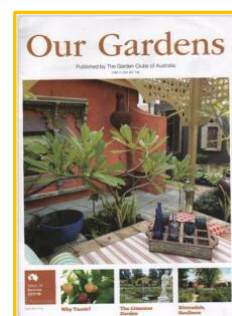


We all love garden visits and we have some lined up for July and August!

In July, we will be visiting Deedee Sorensen's garden.

In August, the garden visit will be to Les and Kay de Gunst!

Our club subscribes to 'Our Garden' magazine. This is published quarterly. It is available to members through our library!



HERB OF THE MONTH – by Chris Jeffrey

Welcome to the Organic Garden Club for June 2023



CAPE GOOSEBERRY - *Physalis edulis*.

South American in origin, but grown widely in the Cape of Good Hope, this Peruvian bush has been greatly enjoyed for years by many generations. A tall and wide bush, with marble type orange fruit in husks, is both delicious, and good for you. And, when ripe, there is no hard shell to crack to get to the fruit. Just pop open the dry and papery calyx and eat away!! The fruit is wonderful for our avid jam makers, but the fruit, with the husk still intact can be stored for several weeks. Our warm Qld climate would appear ideal for this bush, as it is drought hardy, but likes to be mulched, watered, and tender loving care should provide an abundance of fruit for years. Protect from frost.

VITAMINS- A, B, including B12, and vitamin C

MINERALS- Potassium, iron, calcium, phosphorous.

ACTIONS- nutritive, diuretic, mild laxative, antioxidant

Vitamin A (as beta-carotene) is a valuable antioxidant, and maximises our immune defences. RNA is essential for the transmission of chemical messages and instructions for the maintenance of good health and life span.

Vitamin C is amazing – immune, joints, ligaments, eye sight, skin, glandular, + more.

For all our good cooks, and preservatives, fresh is best. However, jams, stews, jellies, pies, add to salads, juice, or freeze for later,

We have been blessed with good fruit and vegetables, with all the goodness our bodies need to continue on in good health. So, eat, and enjoy with a thankful heart.

Info: 'How can I use herbs in my daily life by Isabell Shipard'

Plants are available from the internet, Bunnings, although out of stock at times, and seeds from 'seed collectors'. Lenzie is also on the lookout!!

Our source is – "How I can use herbs in my daily life" by Isabell Shipard.

Have you checked out our BOGI website? <https://www.bundaberg-organic-gardeners.com/>

There is lots of pertinent information to help you on your gardening journey!



Here is the selection you can access from the front page!

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.

President – Marlene Kent-Fuller
 Vice President – Maureen Schmitt
 Treasurer – Kay de Gunst
 Secretary – Karyn Ennor: 0447 360 882
 Committee Members – Christine Jeffrey,
 Pam Biden, Lenzie Duffy, Deltry Dickie
 Herbal Teas – Tony Wolfe
 Library – Joy Millett
 Supper – Pam Biden
 BOGI Shop – Bruce McKay
 Workshops and Field Trips – Linda Cameron
 Newsletter Editor– Deltry Dickie:0414992553
 Note Taker – Lara Hawker
 Assistant Editor – **Position vacant**



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.

Deadline for July 2023 Newsletter

Friday 14th July 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.

Treasurer Report for May 2023

Opening Balance May	\$5993.54
Income	\$ 0.25
Expenditure	\$ 249.84
Closing Balance May	<u>\$5743.95</u>

This Month’s Supper Roster June 27th

Rose Apap	Lenzie Duffy
Karyn Ennor	Les de Gunst
Maureen Schmitt	Joan Smart
Trevor Galletly	Esther Sheraton
Daniel Critchlow	Jeanette Cox
Malcolm Fuller	

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.