



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

E: secretary.bundyorgard@gmail.com Secretary: Karyn Ennor

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

NEWSLETTER AUGUST 2024

Hello and welcome to our August Newsletter!

According to the calendar, it is still winter, though I have my doubts!

The recent rain and the following heat have been a boon to my garden, as I'm sure it has been to yours! I tasted my first mulberry the other day! Delicious! My small mulberry bush has so many fruit – it looks like it will be a great season.

It is such a delight to wander through the garden in the morning and munch on the various plants – leaf ginsing, gota kola, sugar snap peas and various herbs!

I hope you have had success in growing your seedlings for the Bundy Flavours coming up on 6th September! It is a great way to raise awareness of our club and the advantages of membership!

Last year we had 13 people join our club on the day of our stall!

There will also be great raffle prizes – so remember to get your tickets! There is more information on page 10! We look forward to seeing you there!

Happy gardening and healthy living!
All the best, Deltry

CLUB MEETING – Tuesday 27th August 2024

Club meetings are 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 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.

August Speaker

Terry Stokes will speak at our August meeting. Terry has worked in the field of organic, regenerative garden and land management for the past 12 years and has helped develop a leading Bio Organic Sustainable Solutions business in Queensland, educating farmers and gardeners alike on how to grow more naturally and productively.

Please note:

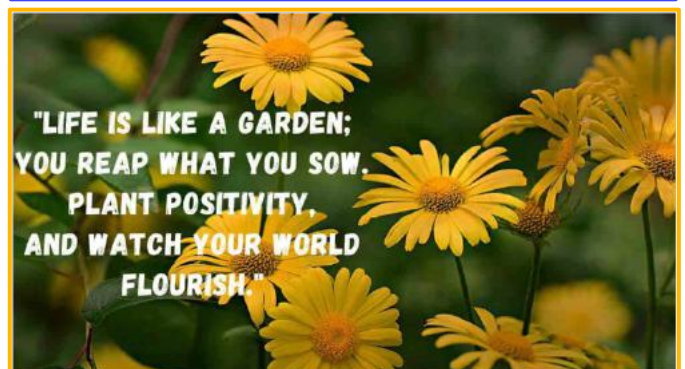
Our supper roster is now available for two months.

The current month and the following month!

See page 11 of this newsletter!

Content

- Pg 2 July meeting Report: Bees
- Pg 3 Herb of the Month: Japanese Menthe Mint
- Pg 4 Report: Mosaic Workshop
- Pg 5 Report: Nambour Garden Expo
- Pg 6 Health Information: Seed Oils
- Pg 8 Nasturtiums
- Pg 9 Trevor's corner
- Pg 10 Moon planting: Taste Festival Information
- Pg 11 Bi-monthly Supper roster + BOGI information

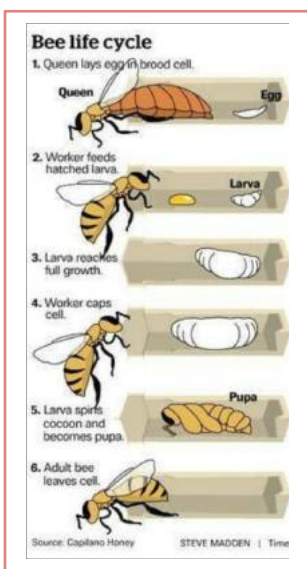


June Meeting Report – Bees by Lara Hawker

Hayley Martell was the guest speaker at our June monthly and along with fellow presenter, Bec, gave us a fascinating insight into the world of bees!

About Bees

There are three different types of bees in a European hive. Most of the bees are female workers. A worker bee lives for about 6 weeks and makes about 1 teaspoon of honey. There is a queen bee and she is responsible for laying between 1500-2000 eggs per day. A queen bee lives for about 5 years but gets replaced in a commercial hive about every year. She is fed royal jelly as a larva and as queen. The rest of the bees are drone bees and they forage for nectar which feeds the hive. In times of less, the drones get kicked out of the hive by the workers. A drone bee mates with a queen in a different hive and then dies.



Life cycle of a bee

Queen lays eggs in wax cells - Worker feeds hatched larva - Larva reaches full growth - Worker seals cell - Larva becomes a pupa - Adult bee leaves the cell.

Bee hives

Beehives can come in lots of different styles from flow hives to old fashioned style hives. Hives contain a baseboard, box and lid. Regardless of the type of hive that you have you need to inspect it at least 4 times a year and it is important to never drain a hive of honey or the bees will die.

Within a hive is a brood box. On a frame in the brood box, we can usually see drone brood, worker brood, empty cells, honey and pollen. Pollen gets carried about on the back legs of the worker bees.

Sometimes bees create hives in inconvenient places for people. Sometimes they build hives in house walls and caravans. These can be quite large as there are about 50,000 bees in a hive which can cause a lot of damage. When relocating bees, they use a bee vacuum. They have to hope that they get the queen and then the bees will stay together, if not they have to go back for the queen.



Bee Venom

Bees aren't only used for honey. People also collect bee venom, mainly for the cosmetics industry. Bees are put onto a vibrating plate which they sting. Their barb doesn't get stuck so they don't die.

The venom is then collected and sells for about \$300 per millilitre.

It takes thousands of bees to make this venom.

Question: *Would bees move in because a hive is close to the house?*

Answer: They may just find a hole in a wall and just move in.

Question: *If the queen lives for five years, then what about the drones?*

Answer: Drones come from other hives to mate with the queen. When the hives get too big or there is not enough food within a 5-17km radius or the queen thinks she is about to be assassinated, she will take about 80% of her hive and leave.

Question: *What is Royal Jelly?*

Answer: A nectar and pollen mix.

Question: *How do they know if they want drones or worker bees?*

Answer: Drones get laid in drone cells. Worker bees tell the queen what to lay. There will only be one queen in a hive and they will kill rival queens.

Question: *Is it true that a bee stings and dies?*

Answer: The sting has a barb on it so they can't pull it out and that is why they die. A dead bee can still sting you.

Question: *How do they say it is one type of honey?*

Answer: They now have varieties of macadamia that flower between June and September. Honey is tested and it has to be 85% of that type of honey to be classed as that kind of honey. Bees may feed elsewhere as the European bees can travel 7-10km, whereas native bees travel in a 500m radius.

Plants have different sugar contents so you can tell what plants it comes from when tested.

Herb of the month for August is...Japanese Menthe Mint

Japanese Menthe Mint aka *Mentha arvensis piperascens* is a herbaceous plant which belongs to the mint family. It is commonly known as Japanese peppermint and is widely cultivated for its medicinal properties.

Japanese Menthol Essential Oil is a powerful, aromatic oil that has a wide range of therapeutic properties. It has a cool, minty, and refreshing scent that can help to clear out congested airways and promote feelings of relaxation. This oil is known for its invigorating and rejuvenating effects, making it a popular choice in aromatherapy treatments.



One of the key benefits of Japanese Mint essential oil is its ability to relieve pain and inflammation. It contains menthol, which has a cooling effect on the skin and can help to reduce swelling and discomfort. This makes it a great choice for those suffering from sore muscles, headaches, or arthritis.

Additionally, Japanese Mint essential oil has been shown to have antimicrobial properties, which means it can help to fight off harmful bacteria and viruses. This makes it a useful oil to have on hand during cold and flu season, as it can help to boost the immune system and prevent the spread of illness.

Luckily for us, we have quite a few members who grow this amazing plant and we do not have to hunt for the oil to achieve the health benefits. I grow two bathtubs full of Menthe Mint constantly, as it is my go-to herb for tea, two or more times a day - with a teaspoon full of honey of course! It is absolutely delicious! I have been doing this for years now and I have shared the plant far and wide. Currently I am potting up plantlets for the Bullyard Markets in the coming months. Tea does not have to be bitter and black; mine is green and divine. It can be utilised as a hot tea/tissane or as a coldwater flavouring.

The tea with honey can be made up to taste by the bottle full, then into the fridge to cool; it will last for a few days and it tastes amazing. This is a great summer alternative - no money spent - no sugar filled cordials. Also, it can be used as a flavouring in cooking, whatever recipe you have; simply replace the liquid portion with hot water poured over Japanese Menthe Mint leaves, allow it to steep for 5 minutes, then, extract the leaves and use the liquid for the recipe in question. Voila! instant mint flavour, no nasties!

I love this plant. On page 213 of Isabel Shipard's book, *How Can I Use Herbs In My Daily Life?* she speaks of this plant as being beneficial for anyone who is frazzled, stressed or running late, needs calming or has low energy levels. For these reasons, I perceive that growing this plant in the biggest wicking bed or bathtub is a great idea for one's well-being. I harvest the top 8 to 10 leaves (nip off the tops) of each stalk, collect a bucket full and put them in the solar dehydrator that Peter built, allowing them a few sunny days to dry - then into a 9 Lt glass container in the pantry till needed. I may do this 3 or 4 times a year. This way I have a constant supply of ready to drink tea any time, day or night. If any of you have been here to visit, I am sure you have tasted my Japanese Menthe Mint tea. Finally, when the plant is spent and looks sad and stinky, it is cut down, the bathtub is swamped with about 2" of sheep poo (any manure will do) then an inch or 2 of woodchip or other mulch, then flooded. Soon it is re invigorated and away we go again. All mints are heavy feeders and love to be flooded; this one is the same!

Till next month. Cheers, Pam

MOSAIC

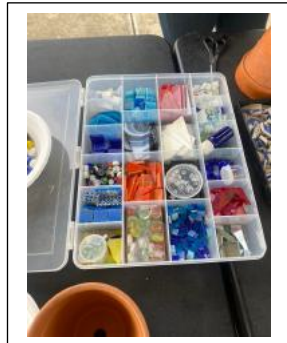
Workshop Report

A group of enthusiastic members gathered at the Shelter shed in soccer field at the end of Marks Street, North Bundaberg on the 10th and 17th of August. This was a workshop with a difference – not only did we have consecutive Saturday gatherings, but we had the opportunity to branch into a different artistic activity, which could also add an attractive interest to our gardens! Our newest friend – soon to join our happy band – Sandra Wood – was our guide on this fun learning experience. Most of us had no idea what was involved but Sandra was a great teacher and had every colour and shape of mosaic tile you could ever want.

From butterflies, bees, plants and animals, from 2 colours to 20 colours, we all did our own style with Sandra gently guiding us.



Our tutor, Sandra



There was a distinct difference in the weather too! The 10th brought showers, wind and chill – which forced us to move our set-up to a more sheltered spot behind one of the sheds! However, the following Saturday 17th, found us all enjoying a lovely sunny day with a balmy breeze which was great for drying our grouted pots!

At the first workshop, we chose and glued our tiles onto our terracotta pots and at the second workshop, we added the grout to fill the spaces between the tiles. This was akin to playing with mud – very satisfying!

After the grout dried sufficiently, we had the fun of sponging off the excess grout and then seeing the wonder of the beautiful coloured tiles revealed in all their glory!

Of course, there was the odd tile lost and found along the way – which easily fixed. Overall we had two enjoyable and productive workshops, thanks to Sandra and her talent.



Grouting the pots

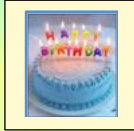


The finished pots!

Supper roster Update!



Due to popular demand, our supper roster will cover two months – the current month plus the following one – which will give you earlier notice to prepare for your contribution. See Page 11



Have you celebrated a birthday this month?
We hope you have a wonderful year
of good health and happiness in all you do!

**REPORT FROM Queensland Garden Expo held in Nambour
ON SATURDAY, 6TH JULY 2024 by Lyn McIlwain**

A group of intrepid explorers set out on a damp Saturday to see the wonders of the Queensland Garden Expo!

Here is Lyn’s report on the visit!

Yes! It was damp, but it didn’t dampen our enthusiasm! Saying ‘farewell and thanks for coming’ to the disembarking fellow gardeners who expressed their gratitude – “We’re coming next year!” was music to my ears!

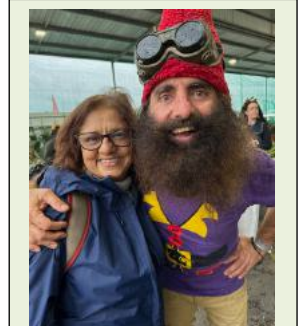
Filling a 55 seat luxury coach from G&D Ross Bus Charters – Maryborough, proved to be very challenging! However, members from BOGI, Hinklers Rare Fruit Club, Bundaberg Bush House & Garden Club, Maryborough Garden Club - thirty two in all, enjoyed the coach trip to Nambour, buying raffle tickets – thanks to Pam for organising that – singing and swapping stories. Some, like myself, were 4th time attendees! We were all on a discovery tour of all that grows – thanks to good ol’ Mother Nature and seeing what people produce from the raw material.

I made a statement – ‘You could have a close encounter with Costa from ABC Gardening Australia’! That I did! What a knowledgeable entertainer – imparting useful hints, like so many of the talks and demonstrations – e.g. Dale Chapman – my favourite using bush tucker, as she did in Paris and Venice!

Even though it was a bit damp, the sun did break through and it was amazing to see what and who was there at the yearly Queensland Garden Festival held at Nambour! We’ll be back!



Many thanks to our BOGI club for subsidizing the coach trip to make it more affordable. Our entrance fee was also reduced due to our group booking!



Beautiful array of plants

HEALTH INFO OF THE MONTH

Seed Oils! Friend or Foe? Are seed oils toxic?

The latest research suggests it is a resounding 'YES'!

Industrial seed oils, also known as vegetable oils, are in nearly everything. If you use common cooking oils, eat pre-packaged foods, or dine out at most restaurants, you're probably eating them every day.

And you wouldn't be alone — globally, vegetable oil production has increased more than 16-fold since 1909, has doubled in the last 20 years, and is expected to grow 30% in the next four years. In the United States, the consumption of soybean oil alone has grown 1,000-fold since 1909.

Industrial seed oils were invented when there was no meaningful health regulation, then became increasingly popular based on flawed research suggesting they were heart healthy.

In the intervening 100+ years, numerous in vitro cell studies, animal studies, human clinical trials, and observational studies have demonstrated the toxic effects of seed oils and their by-products created during heating. While there are a few possible benefits to seed oils, such as vitamin E, low amounts of omega-3 ALA, and reduction in cholesterol according to some studies, these properties aren't unique to seed oils and don't outweigh the potential for harm. Industrial seed oils are hard to avoid if you mainly eat food from restaurants and pre-packaged processed foods, but easy to avoid if you learn to read labels and do as much of your cooking as possible. Perhaps it's not a coincidence that increased vegetable oil consumption correlates with higher rates of [obesity](#), [heart disease](#), cancer, diabetes, and other modern health problems.

With so much evidence pointing to the harmful effects of seed oils, many have described them as "toxic." But do seed oils meet the definition of toxicity? In the hundred years since they first entered our diets, plenty of scientific findings suggest that seed oils have toxic effects on cells, animals, and humans. Abundant evidence also suggests they're likely unsafe for long-term consumption in quantities most people eat today.

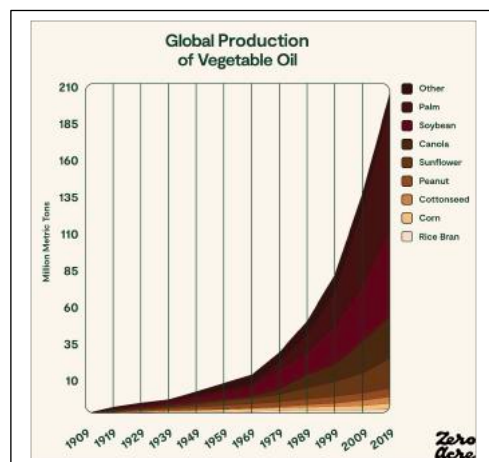
What are vegetable oils exactly? And are seed oils different?

<https://health.clevelandclinic.org/seed-oils-are-they-actually-toxic>

Seed oils, often called *industrial* seed oils, are a type or subset of vegetable oils that are derived from seeds and are typically higher in linoleic acid, and therefore, may be worse for your health.

These oils are almost always derived from the seeds of crops and include:

- Corn
- Canola
- Cottonseed
- Soy
- Sunflower
- Safflower
- Grapeseed
- Rice bran
- Peanut



Cont. p7

Vegetable oils, on the other hand, are all oils or fats derived from plant matter, whether it's from fruits, grains, seeds, or nuts. In other words, vegetable oils are a broad category that includes all plant-based oils. Some of the most popular "vegetable" oils include:

- Canola (rapeseed)
- Coconut
- Corn
- Cottonseed
- Olive
- Palm
- Palm kernel
- Peanut
- Safflower
- Soybean
- Sunflower
- Grapeseed
- Rice Bran
- Avocado

All of these vegetable oils have different arrays of fatty acid ratios, varying widely in their monoleic acid content.

The dangers of seed oils can be broken down into several categories:

- Unprecedented levels of [omega-6 fats](#)
- Disrupts the composition of cell membranes
- Promotes oxidative stress and inflammation
- Trans fats
- Harmful chemical additives
- Linked to [obesity](#), [heart disease](#), diabetes, autoimmune disease, Alzheimer's, and more

Registered dietitian [Julia Zumpano, RD, LD](#), states "Most seed oils are being utilized in the form of processed packaged foods, fast foods and eating out, and even foods that are considered minimally processed but are still packaged. And that's where the danger is.

Outside of your own home, you're most likely to consume seed oils when you're eating something that's *already* pretty bad for your health — something that's also full of fat, sugar and sodium. It's not a bad idea to look in your cupboard, too, as these oils are so abundant that it's smart to avoid or seriously limit them wherever you can."

"Most seed oils go through the refining process, which includes bleaching and deodorizing," Zumpano explains. "This helps with the taste, colour and shelf life, but it also removes the oils' [antioxidants](#)."

The end result is oils with no real health benefits and more than a few health risks.

During the processing of seed oils, harmful chemicals are added to enhance yield and promote the longevity of the product's shelf life. Specifically, hexane is a commonly used chemical that enhances extraction yield in oils but remains present in small amounts in the finished product. In addition to its use in seed oils, hexane is also used as a solvent in glues, varnishes, and inks and is used as an effective cleaning agent in the printing industry.

To promote a longer shelf life for seed oils, many manufacturers add chemical preservatives which are meant to combat oxidative damage. In nature, antioxidants defend against oxidative damage. In factories, industrial chemicals (like TBHQ, BHT, BHA, etc.) attempt to mimic natural antioxidants. But these chemicals have been classified as carcinogens and are subject to severe restrictions as additives in Europe.

The bottom line is that many food manufacturers use the cheaper oils in their food production, so for the sake of your health, read the food labels and prepare your own food! <https://health.clevelandclinic.org/seed-oils-are-they-actually-toxic>

Nasturtiums – info from Maureen



Maureen spoke to us about Nasturtiums which are taking over at her place at the moment. This is a very versatile plant. It is an annual (which means it grows for one year). The seeds come up in early winter. They will self-seed or can be grown from cuttings. It is a climbing plant with lovely edible leaves, stems and flowers. It can be grown as a living mulch / cover crop or as a companion plant for squash or tomatoes.

The leaves can be eaten raw and have a little bit of a spicy taste. They can also be stir-fried or used as a wrapping for dolmades . The flowers can be eaten raw and are sweet with nectar. The flowers can also be added to white vinegar to make a salad dressing. The seeds can also be used like capers, and they can also be ground and added to salt.

The nasturtium is considered a natural antibiotic and anti-fungal. It can be made into a tea and the leaves and petals are high in vitamin c.

Nasturtium Pesto

4 cups packed nasturtium leaves, plus a handful of nasturtium flowers

2 tablespoons pickled nasturtium pods (optional)

4 cloves garlic

1 cup walnuts

1 large lemon, juiced

3/4 cup olive oil

1/4 teaspoon salt, adjusted to taste

black pepper to taste



Put everything but the salt and pepper into a blender or food processor and mix until smooth. (If you don't have pickled pods, don't worry about it. Instead, think about adding a dash of hot sauce for a little extra bite. I don't think I'd add nasturtium pods that haven't been processed and brined; they can be bitter.) Add salt and pepper to taste.

<https://hitchhikingtoheaven.com/2011/04/nasturtium-pesto.html>

How To Grow Nasturtiums

Large seeds of nasturtium plants should be sown directly into their permanent location, as nasturtium flowers do not transplant well. If you must start seeds of nasturtium flowers and then transplant them, use peat pots which can be planted into the ground without disturbing the roots of the growing nasturtium seedling.

Now that you see the ease of how to grow nasturtiums, add several in the spring and summer landscape. Care of nasturtiums is amazingly simple, plant them and forget them, except to enjoy this perky, little flower.

<https://www.gardeningknowhow.com/ornamental/flowers/nasturtium/growing-nasturtiums.htm>

Trevor's Corner

Here is an interesting article I found from the August Brisbane BOGI Newsletter.

Seed Freezing by Annette McFarlane - <https://www.annetemcfarlane.com/>

I have been saving and sharing seed for longer than I care to remember and have taught lots of individuals and groups how to do this. It still surprises me therefore that people do not know about seed freezing.

Remember to freeze your fully dried seed for 24-48 hours to kill insects and their eggs (eggs are hidden under the seed coat or testa) as well as mites. Freezing does not kill the seed because when fully dried, the seed does not hold sufficient moisture to freeze and burst the cells.

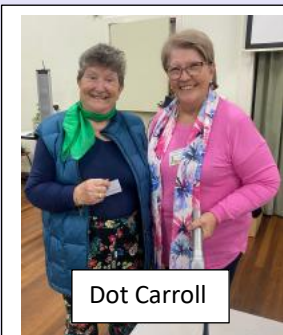
I put clean, dry seed in a sealed jar before putting it in the freezer. Seed freezing should be standard practice for all seed savers.

After freezing, I pack seeds in envelopes I make from the pages of old gardening magazines. They are always colourful and a great way to recycle. Seed saving groups often use store bought seed envelopes or make their own. The seed saving template is below!

Seeds also always welcomes contributions of clean, dry seeds. Another bonus of seed freezing is faster germination when you do sow the seed. Try it with store bought seed too. It works particularly well for lettuce and other vegetable seeds. The only real exception is with some tropical species with short viability (including palms). In these cases, the seed needs to be sown while still fresh and not dried at all.

<file:///Volumes/GoogleDrive/My%20Drive/Bogi%202024/Brisbane%20BOGI%20newsletter%20August%202024/Seed%20packet%20template.pdf>

Welcome to our new members



The Brisbane BOGI Newsletter has great information from their experienced gardeners!



Our secretary Karyn, would be happy to add your name to the email list!

Did you know:

Peas are actually botanically classified as fruit since they contain seeds that are developed from the ovary of a pea flower. Most people, however, refer to peas as vegetables.

A pulse is the edible seed from a legume plant. Pulses include beans, lentils, and peas. Therefore, a pea pod is a legume, but the pea inside the pod is the pulse.

Food Historian, Allan Davidson notes that the pea was an important source of food for peasants in the Middle Ages during lean times, providing protein and other nutrients such as vitamins and minerals, including vitamin C, vitamin K, vitamin A, and potassium. Their high fibre content also made them a filling and satisfying food.

Winter 2024 Gardeners Gazette: Judith Meikle



Members, are you interested in learning about your club? You are invited to attend our next committee meeting, held on Friday 20th September at Kay and Les de Gunst home at 1pm. Please contact 0493 789 243 if you are interested in attending!



SAVE THE DATE - SATURDAY 7th SEPTEMBER

Taste Bundaberg Market 2024 – 7am to 2pm

Alexandra Park (West)

Quay Street – Tallon Bridge end



Do you know that by the day of our monthly meeting, 27th August, there are only 10 more sleeps before the Taste Market??

Do you have a lovely display pot we could showcase at our stall?

Please bring the display item and/or your labelled seedlings to our stall on Friday 6th between 3pm and 5pm OR Drop them off at our stall before 6am on Saturday!

You can still put your name on the roster for assisting on the stall. It is available at our monthly meeting this Tuesday night!

Planting by the Moon – September submitted by Kay de Gunst



(New Moon to ¼ Moon) 3 – 10 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) 11 – 17 Sept: Increased light from the waxing moon benefits leaf growth, and root growth slows down. Best time to sow/transplant fruiting annuals.

(Full Moon to ¾ Moon) 18 – 24 Sept: Gravitational pull decreases and moonlight decreases, so leaf growth reduces and root growth increases. Plant root crops now.

(Last ¾ to New Moon) 25 Sept – 2 Oct : The waning moon is good for balanced growth. No sowing or planting during this phase. Harvest vegetables, weeding, digging, pruning and cultivate. Apply mulch.

What to plant in September:

Asian vegetables; Beans; Beetroot; Capsicum; Carrots; Chilli; 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; Chilli; Cucumber; Eggplant; Lettuce; Luffa; Marrow; Pumpkins; Silverbeet; 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 some new varieties a try.



Members: When you bring in herbs for Tony to prepare for our teas at supper time, please ensure that they are cut to a suitable size, bagged and labelled.



Tony will be grateful for your consideration! Thank you!

Please contact Tony on either 4159 9559 or 0479 173 169 re the herb you are providing.

BOGI SHOP – See Chris Jensen 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 Kelp
- Fish Hydrolysate
- Mineral Granules
- Microlife
- Organibor
- Katex Organic Super Growth
- Molasses



They are available for sale at our meetings, or please contact Chris on 0412 992 191 for collection from his address in East Bundaberg.

Executive and Committee 2024

President – Marlene Kent-Fuller
 Vice President – Maureen Schmitt
 Treasurer – Kay de Gunst
 Secretary – Karyn Ennor
 Committee Members – Pam Biden, Lenzie Duffy, Jo-Anne O’Callaghan, Deedee Sorenson and Deltry Dickie
 Herbal Teas – Tony Wolfe - 4159 9559 or 0479 173 169
 Library – Joy Millett
 Supper – Pam Biden
 Workshops and Field Trips – Linda Cameron
 BOGI Shop – Chris Jensen - 0412 992 191
 BOGI Shop Support – Bruce McKay
 Newsletter Editor– Deltry Dickie – 0414 992 553
 Assistant Editor – Joan Smart
 Note Taker – Lara Hawker
 Facebook Co-ordinator – Cathy Critchlow

Deadline for September 2024 Newsletter

Friday 14th September 2024

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.

Treasurers Report July 2024

Opening Balance 1 st July	\$ <u>6130.62</u>
Income	\$ 674.13
Expenditure	\$ 2107.60
Closing Balance 31 st July	\$ 4697.15
Visa Account	\$ 1.92
Income	\$ 500.00
Expenditure	\$ 144.00
Balance	\$ <u>357.92</u>



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, fruit and flowers 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.

This Month’s Supper Roster Tuesday 27th August

Bhavana Shulka, Katrine Raynor, Maureen Schmitt, Peter van Beek, Michael Apap, Julie Burry
 Chris Jeffrey, Lara Hawker, Jo Callaghan, Joseph Park

Supper Roster Tuesday 24th September

Effie Hadjielia, Colin Walmsley, Val Wright
 Tony Wolfe, Pam Biden, Les de Gunst, Chris Jensen, Marlene Rayner, Sarah Park, Alex Price

Please list the ingredients of your supper contribution to inform those with special dietary needs. Thank you!

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.