



# Bundaberg Organic Gardeners

~ working with nature ~

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## NEWSLETTER OCTOBER 2024

### Hello and welcome to our October Newsletter!

Aren't Jacarandas the most beautiful trees? Spring is a wonderful season! It is such a delight to either drive or walk through our local areas where they spread their long branches, covered in purple flowers. We lived in Brisbane for a number of years, and Jacaranda season was synonymous with final exam time! However, New Farm Park was a favourite haunt – just walking through a carpet of purple flowers gladdened the heart! They bring back many happy memories! Flowers play an important role in our gardens and together with productive plants, can also bring us happiness and fulfilment!



Happy gardening and healthy living!

All the best, Deltry

#### Please note:

**Our supper roster is now available for two months.  
 The current month and the following month!  
 See last page of this newsletter!**

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### CLUB MEETING – Tuesday 29<sup>th</sup> October 2024

Club meetings are always held on the last Tuesday of the Month.

**Time:** Doors open 6.00 pm for a 6.30 pm start

**VENUE: PLEASE NOTE: Sims Road Community Hall, 24 Sims Road, Walkervale.**

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.

### October Speaker

Who appreciates the importance of frogs? Our speaker this month is **David Flack** – an expert in the field! We are sure to come away with wonderful information about the significant role they play in the health of our gardens and how we can encourage them to visit us!



This cutie lives at Lupton Park!

“

**You are the creator of your own garden. Plant kindness and compassion. Water with love and gratitude. And you will enjoy beauty all the days of your life.**

~ Julie Parker



## September Meeting Report – Rare Dragon Fruit

Yana and Michael from Rare Dragon Fruit, gave an inspiring talk at our September meeting. Their Dragon Fruit farm, situated at Agnes Water, offers a unique Farm to Plate experience. They are proud of their approach to farming and are trying to produce the most sustainable Dragon Fruit / Pitaya farm in Australia. Rare Dragon Fruit's rich diversity of 150 delicious dragon fruit varieties, are grown using this approach to their farming practice. By cultivating a wide range of dragon fruit, they provide consumers and retailers with seasonal access to rare and exotic flavours that can't be found elsewhere. The fruit are diverse in colour, size, texture and flavour. Tastes range from refreshing coconut water, berry, green apple, kiwi fruit, hints of cinnamon to sweet lemonade and more.

Polyculture involves growing multiple crops together in the same space, as opposed to monoculture (a single crop). This can reduce pest outbreaks, enhance soil health, and improve yields. It mimics natural ecosystems, increasing biodiversity and resilience to environmental stress.

Yana explained that synthetic pesticides are chemical substances used to manage or eliminate pests such as insects. By using organic pesticides sparingly and only when absolutely necessary, can help to minimize the environmental impact while still providing protection against pests.

Another aspect of their approach to growing dragon fruit is to take advantage of companion planting, which brings in beneficial insects to help control pests naturally. Basil, sunflower, nasturtium and borage are among the plants they grow with the dragon fruit. Although their farm is not 100% certified organic, they do not use toxic chemicals.

Mulching is another important farming practice. By applying organic materials like straw, wood chips, or leaves, helps to suppress weed growth while improving soil moisture and fertility. This approach is more environmentally friendly and promotes healthy soil.



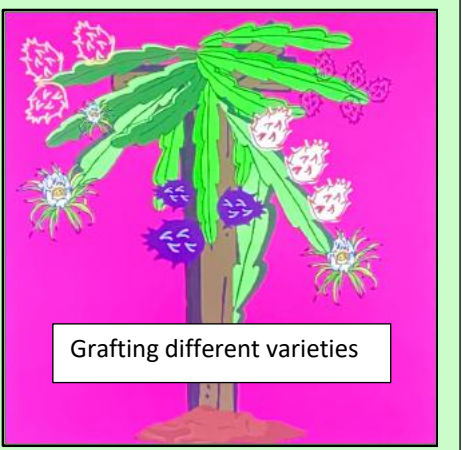
Here are some helpful growing hints:

1. Do not grow a up tree, on a chicken pen or over a shed!
2. Post – select strong supports
3. Mulch
4. Good soil
5. Plant Cutting- that has been sun hardened and choose the right day. Yana likes slightly overcast to stop sun burn.
6. Fertilize
7. Companion Plants





What is a NOID? NO – ID. A dragon fruit plant with an unknown history, makes it impossible to identify its variety! Some of the varieties available are: Connie Mayer- Hints of coconut, Asunta -hints of cinnamon, Sin Espinas Red Jade has hints of cherry and Zamerano, which has hints of Plum. Dragon fruit originated in South America. Some dragon fruit self-fertilise, while others need a helping hand! You can plant 3-4 dragon fruit per post and mix the varieties to create more diversity: for example - self-sterile, self-pollinating and universal pollinating varieties!



- More Helpful Hints
- Harden plants gradually
  - Stand new plants up straight
  - Plant on an overcast day
  - Avoid the planting in the heat of the day
  - Avoid planting in the hottest months of summer
  - Use grafting tape to tie up to avoid damaging the branches
  - The reason why flowers abort : they are self-sterile, too young, rain or bad plant health!
  - When the fruit holds, the flower will wilt away.

The fruit is ripe approximately 30 days from flower to fruit. You can try the 'wiggle' test, check the colour and firmness! Dragon fruit can be kept at room temperature if you plan to consume it within a few days. If you want to keep dragon fruit fresh for up to two weeks, store it in the refrigerator. The temperature should be between 7-9c deg. Many of our members were excited to learn that Yana and Michael offer Farm stays. It was suggested that we could organise a bus trip next year to view their farm and enjoy an afternoon BBQ! This suggestion was met with much enthusiasm! You can also check out their website [www.raredragonfruit.com](http://www.raredragonfruit.com) for more ideas on the best way to grow and care for dragon fruit, plus recipe suggestions! Many thanks, Yana, Michael and family!

**RECIPE CORNER**

**Dragon Fruit Smoothie Recipe**

This easy dragon fruit smoothie is delicious and healthy too!

Ingredients

- 1 cup frozen pink dragon fruit
- ½ cup pineapple juice
- ½ cup almond milk or coconut milk

Instructions

1. Add ingredients to your blender cup.
2. Pulse until smooth. Enjoy!



This amazing fruit is also great in fruit salads! It teams really well with berries and melon.

<https://momfoodie.com/dragon-fruit-smoothie/>

## Lupton Park Field Trip– Kay de Gunst

After an initial mix-up with whether the trip was on or off, five Bundaberg members happily set off from Bundaberg at 7am Saturday, 12<sup>th</sup> October for the Lupton Park Community Gardens in Maryborough.

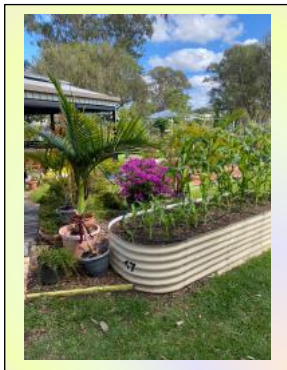
We arrived around 8.30am and were welcomed by Sandra (President) and Yvonne (Secretary). It was a beautiful sunny day. Our sixth member joined us on a tour of their amazing gardens. The Gardens have just celebrated their 10<sup>th</sup> anniversary and the 30 + members, women and men, are justly proud of their efforts. The men do most of the heavy work - they have helped with several building projects and in the main look after the three compost bins! The women are great gardeners too and enjoy tending to their various projects. If a resident considers joining, there is a trial period of about 3 weeks before joining the group! Fees are set at \$15 p.a.

Sandra explained that members can indulge in their own particular gardening interest. Some are very keen on flowers or perhaps succulents! Sandra loves growing vegetables while others work on propagating seedlings to either grow in the raised garden beds or sell to the public! An orchid house is one of their newer projects. All Lupton Park members are very creative with their colourful displays of recycled bits and pieces to enhance their site. The beautiful, organic produce is shared among the members!

After our tour, we joined their group for a yummy morning tea - (lovely home-made scones with jam and cream !!) This is a genuine group of gardeners, always keen to have a visit from our club members. They are a very welcoming group and were pleased to see Lenzie once again. They have asked him to return and give a talk when convenient.

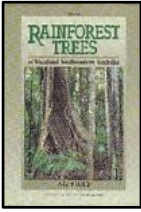
They took a photo of our Bundy group before we left, which is now on their Facebook page. The Garden is open to the public on Wednesdays and Saturdays. Members also come in on Mondays to do the ongoing garden care!

A visit to Lupton Park Community Gardens would fulfil your expectations of what a group of gardeners can do, along with support from their local Council and community.

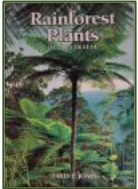


## New Books in the BOGI Library – Joy Millet

Thank you to the people who have donated books to the BOGI Library. Recent additions include:



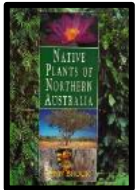
***Rainforest Trees of Mainland South-eastern Australia*** – A.G. Floyd - 582.160909 FLO – includes a history and extent of rainforest, a glossary of botanical terms and a key to mainland south-eastern Australian rainforest trees. There are extensive descriptions of species, an appendix and Index, with photographs and illustrations.



***Rainforest Plants of Australia*** – David L Jones – 635.95194 JON – this text covers cultivating rainforest plants, creating a rainforest, propagating rainforest plants, as well as a detailed list of plants.



***Flowers & Plants of Western Australia*** – Rica Erickson – 582.1309941 ERI – gives an excellent overview of the flowers and plants of all areas of Western Australia, including photographs, a glossary and index.



***Native Plants of Northern Australia*** – John Brock – 581.99429 BRO – covers a broad geographical region including such unique features as Kakadu National Park and Katherine Gorge. This book will prove a valuable reference for the native plant enthusiast, the botany student and the interested naturalist.

**MEMBERS! DID YOU KNOW?** You can browse through all the titles in our library by clicking on this link!

<https://www.librarything.com/catalog/BOGardeners>

This is an interactive site – select the first column and there is a comprehensive overview of your selection. The far column on the right allows you to see other people's review of the book - if that has been done! At the present time, there are 69 books in our library from which you can choose! So, when you come to the monthly meeting, just check out your book of choice and put your name on the library card and then pop it in the borrow box! If not available this month, it will be next month!

You can also access our library through the club Web page!

Select 'INFORMATION' from the top menu!

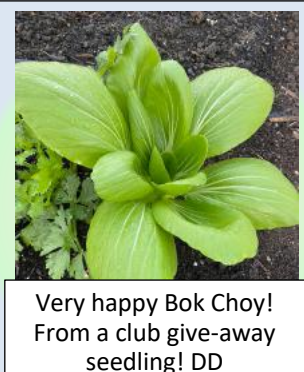
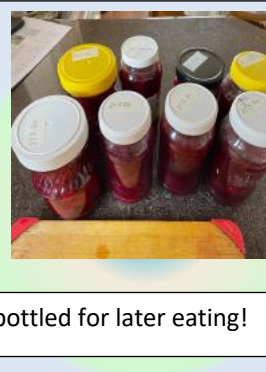
<https://www.bundaberg-organic-gardeners.com/>



## FROM MY GARDEN



From Kay and Les de Gunst garden! The beetroot are now bottled for later eating!



Very happy Bok Choy!  
From a club give-away seedling! DD

## Herb of the month for October is... Comfrey

Lets talk about Comfrey – *Symphytum officinale* in the family Boraginaceae, also called throughout history and the other countries of the earth - Knitbone, Woundwort, Healherb, All Heal, Saracen's root, an old French name of Confirie or Confiere, meaning to heal or preserve, and quite possibly many others. Dioscorides was quoted as saying that Comfrere is useful in healing internal burstings.....hmmmmm interesting. I will be quoting from the following books;



1. Comfrey Natures Healing Herb and Health Food by Andrew Hughes (BOGI library has a copy)
2. Comfrey Report, The story of the world's fastest protein builder by Lawrence D. Hills
3. Comfrey Past, Present and Future by Lawrence D. Hills
4. Encyclopedia of Australian Natural Home Treatments and Remedies printed long ago by Albion Press (Mfg.) Pty. Ltd., Brisbane on behalf of the Publisher. (not named)
5. How can I use Herbs in my Daily Life? By Isabell Shipard

Comfrey has copped a lot of bad press since 1984. Australia. Many older members may remember the story as told by myself during Comfrey workshops years ago, so I won't go there again. Suffice to say that there exists massive evidence to support this amazing plant, not denigrate it. Just a point here; big pharma cannot patent nature....therefore nature is in direct competition to their bottom line...you do the math! Isabell Shipard covers this info in her book. Andrew Hughes also covers this in great detail, which is why the book is in your library.

This amazing plant comes originally from the far north...Russia to be exact. Samples were taken from the Czar's palace kitchen gardens to the Royal kitchen gardens in England. From there, the plants were disseminated throughout the British colonies, looking for the best place for it to grow in abundance, (Rhodesia was good) as it had proved itself to be an amazing source of protein, with healing ability in man and beast. Thomas Christy put Russian Comfrey on the agricultural map back in 1877. He is quoted as saying that "on good land.... is fully equal to giving 120 to 150 tonnes an acre from plants placed 1 yard apart each way." The reason this was so exciting is that all ruminants who ate decent quantities of Comfrey, regained or maintained good health and were free from any illnesses. They could achieve up to 6 cuts per season. Anecdotal evidence even stated that an old, dry cow came back to milking and good health after being given copious feeds of wilted comfrey. Chicken carcasses were said to have the healthiest meat and organs (livers) ever seen when regularly eating a diet of Comfrey.

My sheep became accustomed to eating it fresh within a few days. Now it's all gone within minutes!

Comfrey is one of the few land plants that mine the sub surface down to 3 meters and draw up essential vitamins, specifically B12, and necessary minerals that are not available to plants or animals on the surface. Whipsnade Zoo in England cultivated approximately 10 acres of comfrey, specifically to feed all of their ruminants.

This maintained healthy animals and kept vet bills to a minimum.

Some recipes I have in these books include;- Comfrey Soup, Comfrey leaf wine, Comfrey root wine, Comfrey root chutney, Comfrey root marmalade, Comfrey root sweets, Fried Comfrey Flour, Comfrey Flour Soup for vegans, Comfrey flour, Muesli & of course, 'Green Fish' which is Comfrey leaves cut into fish fillet sizes, battered with a tempura rice flour batter and fried in coconut oil till crispy. My family loves this recipe!

Comfrey was eaten and kept people healthy here in Australia during the great depression.

Again, here is anecdotal evidence! Our family has been ingesting Comfrey and using it on our skin for decades and also tea with lemongrass and menthe mint, as a leafy green in the last moments of cooking, on pizza, in mixed green salads, and as I mentioned, Green fish!

Cont' Pg 7

When broken bones occur, it is blended and used as a poultice at or near the wound site, then eaten and drunk many times a day, until the wound or bone is healed. (It can shorten the time of healing).

Most of the allantoin in comfrey leaf is present in the mid ribs and stems. Medicinally, these books say that is an important reason to always include the mid ribs and stems when making comfrey tea.

Comfrey is also useful as a compost or compost accelerator and it breaks down very fast to provide the vitamins and minerals in its leaves to the plants who get them.

Personally, it is far simpler to plant more under trees, bushes and in shaded veggie areas; then chop and drop the leaves from time to time under those plants that you want to feed. Fortunately, here in Queensland, the plants don't go dormant; they simply slow down, unlike Europe, where the plant dies back and goes underground for the winter. So here, we can benefit all year round.

Here is a direct quote from Andrew Hughes..." What is it that one wants from Comfrey? Large quantities of high-grade food at low cost of time and labour, palatable to stock and with continuing supplies through the years. You get all this with properly grown Comfrey. In addition, you get high therapeutic value to cure and to protect against disease. But to get this at full value, the plants must be fed with high grade organic manure regularly, plus organic micro elements. This is not to be wondered at when you consider the vast quantities of food, including protein, fat carbohydrates, minerals and vitamins that Comfrey yields." This was written in 1992. Not that long ago really!

1 million offsets were sent to Japan for this very reason, as they don't have a lot of land space. It was essential that a food plant for livestock needed to be dense, a great performer and healthy.

Because it is a cold climate plant, it needs extra care here in Queensland. Mine is under 50% shade-cloth, manured and woodchipped twice a year and watered very regularly to maintain good leaf growth. The plant will not tolerate commercial, non-organic fertilisers.

I also have healthy plants under fruit trees and deep in the shade of the syntropic garden. Queensland sun is not its friend. I highly encourage all to do your homework well on this amazing plant...it is not just for compost. Swim through the official information, look for the truth... I have given you the book information... I have but scratched the surface...go for it. Do read Isabell Shipard's pages - you will find a goldmine of information!

Till next time. Pam



### *Thank You!*

As a not-for-profit organisation, we are always grateful for assistance from the local community and appreciate the way we can spread our message. Our local member, Tom Smith and Parliamentary member, Stephen Bennett, show their support through printing our newsletters for distribution to members of the public!

Members, are you interested in learning about your club? You are invited to attend our next committee meeting, held on Friday 18<sup>th</sup> October at Kay and Les de Gunst home at 1pm.  
Please contact [0493 789 243](tel:0493789243) if you are interested in attending!

**So many people loved our new meeting venue at 24 Sims Road!  
Such a relaxed atmosphere, great acoustics, lighting and room for all our activities!**



Plenty of room!



Comfortable chairs



Easy to hear and see the guest speaker on the raised platform!



Popular lounge area!

### **Planting by the Moon – November submitted by Kay de Gunst**



**(New Moon to ¼ Moon) 1 – 8 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) 9 – 15 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) 16 – 22 Nov:** Gravitational pull decreases and moonlight decreases, so leaf growth reduces and root growth increases. Plant root crops now.

**(Last ¼ to New Moon) 23 – 30 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.

#### **What to plant in November:**

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

\*\* Plant these in seedling trays first: Cucumber; Eggplant; Lettuce; Marrow; Mustard Greens; Rosella; Shallots; Squash; Tomatoes; Zucchini

#### **A few tips this Month**

- Keep watering your strawberries even though fruiting may be finished. You need to encourage new runners for next year.
- Mulching will help your fruit trees from drying out in our hot weather.
- On hot days, water in the evening.



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.



## WESTERN AUSTRALIAN PLANTS UNDER THREAT by Maureen Schmitt

I have just returned from three weeks travel through the south-east of Western Australia. The main aim of the visit was to view some of the wildflowers that Western Australia is so famous for. Once we drove out of Perth, the saying “Western Australia - the Wildflower State” suddenly made sense.

Western Australia is home to an exceptional array of over 12,000 species of wildflowers – almost two-thirds are unique to Western Australia.

We were fortunate to visit three wildflower festivals – in Esperance, in Ravensthorpe and in Ongerup. The wildflowers in SE Western Australia are at their peak roughly between August to November and the wildflower displays are subject to last season’s conditions. Luckily there had been decent rain so it was a good season for wildflowers.

From Dryandras, Banksias, Grevilleas, Paperbarks, Wattles, Isopogons and orchids - they were all there in their brilliant colours – reds, yellows, orange, purple, blues and every colour in between. Some were trees up to 3m tall; many were shrubs around a metre tall whilst the orchids needed a keen eye to spot them growing, often near fallen logs, around 20 cm (9”) tall.

Apparently, it is the isolation from the rest of Australia and the world and the need to “stand out from the crowd” to get seen and hence pollinated, that has caused this remarkable diversity of flowering plants.

However, there is a very serious threat that has established itself in SE WA called Phytophthora or Phytophthora Dieback.

Phytophthora Dieback is caused by a plant pathogen that was once classed as a fungus but now is regarded as a water mould and as its name suggests, it likes moist conditions. Once infected soil or infected water is introduced to an area, the organism spreads rapidly and an infection can lead to illness, death and possible total loss of all plants vulnerable to it. This plant pathogen is one of the world’s most invasive species and is present in over 70 countries around the world.

Sadly in WA’s south-east region, more than 40% of native plants are considered susceptible to this pathogen including banksias, eucalypts and grass trees. Outside of the native plants, many garden, ornamental and horticultural plants are also susceptible.

The impacts of dieback are permanent and irreversible. In the bush, it means reduced biodiversity, reduced food and shelter for native animals as well as increased weed invasion and increased areas of bare soil. At the moment, there is no means of control except trying to prevent its spread. We often saw patches of dead plants which we attributed to Phytophthora.

When we entered a national park or reserve, we found small box-like devices with brushes that you rub over your shoes to remove any soil that you may have brought from another area. Another control method we found, were bottles of methylated spirits and water that you sprayed over your shoes.

Despite this gloomy situation, the wildflowers were magnificent, the towering forests of karri and jarrah were stunning, and the rocky coastline and beautiful beaches were glorious.

I would highly recommend a trip to WA as there is so much to do and see there.



*Dryandra formosa* (one of the many plants at risk of Phytophthora Dieback)



## Tricky Vegie Sites

<https://www.abc.net.au/gardening>

You can grow vegies in more spots than you think! Consider any potential site's temperature, sunlight and air circulation.

- As a general rule, plants grown for their fruit require full sun so the fruit can ripen, but plants that are harvested for their leaves, stems or roots will all do well in part shade. That means a site that only gets around three hours of direct sunlight a day can still be used to grow things like leafy greens and root vegetables like beetroot and potatoes.
- You can also use shaded vertical areas like fences; choose plants that will grow up towards the sunlight - like climbing peas. Don't over water your plants in a shaded bed - they're less likely to dry out and too much water can promote fungal problems.
- Suntraps, such as pots or areas near concrete, can also be used. Mulch surfaces heavily to preserve water and prevent the soil baking. Ensure adequate water with a drip system, water spikes or water-filled plant guards. Arrange shade cloth or plants that will shade your vegies. Most importantly, select plants that will cope with 'challenging' sites.

**Companion Planting** is all about plant diversity - putting together crops that enjoy each other's company which require the same light, soil and water conditions. There are a few ways of doing this.

- Choose plants that balance each other's needs. For example, try planting nitrogen-gobblers like leafy greens with legumes, which fix nitrogen. Group together plants that have the same water requirements - like corn and celery. Or the same soil pH requirements.
- Plant decoys to distract insects from your crops. E.g., Calendula will attract slugs and snails, instead of eating your vegies.
- Plant to attract beneficial insects with smell, texture and colour. E.g., beneficial insects love bergamot and borage.
- Plant others to repel pests. Some produce volatile oils that disguise the plants that pests are looking for e.g., thyme, lavender and scented geranium. Others produce a scent or taste that is so unpleasant it drives insects away e.g., tansy and wormwood. Some contain natural toxins that can be used to make sprays or washes - like fennel, chamomile or pyrethrum.

### Lettuce:



Likes: Asparagus  
Beets  
Calendulas  
Chervil  
Chives  
Coriander  
Garlic  
Mint  
Onions

### Broccoli:



Likes: Beets  
Chamomile  
Lettuce  
Onions  
Potatoes  
Radishes  
Geraniums  
Rosemary

### Cucumber:



Likes: Marigold  
Nasturtiums  
Legumes  
Dill  
Corn  
Sunflowers

## **Here are three more of the 8 principles of Health – Continued from September NL**

### **Design — Don't Neglect Your Purpose!**

The human body is amazingly complex. Even the best scientists and engineers cannot come close to replicating the beauty and performance of your body! The more we study the human body, the more apparent it becomes that we are governed by immutable, pre-set natural laws—that when broken result in disease and decay.

For example, we need quality air, water, and food. These are pre-set, immutable laws that must be obeyed if we want to remain alive. Without air, we die in minutes. Without water, we die in days. Without food, we die in weeks. And try going without sleep and see how long you last. Our bodies need rest—it is part of our design. But what about spirituality?

Do we need to love and be loved just as much as we need air and water? Does having meaning and purpose also improve our health? Recently, researchers have begun to investigate human spirituality more carefully: the need for meaning, purpose, and fulfillment in life. The research shows that the spiritual dimension—hope, belief, faith—is important for the attainment of an overall sense of health, well-being, and quality of life. The evidence even suggests that spirituality helps certain groups live longer and overcome illness faster. Up until the mid-1950's, most people thought that the unique design of the human body was the product of a Designer. But for the past sixty years, there has been a change away from this thinking; the popular view is that the body is the product of random chance—which means, by definition, we would have no true meaning or purpose or design. But it's clear that we do! After all, what comes first—the design or the Designer?

The most recent research is showing that we function optimally not only when we follow our pre-set health principles—but also when we have real meaning and purpose.

### **Air — Breathe Fresh!**

Air quality has become a particular concern among health professionals around the world because of the deadly effects of pollution. Here are a few things you can do today:

- **Keep indoor plants.** As well as looking lovely, they purify the air.
- **Maintain good posture and breathe in deeply.**
- **Sleep in a well-ventilated room.**
- **Find better air!** Visit a national park and the great outdoors on holiday, the weekends, or whenever you can.

### **Rest — Get Enough!**

For peak mental and physical performance, regular adequate rest is key. Of course, that can be especially hard today in a time when we are tempted more and more to get less rest, so we can keep up with the pace of society. There are more energy drinks and more 'no-sleeping' pills to keep us up later and "more alert." But is less rest improving performance and productivity?

Numerous studies show that when comparing groups that do not rest with those that do, more errors are made. One such report showed that hospital staff that did not rest adequately at night increased the number of errors they made the following day by nearly 40 percent! One group of individuals that took a full day of rest for renewal, were shown to live 8 to 10 years longer due in part to the condition of rest.

Scientific research also shows that chronic sleep loss not only increases the severity but also hastens the onset of age-related diseases such as diabetes, hypertension, obesity, and memory loss (Lancet, October 23, 1999).

**SOURCES:** [1.](#) Mayo Clinic. Nutrition and healthy eating: Functions of water in the body. [2.](#) Everyday Health: 10 tips for better digestive health. [3.](#) National Institute of Diabetes and Digestive and Kidney Diseases: Constipation. help you feel more energized!

**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 November 2024 Newsletter**

**Friday 8th November 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](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.

**Treasurers Report September 2024**

Opening Balance 1 <sup>st</sup> September	\$ <u>5191.73</u>
Income	\$ 785.48
Expenditure	\$ 55.60
Closing Balance 30 <sup>th</sup> September	\$ <u>5921.61</u>
Visa Account	\$ 197.54
Income	\$ 0.00
Expenditure	\$ 45.29
Balance	\$ <u>152.25</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 29<sup>th</sup> October**

- Katrina Rayner, Kay de Gunst, Joan Smart  
 Johnny Veenstra Brenda Beauchamp  
 TinYu Wong, Jennifer Campbell, Tom Goldrick  
 Cathy Critchlow Linda Cameron

**Supper Roster Tuesday 26<sup>th</sup> November**

- Karyn Ennor, Carolyn Mattisihik, Rose Apap  
 Lara Hawker Malcolm Fuller  
 Trevor Gattletly, Deltry Dickie, Alan Harkness  
 Jennifer Blake Deedee Sorensen

We would appreciate that those on roster could help with the washing up after the meeting. 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.**