

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

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

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

NEWSLETTER OCTOBER 2020

Hello and Welcome! I am writing this note, with the sound of frogs in the yard and a strong wind blowing, hoping that by the time you read this we have had more than a drop of rain. The situation for those who live out of town, and away from the luxury of town water is once again very limiting for those wanting to grow a continual food source or even keep established trees alive. How do you drought proof your garden? We find in our garden that shade is really important especially at this time of year to help our plants not cook throughout the day and completely dry out.

Meet Our New President



Many of you will know Maureen Schmitt as one of our founding members and as someone who is passionate about the environment. Organic gardening most definitely comes under that umbrella as we as organic gardeners pay close attention to our natural surroundings and work with nature rather than battle against it. Maureen puts her love of gardening down to her childhood where she would follow her mother around the garden each morning, checking progress of plants and fruits, seeing what needed to be done for the day and feels that this teaching ingrained such powerful knowledge that she has built upon ever since. Maureen believes that gardening is never 'done' saying that gardens are always evolving and there is always another job to do, whether it's eating the fruits of your labour or adding to the compost heap.

From the September meeting...

At our September meeting we welcomed new members, Effie Hadjelia and Matthew and Sally Cathcart. We also had a new visitor who was simply wanting to know more about growing food.

For our Veggie Challenge we had a photograph from Bill and Wendy Fischer who are travelling Australia but still have a flourishing garden at home.

Pam Biden bought in some Red Sorrell, and some Chervil which is also often called a French Parsley but my favourite was the Red Shahtoot. They are similar to a Mulberry but come later in the season and are so sweet and full of flavour. And also a tub of Jaboticaba fruit – there is a recipe further along in the newsletter that I was given by Chris Jensen to make a very tasty jam.

Peter Van Beek said he received a very welcome response to his request for signatures on the petition to **stop the Coal Mining in our farming areas**. I have left the details in this months' newsletter so if you missed it, or would like to share with others the details are all there for you.

We had a question regarding nematodes – I have included an interesting article from Jerry Coleby via the Gardening Australia webpage towards the end of the newsletter.

At our October meeting we would like you to once again SHOW US YOUR WORST, LET US KNOW ALL ABOUT THE PROBLEMS YOU ARE HAVING IN YOUR GARDEN. If you have poorly formed fruit, discoloured fruit, lets take it to the brains trust and help you grow healthy nutritious food.

CLUB MEETING

Time: Doors open 6.30 pm

For a 7 pm start

Venue: McNaught Hall

(Uniting Church hall)

Corner Barolin and Electra Street, Bundaberg


Attendance \$3-member, \$5 visitor, Tea Coffee avail

Tuesday 27th October

Speaker: To be Advised

As always, we will have the BOGI

~Library ~Shop
~Info sheets ~Buy & Sell
~Seeds ~Workshop registration
~Lucky Draw ~Photos from workshops
~Freebies



Don't forget to purchase your raffle tickets at our next meeting. Prizes will be drawn at the Christmas Party 29th November.

Guest Speaker: Dion Forbes Hellfire Global Sauces

Dion has a business in Bundaberg, using chillies to make some tantalizing products.

Dion's choice of product happened by pure chance. After an accident at work he needed to find something new to do. He started meeting people in Bundaberg who were part of an Australia- wide chilli eating community, who compete in chilli eating challenges. At first, he didn't really eat chilli but people were asking for the product, as he became familiar with various products his passion for it grew into a business.

Page 1
3

His recipes come from all over Australia and the world, with a wide range of heat qualities and names to match. From mild to wild. Heat quality starts off with a mild tingle. Next is warm on the tongue. Then warm in the mouth. Then hot all over including sometimes in your stomach!

There are names which match the intensity of heat. Like 'Rip the Reaper' and 'Pepper X' and 'Highway to Hell'. The heat intensity is measured in scovilles. Cool, might be 100-2000, medium, 10,000 to 50,000 while the hottest can be 1-8 million scovilles. Different countries have different intensities. Indonesia and India have much hotter than Australia.

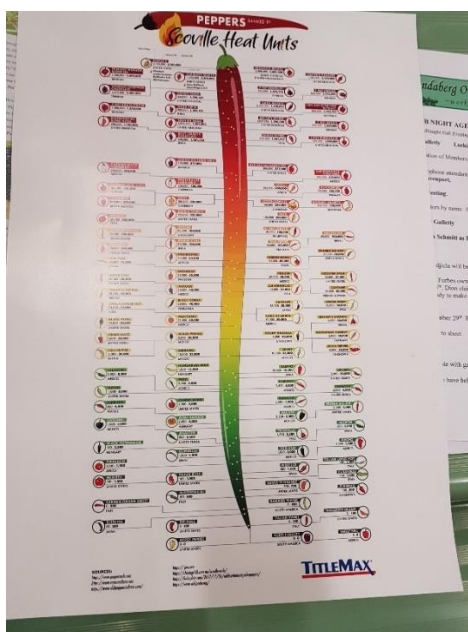
Dion provides a wide range of products which includes sauces and relishes for BBQs-low heat and spicy or garlic. Pineapple and mango for chicken, fish and pork. Chilli chocolate loose leaf tea and coffee, comes in mild, medium and hot flavours. Dion also makes confectionery- coconut ice, chocolate and gelato as well as Biltong made from dried Antelope with about 6 different heat intensities. We got to taste the coconut ice and Biltong which was surprisingly delicious as long as you chose your heat tolerance.

When used in cooking it is best to use sparingly at first as you build up a taste tolerance. The more frequently you eat chilli, the more your gut tolerates the flavour. Not all chillies are hot, some are very tasty. You can freeze chillies, make into a paste, dehydrate or blend to make chilli flakes.

Why would you eat Chilli? Other than the interesting flavour enhancement of food, chilli has a high Vitamin C content to support the immune system for colds and flu. Eating chillies raises the metabolism which gives you energy and helps to lose weight.

Perhaps you have a prolific producing chilli bush and need a few ideas what to do with them. If you want to try any of the products you can taste them in his shop.

1/11 Princess St East Bundaberg.



Left Dion and Kylie Forbes.

Right The Scoville Chart which goes from from the very mild to the almost unthinkable.

Workshops and Garden Visits

Attending workshops is a great way to share enthusiasm with other club members and learn a new skill. Have you got a secret garden or skill to share with others? Book your spot by phoning the numbers below or add your name to the list at the next meeting.

What: Garden Visit to Burnett Heads
When: Sunday 25th October 10am
Where: Pam Biden and Lyn McIlwain Gardens

Meet at 10 am at Pam's Place
For info Pam 4159 4223, Lyn 0438 028 246
BYO chair and lunch and no doubt we can find a shady tree.

What: Grafting Workshop
When: Sunday 15th November
Where: Rose & Michael's property on the town side of Sharon.

Lenzie will be demonstrating and participants will be grafting so bring your grafting knife and potted plants to graft.

What: BOGI Christmas Party!!
When: Sunday 29th November, 11am to 3pm
Where: Baldwin Swamp Shelter Shed, entry is off Steindl Street.

The club will provide meat and dessert, and we are asking members to bring their own salads and drinks. This is in line with Covid regulations. More information will be known at the next meeting.

David Jacq is offering to hold another recycled pallet furniture building workshop for anyone interested. Numbers will be limited. Please let Trevor know.



The prizes on offer so far as a part of our Christmas Raffle, to be drawn at the BOGI Christmas Party.



Field Trip and Garden visit reports.

Capricorn Regenerative Farm – Matthew and Sally Cathcart.



Matthew and Sally are tucked away on acreage by the Burnett River, just past Cedars Crossing. They are passionate about growing food to feed their families, their animals and the wider community. As we walked around the farm Matt told us about their many trial and errors and how they learn as they go. They work with the natural environment rather than trying to change what is already there. The property was a very mal-nourished cane farm when they took over and he says that keeping pigs has been great for soil improvement. The photos above show the level of soil density that they have worked so hard to get. They have a faithful old tractor which Matt has found that it's imperfections actually help in preparing the ground, and some of his best hand tools come from Eliot Coleman, (Eliot Coleman is an American farmer, author, agricultural researcher and educator, and proponent of organic farming. His book **The New Organic Grower** is important reading for organic farmers, especially market gardeners.)



Interplanting Cabbage and Lettuce

Australian Melaan Goat keeping an eye on us.

To combat pest and weed problems they practice interplanting, where we saw curly leaf lettuce grown between cabbage. This is also important as it keeps the soil covered, not letting anything escape. Matt studies a lot of information from other Regenerative and Market Garden style farmers. Another one mentioned was Ray Archuleta, and if you have the desire to – YouTube is great for learning more about many many different farming techniques. Simply by typing what you are what you want to learn in to your search bar, you are almost guaranteed that someone has tried it before you and made a video about it. (Ray Archuleta is a Conservation Agronomist at the NRCS East National Technology Centre, in Greensboro, North Carolina. Ray teaches soil health and the principles of agroecology throughout the country. ... He is also a Certified Professional Soil Scientist with Soil Science Society of America.)

<http://regenerativeagriculturepodcast.com/collaboration-spirit-and-change-perspectives-from-ray-archuleta>



Mumma Saddleback Pig almost ready to have her babies.

Matt with daughter Freya and their lovely dogs.

On the day we visited Sally was in hospital suffering with an infection that came about after a bee-sting when tending to their hives. Hoping that she has made a full recovery and thank you to daughter Freya who stepped up and shared lots of her knowledge with our group too. It's great to see a family working together with a common goal.

A few garden tips.

- Test the pH of your soil. Excessive acidity or alkalinity will interfere with uptake of nutrients by plants. Soil pH is a measure of acidity or the alkalinity of soil. The majority of plants will grow in the pH range between 5 and 7. If pH is too high – above 7 (alkaline/sweet) – add sulphur. If pH is too low – below 6 (acid/sour) – add garden lime and dolomite.
- Keep strawberries well watered to form new runners for next year.
- Mulching will help your fruit trees from drying out in hot weather.
- Net Mango trees or bag fruit to protect from birds or bats.
- To ripen bananas. Put them in a large plastic bag with an apple, pear or quince. The gas given off by these fruits is a natural form of synthetic gas used in the ripening sheds in packing houses.
- Wrap green passionfruit in paper and put in a warm area. They will ripen in no time.
- Keep a garden journal where you can record which crops did best and at what time of year they were planted.

Grasshoppers and Locusts - the Jekyll and Hyde of the insect world.

This article on locusts took my interest. I hope you find it interesting. (Maureen)

“Locusts are the Jekyll and Hyde of the insect world. One minute they are mild mannered grasshoppers and the next they are a destructive force with no equal. A locust swarm is the greatest gathering of individual animals in the natural world. Apparently the largest one ever recorded was in the western United States in 1874. The swarm covered 500,000 km² and was estimated to have contained 12.5 trillion insects with a combined weight of 24 million tons.

Page |
7

What causes them to become a swarm of locusts is overcrowding and a lack of food. The recently hatched nymphs take off along the ground in search of food and gradually new members join the swarm. The nymphs then moult into winged adults and take to the air and a swarm has been formed. The swarm flies during the day and as dusk sets in, the insects land and feed.

In Madagascar, Africa, the villagers catch the nutritious bugs in mosquito nets. They are bagged into sacks, then boiled, roasted or stir-fried. The locusts are high in protein but low in cholesterol and are a welcome source of nourishment during their seasonal swarms. When plentiful, the insects will be dried in the sun, then stored or sold at the local markets. A taste for locusts dates back to Ancient Greece where they were regarded as a delicacy.



Chortoicetes terminifera
(Australian plague locust)

An Australian Plague Locust swarm. Image – NSW DPI

Just this week, after talking to Maureen I have adopted the stepped hypothermia method for killing cane toads. I feel that they really are everywhere, and as soon as I remove one, another appears in its place. The thought of having a toad in the freezer has never really appealed to me, but I have used a zip-lock bag left over from some frozen berries, so it is strong and the toad cannot escape. Once the toad has died, it can be used as fertiliser by digging in to an area of the garden where the dog and the chickens won't find it, so it hasn't been wasted, then I can wash and reuse the bag. Yes, it makes me cringe, but I also feel that they cannot be ignored. (Cathy)

Humane killing of cane toads (Taken from RSPCA)

Most of us consider cane toads (*Rhinellamarina*) pests; however, they are animals and can suffer pain. They must be handled and killed humanely. In fact, the Queensland Animal Care and Protection Act, 2001, makes it unlawful for us to be cruel to cane toads. The first step is to ensure that you have identified the animal correctly. As an adult, the cane toad is fairly distinctive: it is larger than most native frogs and has a warty, rough skin on its back. However, when the toad is younger and smaller it can appear similar to some native frogs. If in doubt with your identification seek help before killing it. Many methods have been used to kill cane toads but most are considered inhumane by RSPCA Qld. RSPCA Qld recommends two methods, HopStop® and Stepped Hypothermia.

1. HopStop®—Read the instructions on the can carefully before using it and follow them closely. —Spray the toad twice, leave it for approximately 45-60 minutes, then dispose of the toad in the rubbish bin—Always dispose of the body; don't leave it lying around because it will still be poisonous to companion animals.

2. Stepped Hypothermia—Always wear gloves, thick rubber or gardening, when handling toads.—Pick the toad up firmly, preferably with your hand over its back, place it in a plastic bag or plastic container and secure. Label clearly.—Now place into your refrigerator (at 4°C) and leave for 12 hours. This does not kill the toad but does anaesthetise it. This length of time is essential and the toad must not be moving when placed in the freezer.—Next, place the container with the toad into the freezer (-20°C) for at least 24 hours. This last step will painlessly kill the toad.—Finally, dispose of the body in your wheelie bin. Alternatively you can bury the body, but this must be deep enough so it will not easily be dug up by dogs or native animals. Remember to wash your hands after each of these steps. Handling of cane toads is best done by adults. Cane toads can also suffer distress from being chased excessively, so try to make their capture and handling as quick as possible.

What's Happening In our Members Back Yards?



For the last year or two I have been collecting coffee grounds from my local café, and bringing them home to compost. I also collect loads of cow manure from my in laws farm and combine this with spent straw / hay from the chook pen, shredded paper, and green waste from the garden. I do this in old bath tubs and drums, adding water every so often and turning. When it looks 'done' I emptied it on to the chook pen floor where they would further work it over, and creating a nice deep floor for them. Fast forward to August when Dan decided he would build me a potting shed with a garden around it and I was so happy I could fill the entire garden bed with my coffee compost then we planted out with a couple of citrus trees we had in pots, some of Lenzie's corn seed, Trevors sword beans and some pumpkins, sunflowers. There is not quite two months between the two photographs and everything seems to be thriving. Have any other members used coffee grounds on a large scale? (Cathy)

What's Happening In our Members Back Yards?

While this section is generally for our backyard as in our place of residence, this submission is still very much in our own backyards. We can thank Peter Van Beek and his team for putting together the following information. Please follow the links and share within your friends and family groups wherever possible.

Page |



Hi All,

This threat to our best farmland in Bundaberg still exists.

Similar threats to our most valuable farming, conservation, cultural and recreational areas exist throughout all of Queensland.

The act that allows this destruction needs to be changed to protect our most precious assets: our land and water.

Please help us to put pressure on all politicians by doing the following:

- look at a 56 second video Anna Hitchcock and I made (voice over by Anna's son) <https://youtu.be/30bpu66AGEA>

or for Facebook aficionados

<https://www.facebook.com/pg/CoalFreeWBBB/posts/>

- sign the petition at https://www.plantogrow.org.au/protect?utm_campaign=plan_to_grow_petition_qld&utm_medium=email&utm_source=lockthegate
- pass this message on to all your contacts by whatever social media you use.

Let us keep Bundaberg and all of Queensland a healthy and beautiful place to live, not only for us, but for generations to come.

Cheers,

Peter Van Beek

JABOTICABA JAM

We have three large jaboticaba bushes. They flower and fruit several times each year. We eat them as a fresh fruit, but with such a bountiful harvest I needed to start experimenting with other ways of using them. I make jam and am always very pleased with the result. The jam is a deep maroon colour. I have tasted a commercially made jaboticaba port, so there is obviously plenty of opportunity for further experimentation!

Ingredients

- Freshly harvested jaboticaba fruit

- Sugar

- **Method:**

De-stalk and wash the jaboticaba fruit and place into a large saucepan.

Softly boil the fruit (no need to add water), stirring regularly so that it does not stick to the saucepan. When the fruit begins to soften, use a potato masher to squash the fruit. This will encourage the rich colouring from the skin to colour the jam. Continue to softly boil the fruit until the flesh, skin and seeds are well separated. This process helps to release pectin that will help your jam set.

Ladle the hot mix into a sieve to separate the seeds and skin. The more you push the pulp through the sieve, the more jam-like the end product. Letting the mix largely drip through will achieve a more jelly-like end product. Discard the seeds and skin in the compost or feed to poultry if you keep them.

Measure the strained liquid into a saucepan and add one cup of sugar for every cup of liquid. Re-boil the fruit and sugar mix until the sugar is dissolved. Keep on a rolling boil until the jam thickens and sets. This usually takes around 20 minutes.

Place the hot mix into hot, clean, dry jars and seal with cellophane jam covers. Add the lid once the jam cools.

https://www.annettemcfarlane.com/_Jaboticaba_Jam.htm

Botanical Gardens Report

The Bundaberg Botanic Gardens are a hive of activity this month with plants in bud, others in flower and fruits also starting to appear.

Our Top

Our top 3 sights this month include the Snapdragons (look at the teeth on that one below!) and Phlox in flower in front of Fairymead House. The Gardens crew worked so hard on preparing this site and we have been rewarded with a beautiful show which have been very popular with the exotic bees.



It's all about the purple hues this month, with our beautiful Jacarandas in flower (this one is next to the Chinese Gardens) and the sandpaper vine (behind Café 1928) in its prime.



In and around the Cafe

The brush cherry tree or water apple (*Syzygium aqueum*) also behind the café is coming into bud and will have beautiful creamy white flowers. The Gaura or Butterfly Bush are thriving in the hot sun in the Hinkler Garden, and in these winds they are living up to their name with their white blooms dancing around like flitting butterflies.

The fruit of the Ylang Ylang (*Cananga odorata*) tree, next to the train station, has matured to black. There are several *Melaleuca viminalis* behind the Café and near the train station that still have their eye popping red flowers which the noisy miners are thankful for.



To the right of the café the towering Mexican Fern Tree (*Schizolobium parahyba*) has seeds on half the tree and the other half is now in flower. If you stand at the whiteboard at the front of the café and look up you won't miss it! It's well known for having an extremely fast growth rate. While still at the whiteboard look behind you and you'll see the Apricot satinash or *Syzygium fibrosum* in fruit. These beautiful rainforest trees are native to Australia, Indonesia and Papua New Guinea and have pinky red fleshy globular fruit.

Rare Fruit Tree Orchard

Meanwhile over in the orchard, the Panama Berry (*Muntingia calabura*) is in flower (pictured below), as is the Brazilian Cherry also with white flowers. The Kwai Muk has started to produce small orangey green fruit with a little bit more growing to go.

The native frangipani *Hymenosporum flavum* still has a range of white (younger flowers) and yellow (ageing flowers) on it but does appear to be heading towards the end of its flowering. If you haven't seen this one yet, take a left when you enter the Gardens from the Mt Perry Road entrance and you will see it on the left in the first car park.

It's still very busy animal wise with turtles on the move in the gardens early evening, magpie geese, pelicans, families of wood ducks with their teenagers, Eurasian coots, dusky moorhens with young ones, cattle egrets and ibis.

Plants for Pesticide

For example, the Southern Cone Marigold or Stinking Roger (*Tagetes minuta*) – when dug into the ground, it controls pest nematodes. These are real pests in a food garden. They feed on roots, causing plants to suffer and die.

Nematodes create lumpy swellings on plants' roots. They can be mistaken for beneficial nodules, but these lesions are tumours that impair the plant's ability to take up nutrients and water. Growing these marigolds and digging them in fumigates the soil, so the crops that would otherwise suffer from nematodes are clean.

Spread the uprooted marigolds over the soil, chop them up if necessary, dig them into the topsoil, water the area and keep it damp for the next three weeks. This dampness allows the marigolds to release the gas that kills the nematodes. If the soil dries out, it won't work.

A few years ago, I had problems with nematodes on my tomatoes, so I cleared the vegetable garden, sowed some French Marigolds (*Tagetes patula*), dug them in and it worked. Since then, I've discovered that *Tagetes minuta* is even more effective, but that's not my only strategy.

Other complementary techniques for controlling nematodes include crop rotation as well as improving the soil by adding composts and manures. This encourages predator nematodes that eat the pest nematodes.

You can also grow break crops – like corn (*Zea mays*). The nematodes we're dealing with can't get their nutrition from this crop and they starve.

There are no pesticides that will control these nematodes, so you've got a choice – these organic remedies - or you've got nematodes.

Plants for Fertiliser

It's time to harvest my Chickpeas (*Cicer arietinum*), but the seeds aren't the only useful part of the plant. You might notice that on the roots there are little swellings - and these swellings are good ones. They're nodules. This is where nitrogen-fixing bacteria live inside the roots of legumes – like chickpeas – and they fix atmospheric nitrogen, convert it into nitrates and those nitrates become available for plants to feed on when the roots rot.

A while back I sowed a bed with chickpeas after it had been planted with Jerusalem Artichokes (*Helianthus tuberosus*). The Jerusalem Artichokes are still dormant, the chickpeas have come up and instead of pulling the plants out, I'm going to cut them off and leave the roots in the ground so the nitrogen feeds my Jerusalem Artichokes. It's not a lot, but it's enough to save about a handful or two of poultry manure and that helps my fertiliser bill.

Plants for Soil Improvement

Part of good gardening is improving the quality of your weeds. Growing unbidden in one of my beds are Flowering Tobacco, Italian Parsley, Cosmos – with its beautiful flowers – and amongst the pineapples, Warrigal Greens.

Warrigal Greens (*Tetragonia tetragonioides*) grow so abundantly in my garden it's impossible to eat them all, so the surplus goes into my compost heap where it breaks down so fast, it's a compost accelerator.

So, in this garden, Stinking Roger is my pest control, Chickpeas are my soil fertiliser and Warrigal Greens used as compost are my soil improver – all of which save me money.

Seed Bank

Our seed bank currently contains Dill, Loofah, Bok Choy, Black Pumpkin, Cos lettuce, Lucerne or alfalfa, Spinach (tall), Lemon grass, Jicama yam, mini capsicum, large radish, Parsley, Desert Rose, Marigold, Dwarf snake bean, watermelon, Gerbera, Egyptian spinach, Moringa, Desert Rose, pawpaw, rockmelon, jalapeno capsicum.

Would you like to grow some of these or do you have seeds to add? Then contact Trevor 0417196315

Handy Information

- ❖ Club Members Matthew & Sally Cathcart are selling their produce at Shalom Markets on Sundays.
- ❖ Buy organic seeds locally at Woodgate, Claudia and Charlie who have a business Simply Organic Farming@gmail.com 0407699283.

- ❖ **Local honey suppliers**
Bundy Honey, 5 Banks Court, Bargara 0438 882 220 Bundy Honey, 89 Honors Rd, Bundaberg 0409 921 600



BOGI SHOP

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, but please contact Bruce McKay on 41544405 for collection from his address in Walkervale.

Deadline for November Newsletter

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 success 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 ph Cathy 0403 430 969

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

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.