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NEWSLETTER SEPTEMBER 2021

Hello and welcome to our September Newsletter. Now that Spring has sprung, it seems to be a busier time of year in the garden. The bees are so LOUD in our garden in the mornings, buzzing around the blossoms and collecting their pollen. The Callistemons seem to be in full bloom right across our region at the moment, and it shows the importance of growing flowers in and around our veggie patches to hopefully increase pollination for us, and keep the bees well fed also. Now we just need our Spring rain to fill the tanks and dams or at least settle the dust. We welcomed another new member at our August meeting, Jan Nikora. Jan has so far been enjoying coming to our club meetings, as well as attending field trips. Make sure you strike up a conversation with our new members and visitors, and find out what their interests are. Can I say a big THANK YOU to all of the members who offer to help with tasks, big and small and for all who have sent through articles for this month's newsletter. It makes it a much more interesting read when we're all involved.

Our librarian Joy, is doing a marvellous job of cataloguing our library. Just follow this link <https://www.bundaberg-organic-gardeners.com/information> to our BOGI website. Or go to the INFORMATION page and then to Library, then follow the **View all Books** button. Please read a book and write a short review of a few lines for the newsletter. This will encourage other members to also access the library. We don't always get time to browse at meetings so by having the list available online, we will know what is on offer before we get there.

At the August meeting, we were enlightened with our club member, Lenzie, sharing with us information on a smorgasbord of colourful topics, all gleaned from personal experience from many years on the land. Now living on a smaller block in Bundaberg, Lenzie has used his knowledge on many styles of farming to create a magical array of productive fruit trees, accompanied with bee and insect homes, on an eco-watering system. It has just turned Spring and Lenzie arrived at the club with his usual energetic burst and boxes full of cuttings from his garden abundance. Sharing seeds is always exciting, and with Lenzie's often unusual mix, there is plenty to learn from this fountain of knowledge.

In his narrow driveway, he has created espalier heaven for many fruit trees, many of which have been grafted to produce multiple like-minded varieties. The process appears simple when viewed, (timber posts, wire strands between cushioned in old hose), and good secateurs to keep shoots trained to go sideways, not upwards! It takes good soil and a close eye on pruning in season, and in no time, you will be producing an abundance of fruit in a small space. Google has live presentations to assist in the process, but Lenzie is always generous with his time and knowledge sharing. Thankyou Lenzie.

CLUB MEETING

Time: Doors open 6.00 pm For a 6.30 pm start **Guest Speaker:** To be advised

Venue: McNaught Hall (Uniting Church hall) Corner Barolin and Electra Street, Bundaberg

Attendance \$3-member, \$5 visitor, Tea Coffee avail, Members please be reminded to wear your badges to the meeting

Tuesday 28th September

**Get your lucky door ticket, bring something to share on the giveaway table,
share some free seedlings.**

Workshops and Field Trips

CARLYLE COMMUNITY GARDENS, MOSAICS AND KELLY'S CK RESERVE

When: Sunday 3rd October 2021 Time: 10-3PM

Where: Meet at Carlyle Gardens Retirement Village 3 Carlyle Ct Bargara

Convener: Karyn Ennor. Ph. 0447360992. We will meet Les, who manages the garden, at the gate.

Bring: Chair and lunch to have at Crawford Pk, Bargara.

Forward thinking - *'Saving Macadamia Trees – Nature's way'* Peter Van Beekⁱ

In our August 24 issue I wrote about building Soil Carbon "*Nature's Way*" and how that can lead to improved soil structure and increased farmers' incomes within one crop cycle. (See Factsheets below for the dataⁱⁱ) On 30 August we looked at a small trial at the Bundaberg Botanical Gardens where the same treatment was used on young Macadamia treesⁱⁱⁱ. We got blown away by the results.

In mid-April 2020, 11 young macadamia trees had been transplanted to the gardens. Holes were dug, the trees placed and they were irrigated and mulched with wood chips – all standard procedure. In May 2021, two had died and the others were not doing well, mainly due to wind and soil conditions. Topsoil was basically not present and the silty loam subsoil was very compact and dense. On 10 May 2021, two of the surviving nine trees were treated with Oakwood Beam Starter^v compost tea and some minerals. On 30 August, 112 days after treatment, we inspected them again. Another three untreated ones had died and the remaining four were not doing well.



The best untreated tree



The second-best untreated tree

The contrast with the treated ones could not be stark. (The same white board was used in all photos.)



The best treated tree



The second treated one

In May, the trees showed leaf chlorosis and a small amount of growth. This was taken into account in the treatment. The soil into which they were planted showed no crumb structure or softening which indicates an almost complete lack of soil-biology.

The treatment consisted of:

- A compost tea using the Oakwood BEAM Starter (1 Litre/tree)
- Calcium (10 g/tree of very fine lime)
- Zinc (10 g/tree of zinc sulphate heptahydrate)
- Humic acid (10 ml/tree)
- Sea Minerals (10 ml/tree)



Trevor and the best tree

Trevor Galletly developed the Oakwood Beam Starter, contact 0417 196 315.

To summarise:

More than double the growth, no yellow leaf deficiency and softening soil.

All that in 112 days and in lifeless, compact subsoil – and after 13 months of no growth whatsoever. It shows the awesome power of Nature when given the right ingredients.

Mind-blowing stuff.

i *This article may be copied and re-distributed under Australian Creative Commons Licence with attribution of author and source: Peter Van Beek - Regrow QLD – Gladstone Conservation Council.*

ii Find them at: <https://www.gladstoneconservationcouncil.com.au/gcc-campaigns/regenerative-agriculture/>

iii *Macadamia janseni*

iv <https://www.gladstoneconservationcouncil.com.au/wp-content/uploads/2021/08/Factsheet-Oakwood-BEAM-starter-vs2.pdf>

Did you know House plants can have amazing health benefits for you and your home?

Plants can assist in cleaning some pollutants from the air. Help maintain optimum humidity, reducing the likelihood of respiratory tract infections. Improve oxygen levels which in turn will boost alertness. Release chemicals called phytoncides, which help to regulate the immune system, lift your mood and can help reduce blood pressure. Having plants around has even been found to help people manage their pain tolerance.

Latin Plant Names: why use them?

What is the purpose of Latin plant names? A formal naming system was developed to uniquely and meaningfully identify every plant. Latinized names offer information about a plant's classification, origins, and characteristics. This universally adopted system has rules that govern how these names are officially assigned and updated.

As confusing as Latin plant names may seem, they can actually be less confusing than their commonplace counterparts. For example, the popular [Monstera deliciosa](#) is known in different locales as a Hurricane Plant, Mexican Breadfruit, Ceriman, Swiss Cheese Plant, Fruit Salad Tree, Window Leaf, or Penglai Banana.



Science's answer was to create a completely separate system using unique Latin names. It may seem strange to use a dead language, but Latin has advantages. It is not subject to change, and it isn't open to bias toward a certain region or language. The Latin naming system is called binomial nomenclature because it uses two terms that together can identify every plant in existence.

Each two-termed name, or binomen, has formal rules governing its publication and subsequent alterations. These terms may include information such as a plant's color, geographical origin, or other characteristics.

More information to come in next month's newsletter. Can't wait? Head over to the website below.

Reference: <https://smartgardenguide.com/latin-plant-names/>

Member Profile - Effie Hadjielia



Effie came to Burnett Heads from Melbourne in 2007 and joined BOGI soon after hearing about it from Lyn McIlwain. Effie's love affair with Organics started 30 years before, in Melbourne where she studied Biodynamic Gardening based on Rudolph Steiner Philosophy at the local horticultural college. Her garden consisted of mainly fruit trees, cherries, olives, citrus and guavas. Having been born in Cyprus, she loves the Mediterranean, so Bundaberg was more attractive than cooler southern regions. She joined BOGI to learn more about growing vegetables and to find like-minded people. She says, "I love the workshops as I learnt to grow new fruit and vegetables and native foods like Moringa, Gumbi Gumbi, Tropical Chestnuts, and exotic fruits like Kiwi. People in the club are so giving and sharing.

In those early days I learnt all sorts of gardening techniques, about soil and when to grow things, seasonally. The workshops are invaluable.

Now, I am proud of my Moringa tree. With good pruning, it is compact and thick with leaves. Also, my Tropical Chestnut Tree and Edible Jasmine are special. My favourite book is Companion Planting printed in 1979 when I did my course. It is my bible.

Organics is important to me to sustain better health and I love learning about herbs. There are many reasons. Herbs are natural medicine, make good companion plants, are fragrant and aesthetic. They are also tough perennials and easy to grow.

My dream would be that Bundy becomes an organic food bowl. There is no established organic food market here. In Melbourne, organic food is available in the local markets. It is grown in glass houses. It is quite precious what our club has amongst us.

A person who inspires me is Lyn McIlwain. She shares her knowledge and produce and inspires me with her enthusiasm and storytelling about peoples' achievements. Written by Karyn Ennor

Garden Visit

Written by Bhavana Shukla, New Member.

Sunday 5th September,

Our BOGI day trip began with a rush for me after a quick dash to Shalom Markets. I hadn't driven out of Bundaberg in over a year and a half! It was exciting to share this journey and get to know fellow members that were travelling with me, Sue, Lyn and Effie.

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Lyn gave the directions perfectly as we arrived bang on time. 0900. Marlene and Malcolm's stunning little farm on a hillside in the middle of Burnett Shire. The first thing we did was have a scrumptious morning tea; Marlene's delicious, freshly baked scones were amazing and just the thing for someone who had missed out on breakfast.

The garden has been designed to incorporate Malcolm's watering system. This is on a hillside and allows the water to flow through the various areas in a downhill motion using wicking beds.

The vegetable enclosure was abundant with giant tomato vines that have grown like a magnificent truffid! The fruit on the vines was healthy and plentiful.



Marlene taught us about their principle for pruning. There are only a few main bearers, so when you feed the tree, it goes straight out and into flower. One main rule according to Marlene was, "Never prune outside of the shortest day".

Pruning at the right time will ensure the tree does not put out big shoots, rather it will pop into flower and produce more fruit and great fruit every year rather than have a bi-annual crop.

As a pruning training facility there was plenty of machinery and different vegetation growing on the farm. Malcolm and Marlene spoke of their failed attempts at growing organic aubergine, (eggplant), which sounded harsh, disqualifying the vegetable for market due to a leaf mark to or picking techniques.

Malcolm's shed was a picture of rambling beans stalks and cauliflowers gone to seed, as well as cabbages and celery, all growing and going to seed and creating a perma-cycle in the covered enclosure.

Marlene and Malcolm taught our group their method to create a wicking bed for the tubs to grow their parsley.



Our time came to an end by 1200 and we headed off to the Gin Gin Landcare. After lunch, Ray spoke about how he came to create this beautiful place. The facility has been built by volunteers and goodwill from local businesses and the local council.

Originally, the railway ran through the property. They still find bits of old railway mementos popping up from the ground when they are digging beds.

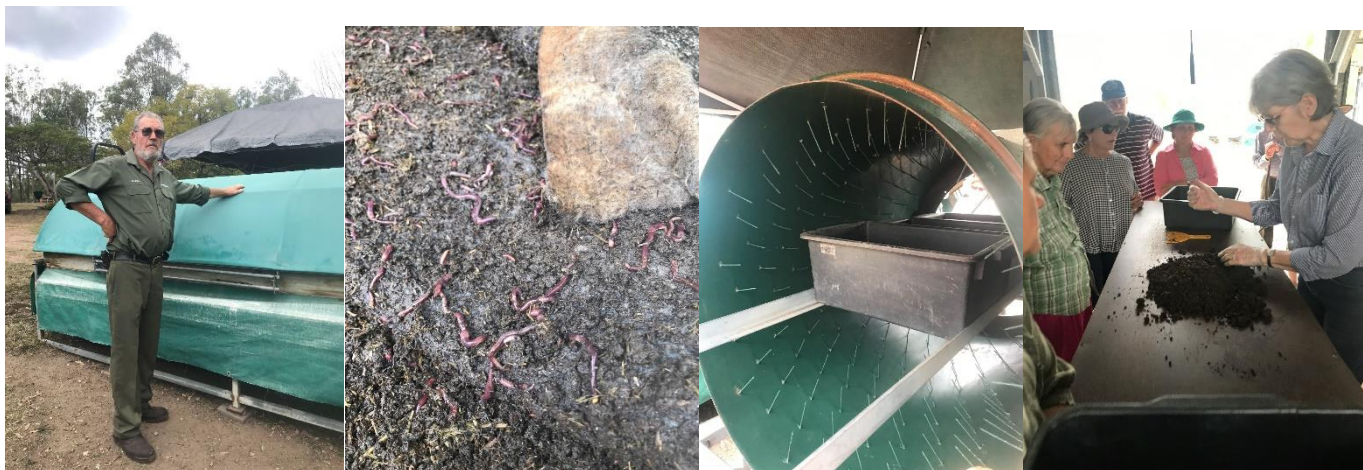
The first place we went through was the rainforest, filled with rare trees and exquisite orchids, naturally hanging onto tree trunks, whilst draping their inferences and teasing us to admire them.



Ray took us through showing us a huge and varied range of rare tropical bush tucker trees as well as large aloes, and fruit trees from all around the World. Curiously shaped Inca peanut, grows both male and female flower which then self-pollinates. According to Ray, "You roast the fruit and it's absolutely beautiful". The group also eagerly tried the Panama Berry and Muntingla Calabura.

White Shahtoot Mulberry, from Pakistan, native sages, more fruit trees and endangered Macadamia trees, made the walk through this nursery so intoxicating. There were magnificent King Parrots, creating a cacophony of noise. My senses were overwhelmed. After indulging in purchases of native trees and plants, the group prepared to depart. I must say this is a place definitely worth another visit soon.

The final stop on our Sunday adventure, was at the Beyond Worm Farm. Gordon and his wife have been adversely affected by the drought. Due to the foreclosure on the dairy farm, Gordon's source of cow manure that they fed their worms on ceased to be available. According to Gordon, cow manure is the best food and best nutritional source for worms.



This has meant the worms are now receiving a varied diet, which for farming purposes means the quality cannot be consistently guaranteed.

The main types of worms used for this commercial farm were night crawlers, tiger worms, and excavators, which are very hungry worms. There were leeches to be found in the worm beds, which become fast food for the noisy chickens that were wandering about cleaning the grounds.

Gordon spoke about how he uses solar pumps to move the worm juices and castings around the set up and eventually into the big tanks. Sadly, the sales for his worm products, castings and worm juice is also adversely affected, due to the chemical fertilisers being used in the surrounding farms.

The worm separator looked like some ancient torture weapon, with hundreds of spikes. These were for separating the worms from their castings.

Gordon's wife gave us a demonstration of how they manually separate and bag the worms and prepare them for sale and how they pack them for posting.

Our afternoon came to an end after more shopping for worm castings and worm juice.

I'm sure that for all those that were able to attend on this day, you would agree, it was a really informative and inspiring Sunday with BOGI.

Automatic self-watering system built in wicking beds From Marlene Kent

1. Start with a standard wood paling and cut them into three, then lay them out in two rows. One row has 20 the other 22, using builder strap screw two rows on each leaving an over lap to join both sides together.
2. Cut a 200lts blue drum in half long ways, much easier to follow the seam on the drum.
3. Use a 35mm hole drill in the end of drum and place a 25mm fitting.
4. Place a hose in and connect to float (the float is for chickens) ensure you have a hole just above the float for the overflow.
5. Fill with water and adjust float until water is level.



6. Join the sides together and cut hole for pipe to exit
7. Fill in around the tub to keep secure right up to rim of tub



8. Place wood chip and fill to rim.
9. Line with builder's plastic. Cut an X over the tub and push plastic under the wood chip.
10. Cover the bottom with ECO weed mat.



11. Fill with filter press (cane mud) six inches from the top or you can use compost as well anything that will wicker.
12. The completely fill with soil of your choice.



13. Trim plastic at the top.
14. Cover with mulch.
15. Put a sprinkler on top to charge the wicking for a short time.
16. Leave over night and the water would have completely wicked up.
17. It's ready for planting.

Amaranth

Amaranthus Hypochondriacus or better known as Grain Amaranth, is cultivated for its grain which is very high in vitamins, minerals and protein. The seeds are scattered on the ground then raked in; harvest is usually 95 days. The grain which is processed into cereal, is usually available through supermarkets and some health food stores.

Amaranthus Gangeticus is known more commonly as Poor Man's Spinach. This is a soft leaf annual and easy to grow from seed, best harvested when the leaves are young. Can be grown as a microgreen or a seedling. The small seedlings can be transplanted and allowed to grow to a bigger plant (over 1 metre high).

Amaranth can be grown in the sub-tropics all year but in cooler areas, avoid growing in frosty weather. Can be propagated in pots and when planted out, responds well to warm weather; although will be tolerant of dry weather and will rapidly grow with regular watering.

The leaves can be green, red, purple and variegated. Amaranth makes a very pretty addition to the garden and is useful as a backdrop because of their height. Amaranth is pretty-well disease free.

When saving seeds, pick the best plants, cover the seed heads in a paper bag, let the seeds dry and they will fall into the bag.

Use the young leaves in salads, stir fries, steamed and also great in soups. All in all, a great addition to your garden.

Other spinach to plant are Ceylon Spinach, Egyptian Spinach, Surinam Spinach and Hibiscus Spinach. Sow seeds thinly and water regularly.

Quick Stir Fry

Into a heated wok, add some virgin olive oil, crushed garlic, diced onion, small diced potato, sliced mushrooms and 1 cup cooled cooked rice in succession. Add your washed baby leaves and a small amount of soy sauce, same amount of plum sauce and a sprinkle of salt and pepper (just before serving). You can add more ingredients to the mix – take a walk around your garden to see what you fancy. Enjoy.

NOTICES

- An oven of OREGANO – this herb is growing in an oven and is looking for a new home, after giving many cuttings to the current owner. Enquiries Trevor 0417196315
- If anyone has a wild climbing pink, red or yellow rose plant. We would love some cuttings please. Mike Apap
- Grass Roots magazines - I have 20 + older issues if someone would like to read. See Trevor at the next meeting.
- Urban Kulture runs online events to learn to grow your own mushrooms. The next one available is October, then two more in November, December. It costs \$120 for the day (or \$110 earlybird). People will make their own kits of growing mushrooms (we are doing oyster and reishi mushrooms at the moment) as well as lots of online materials about how to grow any kind of mushrooms in linked workshops and support. The link is here:



<https://www.urbankulture.com.au/event-details/bundaberg-ultimate-fungal-wizardry-october-23rd>

Support the club by purchasing some products from our shop which is always open on meeting nights, or pick up can be arranged at other times.

Deadline for October 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

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.

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