

Bundaberg Organic Gardeners

~working with nature~

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NEWSLETTER JULY 2019

Welcome to our latest Newsletter. July has been a great month to get out in the garden. Club members have been getting busy out in the community and doing our best to encourage and inspire others to grow their own food wherever possible.



Upcoming workshops and Events

Saturday 10th August: Desolation to Paradise. This is Elizabeth Hunter's story of how she created her interesting garden from nothing.

Sunday 8th September: All Things Fruit Trees at Gin Gin Landcare. Ray Johnston will share his knowledge on Fruit Trees, Pruning, Marcotting, Grafting, Feeding and Care. 9am – 2ish Register before 3rd September, Limited to 20 Spaces

Sunday 20th October: Alpaca Appreciation Day. Alpaca education, the benefits of Alpaca Poo for your garden. Also learn about fleece for spinners or felters.

Who would like a Wicking Bee Workshop held at your house? 1.4m x 1.4 m wicking beds at a cost of approx \$30 (Plus the soil) to be built at your house with the help of other members. Sign up for yours at the meeting

Please remember to take down all the host details and notify if you can't make it on the day.

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, includes supper

Tuesday 30th July

- **Speaker : To be Advised**
- **Topic :** Upcoming Workshops and Activities
- Members' open forum, incl. plant & pest/disease ID, questions and notices
- Library, Info sheets, Buy & Sell, Seeds, Tea of the Month, Lucky Draw, Photos from workshops, Workshop registration, Freebies

Enjoy a Cuppa at Supper



Our last Meeting was held on 25th June 2019 and our speaker for the evening was Tamara, explaining to us how she produces Garlic at her property in Bullyard. Here is her story: My husband, after 35 years in the building industry decided he wanted a change from the physical strain of plastering. So after talking to a friend who grew garlic, we decided to try our hand at farming garlic. We chose Italian Pink. We started in 2016 with our first crop of 10 rows about 40 metres long, with 6 rows of garlic per bed.

Garlic is grown over winter. It is planted April to May and harvested September – October. Garlic needs the cooler months to grow then the warm spring at the end to bulb. So the first year was to get our seed to do an acre the following year.

We didn't quite have enough seed so had to buy more in but had plenty the following year. We use organic fertilisers (Seasol and Powerfeed) as well as a couple of applications of potassium nitrate in the growing cycle and potassium sulphate for bulbing at the end.

The garlic is broken up into single cloves. We did this by hand the first two years, then we invested in a peeling machine which turned out good to break the garlic up in to cloves / seeds ready to plant. The seed is soaked in Seasol overnight before planting. The beds are prepared by hilling mounds with tractor and then the trickle is laid, with holes done at the same time.

Garlic is hand planted, then the hardest part is mulching. We use sugarcane mulch. Green cal / Gypsum is also applied several times throughout the season. Garlic is watered twice a week. Garlic is ready to harvest when the bottom 3-4 leaves turn brown – usually at 5 months plus one week. We pluck them out by hand and hang up in the shed to dry, which usually takes 3 – 4 weeks.

Garlic can be peeled and frozen either whole or crushed in ice cube trays and then in to air tight containers. The mulch is dug in at the end – ready for the following year.

The seed can be stored whole hung up in a cool dry place for seed for the following year and to use up until nearly the next harvest. Garlic has little pests and diseases. Nothing likes eating garlic, we have Wallabies that help with weeding and the frost kills weeds but if we need a helping hand we use a slasher and an organic weed killer. We water the garlic more than what all the books say to and it thrives.

Recipes – It goes without saying, that BOGI members must also share a love of cooking or preparing food, and EATING so we would like to share any of your favourite recipes for other members to try out.

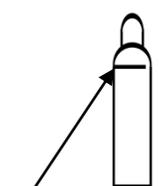
Myra's Ginger Beer Recipe

7 Litres Cold Water
 1 Tablespoon Ginger Powder
 Juice of 4 Lemons (Strained)
 4 Cups of Sugar (or honey equivalent)
 Let this Stand for 12 hours.
 Bottle, adding 6 Sultanas per 2 Litre
 Bottle
 Let stand until Sultanas rise to the
 surface
 Bottle becomes tight (in approx 24hrs)

Macadamia Nut Pie

21 Jatz Biscuits crushed
 1 Cup Crushed or Chopped nuts
 ¾ Cup Caster Sugar
 3-4 Egg Whites
 Beat Egg Whites adding sugar slowly until stiff.
 Fold in nuts and biscuits into pie dish.
 Bake in hot oven at 180° for 40-45 minutes

****Caution – dish will not contain any
 pie to go in fridge for following day!!****



Fill to this line.
 This makes 4 x
 2L Bottles + 2 x
 Small

Bundy Flavours Festival 2019

WOW, that went well after a rough start on Friday when setting up. The wind was so strong that the marquees could only go up halfway. But all the stuff to go in them was delivered and ready so that was good. On Saturday the SES helped to fully erect the marquees and the BOGI members on early shift did a great job fitting them out. Thank you to those early birds!

In the free sampling marquee, the cutting people worked almost constantly as the 'chefs' behind the counter were kept busy. We had 'ambassadors' walking around with the little 'canoes' with a sample of what a good salad, made from home grown produce, could taste. They kept coming back for more. Thanks to the cutters, the chefs, the ambassadors and all who donated produce.

The seedling give-away marquee was equally kept busy, handing out seedlings and BOGI brochures, and answering questions. We had a good range of seedlings and our members did a great job talking to a wide range of people. Thanks to them and to all who grew seedlings.

The children's area was new for BOGI. The huge marquee was well set up with a table for colouring in, a show of edible plants (donated by Bunnings and destined for the Norville State School OSHCare garden), tables with seedlings, two areas for kids to put the seedlings into cups to take home and a demonstration wicking bed. It was lovely to see some many 'small people' interested in becoming gardeners. Encouraging kids to grow healthy food has to be near the top of any list of rewarding jobs. Thanks to all BOGI members and staff from OSHCare who were almost constantly kept busy doing just that.

And a special thanks to **Maureen Schmitt** (Seedling give-away), **Katrine Rayner** (Tasting) and **Reisha Marris** (Kids) for their time and effort getting all this organised in the weeks and months leading up to it. It was great and we expect quite a few visitors to coming meetings.

Peter Van Beek

Thank you to Bill Davenport for all the wonderful photographs from Bundy Flavours, and the Norville School OSHC project.



These are Heartfelt words from Debbie Bradley at Norville Schools OSHC after attending Bundy Flavours with BOGI

"This is just the beginning. A great way to end a very busy week.

My passion and mission is learning about gut health and teaching the importance of healthy diets. Blend this with my GREATEST LOVE....♥...inspiring and nurturing happy, healthy children ..and you have the answer to why I have been so crazily, wonderfully busy.

What a journey we are on!!! Learning how to grow nutrient dense...pesticide free food is so exciting!!! AND THEN.... being able to pass this knowledge on to others is such an incredible honour!

And now...Another exciting week ahead with vacation care and THEN IT Truly BEGINS!!!!

Something amazing is about to start at my OSHC... something so good....something that will change our school and benefit our children. Something that we plan to spread throughout Bundaberg and BEYOND.. and it would not be possible except for SO many truly amazing people and organisations.

I was so happy to be a part of this positive organisation at the Festival of Flavours.

It is seldom that you meet such a large number of genuine caring people. BUNDABERG ORGANIC GARDENERS were at Bundy Flavours to simply GIVE to the Bundy people. Give knowledge...give health...give seedlings...give inspiration. They asked for nothing. They were not there to sell or profit. They believe that EVERYONE has the right to eat delicious REAL food and helping others achieve this is...even in a tiny back yard.. is why they work so hard. "



Thank you to Melanice from CHA CHA CHOCOLATE for the pictures of the scarecrow family



I took about a dozen seedlings away on the day (extras) and combined with a few other seedlings I had growing at home, donated them to **Chrysalis Early Learning Centre** on Ashfield road. My daughter, Olive attends there and we made a special morning of getting all the kids out in to the garden with lots of tools, plants and mulch and enjoyed creating a new garden space for them. As this was during school holidays – big brother got to come too and it was beautiful to see him as a 7 year old, teaching the little ones how to dig and plant and mulch their new seedlings. This is some of what the Chrysalis Educators had to say in their newsletter –

Hello Families! Today was another day full of fun and learning. The high light was, Olive's Mum and her brother came with some plants for our new Garden, so Blessed and big thanks for Olive's mum! Thank you so much Catherine!

We all helped together planting our new plants, we had a discussion about different plants, vegetables, fruits and herbs. This will be our ongoing learning every day, we talked about how we take care of our garden and the plants in it. Children demonstrate an increasing knowledge of, and respect, and show growing appreciation and care for natural and constructed environments, also develop a sense of belonging to groups and communities.

In your Garden - Let's do Herbs by Kay De Gunst.

Mint: There are many varieties of mint; most common are – garden mint, chocolate mint, peppermint, spearmint. Grows from root cuttings; dies back in winter. Likes to grow in damp well drained soil. Can be grown in pots. Every part is edible.

Three-in-one: Also known as Mother of herbs, Five in One herb, Five Seasons herb, Chinese herb, and more... Easily propagated from cuttings; grows well in full sun or shade, in well drained soil. Eat in salads, flavouring rissoles, stuffing, scrambled eggs. Use under citrus trees as a living mulch and a pest deterrent. Deters possums. Grows well in pots or hanging baskets. Put excess in your compost heap.

Comfrey: A perennial, often dies back in winter; likes damp soil; grows from root pieces or cuttings. Chooks can eat some. Worms love comfrey. Put some leaves in your compost. Also known as *knitbone* as it helps to heal broken bones, and good for treating wounds, burns, bruises, etc. Leaves can be eaten but not in large quantities.

Basil: Many varieties of basil; Sweet, Thai, Holy, Nutmeg, Lemon, etc. Grows well as a perennial. A great culinary herb; has medicinal properties and a brilliant bee attractor. After first flowering, remove first flush of flowers to encourage plants to become bushier.

Rosemary: A perennial, likes full sun, in well-drained soil and grows from cuttings. Every garden needs at least one rosemary bush. A bee attractor; many varieties, tall & short, bushy or different leaf and flower colours; has medicinal uses; many culinary uses; can grow in pots too.

Lemongrass: Loves water. Grows well in full sun in rich moist soil but well drained. Use juicy stems for Asian cooking. For tea it needs to be drier for intense flavour. Can be grown in a large self-watering pot. Can be used as mulch. Divide clumps for planting.

Nasturtiums: A relative of brassicas. Grows in all soil types, full sun or partial shade. Every part of the plant is edible. Has a peppery flavour, good on sandwiches. High in sulphurs like mustards. Grows almost anywhere.

Shallots: Or known as bunching onions. Grow from seeds in pots or garden bed. Cut tops 3cm above roots or replant roots after cutting off tops – they will regrow.

Did You Know? You can make your own “gold dust” by drying eggshells, then crushing in a blender to make your own calcium for your plants.

Below is a list of plantings suitable for our area this month of July.

- **Seeds to be planted directly into your prepared ground:**

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

- **Seeds to be planted into seedling trays:**

Broccoli; Cabbage; Capsicum; Cauliflower; Celery; Lettuce; Silverbeet; Tomatoes.

The club has a seed bank library consisting of seeds from our member's gardens. Club members have the opportunity to swap or select organic seeds for their own home garden use.

Norville OSHCare working-bee - 13 July 2019



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[OSHCare stands for 'Out of School Hours' Care and caters, on school grounds, for children before and after school hours. It is a nationwide club, see <https://www.oshclub.com.au>]

At our May meeting, Debbie Bradley gave a talk about the veggie garden at her OSHCare unit at the Norville State School. Members of Rotary and Lion clubs were there as well as invited visitors. Rotary decided to sponsor that activity and asked us to help in organising a working-bee, which we did. Rotary pays for all materials.

So, Trevor, Peter Burgess and Peter Van Beek put together three 'packs', each containing all the hardware for one bed. The beds are made from treated timber that has Education Department's and Council's approval. The treatment is as close to 'Organic' as it is possible and is 'food-grade'.

Peter VB and Pam wrote instruction sheets. One explains the details of the design, especially why organic and why THIS design and NOT stones and cloth at the bottom. The other explains how to make average soil into good quality soil. (Both will be available at the next meeting.)

On 13 July about 25 people came to the working-bee, including Rotary members, BOGI members, OSHCare staff, the OSHCare manager from Hervey Bay, media and school staff.

Three teams put together a wicking bed each. It was an enjoyable and productive 'chaos' where we ironed out some minor details and refined our hand-outs. The results show in the photos. And it was followed by a lovely lunch as well, provided by OSHCare.

Rotary and OSHCare have plans to roll this design out amongst other schools in Bundaberg and wider. That would be a fantastic outcome, given how much children learn and benefit from 'eating out of the garden'.

Our BOGI member, Sue Jackson, is the BOGI representative on a small group continuing to support this Norville project in the coming years.

Peter Van Beek



Some of the BOGI members with the finished product!

3 Children who attend OSHCare and will benefit from the new gardens.

BOGI Activity – TOWN VEGGIE GARDEN

On Saturday 20th July we were invited to visit Les and Kay De Gunst Town Veggie Garden. Les and Kay bought their ¼ acre block in the 70's with a vision to grow their own in their suburban back yard. As we entered the back yard we could see immediately that we were entering an impressive and well cared for space. Les and Kay led us around the large square garden and I tried to keep up with the number of plants I saw, but here goes: Leaf Ginseng, Mother of Herbs, Garlic, Italian Parsley, Dill, Rocket, Silverbeet, Borage, Beetroot, Celery, Sambung, Turnips, Gotu Kola, Snow Peas, Chives, Lettuce – First Fleet, hardy and self seeding, Wasabi Greens, Ceylon Spinach, Comfrey, Lima Beans, 7 Basil, White Choko, Myer Lemon, Cherry Tomatoes, Green Manures such as Japanese Millet, Lucerne, Sorghum, Oats.



L: The Giant Compost Eater stands proud in the back corner of the yard. Les and Kay Feed it with kitchen scraps, garden waste and also add some grass clippings, compost, soil along with Molasses and KTex. Les has a long bar that drops down within the box to allow for more aeration and feels it helps the compost break down faster. By the time it all gets through to the bottom it comes out as beautiful rich soil.



What a perfect view. Most things were planted in blocks and companion planting was working well. We saw Blue Banded Bees on the Borage flowers and lady beetles on the tomatoes. Les said that the Magpies come in and clean up the bugs and they have a resident possum too.

There is an irrigation system in place that runs twice a week and Les monitors all water consumption.

Thank you Les and Kay for showing us all that you don't need a big space to grow great Organic food. Cathy



Have you checked out our Facebook page yet? It's a great way to connect and show what's happening in your garden, and see others tips and ideas too.

Search for **Bundaberg Organic Gardening Inc** and request to join the group online.

Management Committee and Co-ordinators from April 2019

- President -** Trevor Galletly 0417 196 315
- Vice President -** Joan Smart
- Treasurer –** Vicki Stuart
- Assistant Treasurer -** **vacant**
- Part Time Secretary -** **vacant**
Karyn Ennor 0448 141 894
secretary.bundyorgard@gmail.com
PO Box 4158 Bundaberg South QLD 4670
- Committee Members -** Maureen Schmitt 4155 2172
Pam Biden
Reisha Marris
Vacant
Vacant
- Coordinators**
- Membership -** Reisha Marris
- Field Trips -** **vacant**
- Workshop -** Pam Burgess
- Catering -** Pam Biden, Richard Amsler
- Newsletter Co-Editors -** Cathy Critchlow
Heidi Brown
newsletter.bundyorgard@gmail.com
- Newsletter meeting notes -** Suzanne Blanch
- Welcoming Person -** **vacant**
- Buy and Sell -** Jeanette Cox
- Lending Library -** Kay de Gunst
- Seed Saving and Swap -** Joan Smart
- Herbal Teas -** Julie Burry
- BOGI Shop -** Les de Gunst
- Seedlings -** Eddie and Jill Galea
- Co-Webmasters -** Peter Van Beek
Leslee Ryan

Advanced Notice

Roster for August

Carrot and Grapefruit



Jeff Hawker

Ray Johnson

Heidi Brown

Joan Smart

Pam Biden

Bill Davenport

Jill Galea

Gordon Whitby



BOGI SHOP

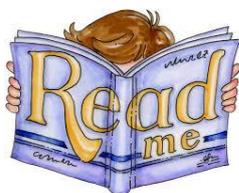
Products available are:

- Liquid Lime
- Liquid Kelp
- Liquid Fish
- Mineral Granules
- Microlife
- Organibor and
- Katex Organic Super Growth.

If you would like to buy any of these products please make arrangements with Les de Gunst by phoning 4152 9587. They are also available for sale at our meetings.

The library catalogue is maintained by our Librarian, Kay de Gunst.

The catalogue can be found at <http://www.librarything.com/catalog/BOGardeners>. Each item's record includes a cover picture, title, author, publication date, the Dewey Decimal Classification and subject tags. There is also the facility to read and write reviews and to rate each item.



Deadline for August newsletter

5pm Friday 9th August

To include notices and details of Club activities

email: newsletter.bundyorgard@gmail.com

Or ph Cathy 0403 430 969 or Heidi 0410 561 314

We would like to put together a register of members who own their own business, or work in a field that is relevant to our club. Please contact the Editors for this

Supper and Washing up Roster

July



Tomatoes & Strawberries

Kay Amsler

Susanne Blanch

Alison Larkman

Peter Van Beek

Pam Biden

Cathy Critchlow

Grace Zunker

Katrine Rayner

Lyn McIlwain

If you would like to contribute a dish when you are not on the roster, please do so. They are always welcome.

For dietary purposes – please list all ingredients

Please note that these members are also requested to assist in sweeping and cleaning up after the meeting.

If you are unable to come to the meeting, please advise Pam Biden (ph 4159 4223) so that other arrangements can be made – thanks.