



# COASTLINE

WINTER 2024

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## THIS IS US!

- **Winter:** Fruit Tree Sale July
- **Spring:** Bountiful Backyards Workshop Weekend October
- **Summer:** Forest Garden Tours
- **Autumn:** Heritage Harvest Festival Weekend March
- **Monthly:** Workshops as requested throughout Southern NZ
- **Weekly:** Longwood Loop, our farmers market, expanding its reach
- **Daily:** The Riverton Environment Centre open for advice & sales  
**PLUS:**
- **15 Heritage Orchard Parks** throughout Southern NZ
- **Southland Seed Enterprise** for local vegetable seed resilience
- **Completely Compost** turning food waste into compost
- **Forest Garden & Aparima College Garden, Riverton**

South Coast Environment Society is here for you all year round!



## DATES TO DIARY:

<b>26 - 28 July</b>	Annual Fruit Tree Sale Fundraiser - Riverton Environment Centre
<b>Mid July to Mid August</b>	Fruit Tree Workshops and Working Bees. Email us to attend one near you!
<b>First Weekend in October</b>	Keep Free for Bountiful Backyards Weekend

## Learn, Take Action!

Wow, have we got a lot for you this issue!! Some regular articles have been left out to ensure we're updating you about lots else that's happening.

On the front page we list some of our most significant events. In the following pages you'll see even more. We're inviting you to participate in many of our goings on, e.g. to become a more proficient pruner – page 5, to increase your composting confidence – page 6, and/or diversify your food production skills by attending a Future Food workshop - page 7!

We have people with a wide variety of skills, very willing to share their knowledge to help increase self-reliance within our community. See page 7 for the wide range of workshop options you can organise for a local group, family and friends or to request maybe joining another workshop elsewhere.

As well as increasing your self reliance skills, you will be empowered to contribute more towards reducing climate change, e.g. using more eco friendly items and less emissions, travel miles and waste.

We keep you up to date about a couple of community groups SCES work with, see Pg 8 and Pg 9. There's some reading for your leisure and thoughts, including Robert reminding us about the need to prune, Peat sharing his joy of observing winter frosts – page 11, and the 9th and final of Henry Harrington's Words of Wisdom – back page.

We hope you enjoy what we have to offer in this issue.

Wendy Joy, Editor

On behalf of our Production Team.

## Sign of the Times

The Ministry for the Environment (MfE) Community Environment Fund that has been the backbone of our SCES operational funding since 2002, has suddenly been canned in this year's budget cuts.

Not only is it a significant cut in basic secure funding for us and the 14 other environment centres around NZ, it also impacts on many other community projects working to educate about and enhance our environment, encourage sustainable lifestyles, and along with that, community wellbeing.

This year we have been fortunate to receive additional funding from Community Trust South and the Lotteries Community Facilities Fund; as a result, we had just advertised for a project and admin support person to build our capacity. Following the unexpected advice regarding the MfE funding, it has been disappointing to need to tell the applicants that the new role can no longer be funded.

We will not to be deterred. We will continue to work hard with all our education programmes and projects throughout our region to the best of our ability.

We absolutely value the support we receive from the community. If you are able to support us, you can do so by:

- Volunteering in our Environment Centre, either out the front with customers or out the back packing goods, etc.
- Helping out with a project of special interest to you;
- Becoming a financial member (Individual membership cost is just \$20.00 p.a.);
- Making a one-off or regular tax deductible donation to our SCES charity;
- Becoming or finding us a sponsor for one of our projects or events.

Other suggestions are welcome, such as offering professional advisory services, e.g. legal.

Email us at [office@sces.org.nz](mailto:office@sces.org.nz), check out our website: [www.sces.org.nz](http://www.sces.org.nz), or call our office: 03 234 8717 to talk with Robyn, Nick or Elizabeth, for more information.

**The South Coast Environment Society Incorporated (SCES or the Society) is a NZ registered Charitable Trust (Registration Number CC41561).**

**The Society vision is of a sustainable, resilient community of good leaders, resources, systems and examples available to assist and support people to adopt sustainable lifestyles and care for and about our environment.**

**Riverton Environment Centre is a project of the Society. Volunteers open the Centre for the public 40 hours a week. The displays, information and resources are designed to be inspiring and enabling, incorporating a blend of traditional ways and new concepts to give people more earth-friendly options in their daily lives.**





## Hōtoke (Winter) Gardening With Nick

We've enjoyed some cracking frosts here in Riverton recently; they've certainly spelled the end of any sensitive crops that managed to hang on this long but on the flipside they add that sweetness to carrots and swedes, and knock the yam tops off so we know they're ready to eat - YUM. Tendril peas, spring onions, brassicas and parsley all don't mind the cold so are still available to pick if you planted them early enough.

I've written about green crops (also known as 'cover crops' or 'green manures') before, but recently I read a fabulous report (well, fabulous for gardening geeks like me) all about how market gardeners (and by extension home gardeners) can replace the use of large amounts of compost with cover crops. The author, an (ex-scientist) organic market gardener in Nelson had decided he was spending too much time, energy and money making lots of compost to maintain his soil fertility, so looked around for information on green cropping, found little of relevance to New Zealand, and decided to undertake his own trials.

The results of the research clearly showed that a legume-based cover crop (in this case tic bean - very closely related to broad bean) was capable of replacing large amounts of compost while producing abundant crops in the following season. The research is freely available and highly worth reading if you are trying to increase your production and reduce your workload!

All you need to do to grow a cover crop in your home garden (and yes, you can still do this now), is clear out any weeds, sow the green crop over the bed, tickle it in with a rake, and mulch it. If it's really cold it might take a while, but before you know it you'll see little green shoots popping up; simply admire it all winter then chop down once it starts flowering (probably in early spring) and you're ready to plant your next crop.

Excellent winter cover crops include: oats, phacelia, daikon radish, vetch, peas, lupins and broad beans. You can get most of these seeds at the Environment Centre. Grains (e.g. oats) grow a huge amount of biomass, while legumes (peas, lupins etc.) also provide a lot of nitrogen.

Make compost, yes, but sow cover crops too!

### The Report:

A practical guide for using green crops in New Zealand.

1st Edition, 2023. D. F. Ferretti:

<https://ourlandandwater.nz/wp-content/uploads/2024/01/Green-Crops-Guidebook.pdf>



*Above: Trish's 'Tasty Tendrils' peas growing in a bread tray, ready to cut and go in a stir fry.*



*Top right: Hoana and Graham's awesome winter garden, with heaps of silverbeet, broccoli and brussels sprouts.*



*Bottom right: A healthy crop of Tic beans growing as a green crop.*

## March Harvest Festival a Roaring Success



It's only been three months, but March already seems so long ago! Initially, not being able to use the Aparima College hall this year (due to renovations) seemed like a setback, but in fact it encouraged us to spread our wings and utilise a range of other great venues: Riverton Primary School hosted displays and stalls, with the Meridian Marquee housing the apple press and children's games; Workshops took place in classrooms at Aparima College and the two Community Feasts were held in the lovely repainted Fleck's Hall. As usual the Riverton Environment Centre was open all weekend and saw a huge amount of foot traffic.

Once again we enjoyed the attendance of folks from all over Southland, from Fiordland to The Catlins and from Riverton to Garston, as well as many from further afield (around half of attendees came from Central Otago, Dunedin, Christchurch and some from further, including Nelson and even Auckland). Many of these people are repeat visitors and say they will come every year! The town was buzzing, with all the accommodation and cafes in hot demand.

As well as many of our regular and well-loved workshops and tutors, we had some excellent new people and topics, with most sold out prior to the weekend! We can't wait to do it all again next year and all back in our Aparima College base.

**Keep the 28-30th March 2025 weekend free - we will look forward to seeing you then!**

## FRUIT TREES

### Annual Fruit Tree Sale 2024

Okay people, you can stop asking - the annual Fruit Tree Sale will be back, this year slightly earlier than usual, on the **27th and 28th of July!**

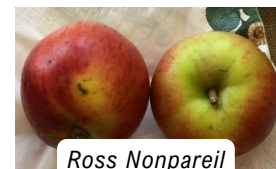
As usual, we will have apples - and so many apples! Likely more than 50 varieties, grafted by Robin from Plants South.

Pears - hopefully six varieties, plums - eight varieties including greengage and prune plums, nashi, nectarines and peaches.

It looks like we will also have some cherries this year... although what we order from Waimea Nurseries and what we get from them tends to differ, as we are a pretty small fish, and the big retailers usually get the lion's share (to mix metaphors). Hopefully Gardens for Life Nursery here in Riverton will also have hazelnuts, raspberries and gooseberries again.

**We hope to have the final list available to Members by the 2nd of July** (and to the public one week after that - see Membership Benefits on page 10).

We love the fact that our Fruit Tree Sale doesn't just get a whole lot more (productive) trees planted in Southland, but that it also supports local nurseries and provides us with a source of funds to do more of our Open Orchard work. So you can feel extra good about buying your fruit trees from us at the Riverton Environment Centre!



### SCES Membership has Benefits!

Remember that, as always, paid up Members get to see and buy from the annual Fruit Tree Sale List one week before the public can access it. If there is a new fruit tree you are super keen on that's on the list and you don't want to miss out, join up!

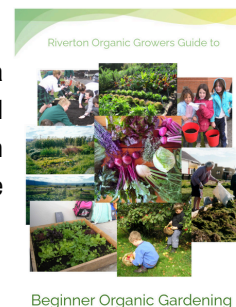
Annual membership costs only \$20 for an Individual, \$25 for a Family and \$30 for a Business or Group.



SCAN ME

As well as preferential ordering for the Fruit Tree Sale, Membership also entitles you to a 10% discount on our workshops (especially valuable for our Bountiful Backyards and Heritage Harvest Festival workshop weekends) and as an extra special sweetener, you can download a free digital copy of our Southland-specific Beginner Organic Gardening Guide (which retails for \$5 on our website).

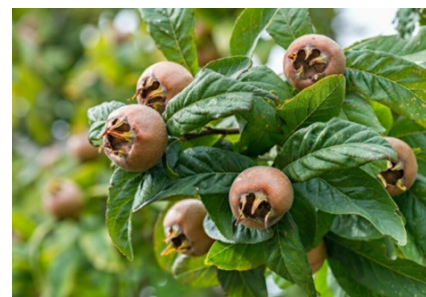
To join now simply go to our website [www.sces.org.nz/membership](http://www.sces.org.nz/membership), scan the QR code or email [office@sces.org.nz](mailto:office@sces.org.nz)!



### Forest Gardening Tree Profile – Medlar, by Passionate Permie Dylan

A Forest Garden has a diversity of trees, both fruit, nut, and other yielders in addition to other support trees that offer nitrogen, chop and drop biomass or other support functions.

Do you know an ancient fruit called medlar? It has been cultivated since before Roman times and it is an unusual fruit tree in that the fruit has to be picked and then left to ripen on the kitchen benchtop. As it ripens or ages it seems to start to go rotten. The maturation process is called bletting. Once the fruit becomes quite soft, after about 3 weeks, it is ready to eat! It doesn't seem appetising, however once it reaches one's taste buds it certainly is sweet, tasty, and has the consistency of a pudding. Quite delicious and traditionally used to make a jam if too many to eat after bletting.



Medlar (*Mespilus germanica*) trees also have an unusual natural form in that the branches tend to grow intertwined with each other. A bit of a pruner's bad dream. Perhaps they should just be left this way instead of persisting in pruning every year. The tree is hardy in cool climates and will be able to tolerate temperatures down to -5C and colder in winter. It needs a sunny spot out of the wind and well drained soil. The foliage goes a lovely orange in autumn.

There is one medlar tree in the centre of the Riverton Community Forest Garden behind the fire station - **go and see if you can find it!**

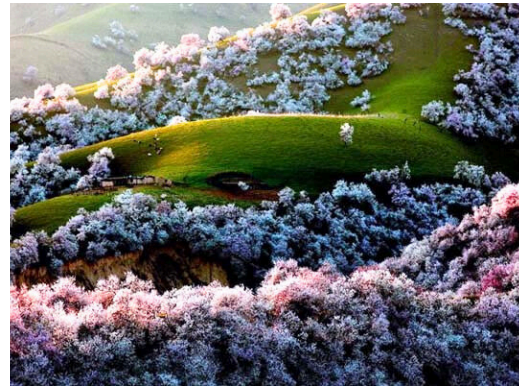


## FRUIT TREES

### About Heritage Apple Growing in Southland

After originating in Central Asia many thousands of years ago, the humble apple has been planted on almost every continent on Earth. Since Europeans first brought apples to Southland in the 1800s, it has been clear that they especially grow very well here in our cool temperate climate. The Drummond Store reputedly didn't stock fruit in the early 1900s as there was so much grown in the area!

Over the years however, many of the old orchards have languished and today there are typically only tiny remnants left. Fortunately, Robyn and our 'Open Orchard' project have, since the mid 1990's, been collecting 'scion wood' from remaining trees and grafting it onto new rootstocks, to preserve these heritage varieties, many of which are yet to be identified.



*Hills covered in native apples - Central Asia*

The old orchards were typically full of varieties that had been brought from settlers' homelands (frequently Britain) that had been selected over hundreds of years for productivity, flavour and particular qualities such as long-keeping (important in the days before cool stores and fridges!).

Fortunately there has been something of a renaissance of the apple in recent years, and home gardeners are now able to seek out a greater range of flavours, textures and colours from nursery catalogues. Many older varieties are also more suited to home production than some modern cultivars.

The apple varieties in our July Annual Fruit Tree Sale are all locally grafted from the extensive collections in Robyn Guyton's orchard and the many Community Heritage Orchards that we maintain across Southland, so you know they'll do well for you here in the south. Our apples are all grafted onto the rootstock known as 'M793' which will grow a medium tree averaging about 2 to 3 metres.

You can read more about apples in Southland in our Heritage Orchard Handbook, which can be bought from Riverton Environment Centre, and on our website. Buying a Handbook helps raise funds for the on-going work of the Open Orchard project.

### Winter Pruning Workshops & Working Bees

**Come and join us! We will be holding 30 minute pruning workshops in each of our 15 heritage orchard parks** during July / early August and will follow the lesson with a 1-2 hour working bee so you can practice what you have learnt under our guidance before you work on your own trees.

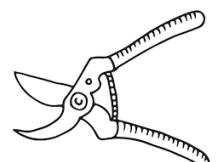
It is tricky finding a good weather time so 'follow' **Southland Heritage Orchard Project** on Facebook to see where we will be next or email us [openorchard@sces.org.nz](mailto:openorchard@sces.org.nz) so we can make a time to suit you and your community.

**Pruning 'How To':** July is the best month to prune pip fruit. Anytime of the month is okay because the trees are dormant and the sap is not moving. Clean your tools with methylated spirits between trees to prevent spreading possible diseases.

1. Cut back any diseased or damaged branches
2. Thin out any areas where branches are crossing or growing too close
3. Take out any small branches inside the tree growing upright (trying to be a new big branch)

NOTE: Any small spindly branches inside the tree are likely to be fruiting spurs and won't grow any more. Leave them on if there is room for fruit to form.

4. Lastly, tip any upward branches that have grown over 40cm this year back to an outside bud 15-20cm above last year's growth.
5. To finish off, paste any cuts bigger than your thumb nail with vaseline or pruning paste.



## Completely Compost!

As many of you will surely be aware, we sourced some funding from WasteNet to support Western Southlanders to find appropriate ways to keep their food waste out of the landfill.



We have spent a lot of time getting the word out to our communities that we have resources to support them. We're pleased to be able to say we have been getting lots of interest - from those wanting to build their composting confidence to those keen to put their knowledge and skills to work supporting other people to compost.



*Left: A bin like this won't make very good compost and could attract rats.*

We have started doing some home visits to do an informal 'assessment' of peoples' composting set-ups, and installing some of our subsidised pest-proof compost bins. While everyone visited was already composting their garden waste (great!), they were not confident about composting food waste without attracting pests and creating bad smells. After the visit, they have all said they felt much more confident and were ready to get into it!

We have been contacted by several Western Southland schools, all of which are very enthusiastic about composting and who want to do more and do better; all these schools already have gardens, so understand the value of good compost. Interestingly, while all of the schools are providing lunches to their students through the Ka Ora, Ka Ako Healthy School Lunches Programme, several of them send no extra waste to landfill, as they make their own meals in-house for only the students who want them, and have the food preparation waste collected by pig or chicken farmers! This is great, but of course it doesn't provide a resource for growing food in their school gardens.



*Above: This pest-proof bin will make good compost from household food waste.*



*Above: Bryan delivering one of our big bins.*

With the help of our local Riverton MenzShed (and Bryan, who is a whiz on the tractor), we have installed some very large capacity pest-proof composters at the Aparima College Community Garden. These bins are designed to take larger quantities of food waste, and due to their design can also handle cooked food, including some meat and dairy - which you would normally need to be cautious about using because of the risk of attracting rats. Although these bins have a capacity of about 2.5 cubic metres, Riverton alone would probably require about three of these bins every week to compost all the food waste produced in a year\*.

We are well underway with this project! If you or someone you know would like some extra support for home composting in Western Southland, please encourage them to get in touch - **we would love to hear from you or them**. Email Nick at [completelycompost@gmail.com](mailto:completelycompost@gmail.com), call the Environment Centre on 03 234 8717 or just pop in and ask.

We will be running some community workshops over the next couple of months, specifically aimed at people who want to be more effective composters - these will suit people who already compost but who think they could do a better job, as well as those who are total newbies to composting. Keep an eye out, and get in touch if you want to know more.

\*Note that all my calculations for quantities of household waste produced are fairly generalised, as there is no specific information for Riverton, and the most recent Southland-wide waste assessment was undertaken in 2017-2018. There have been more recent studies undertaken across New Zealand that provide possibly more accurate data, but it is hard to be exact! If you want to dive further into food waste in New Zealand (hmm), here's some reading:

### National waste data:

<https://lovefoodhatewaste.co.nz/food-waste/resources/research/>

<https://environment.govt.nz/publications/general-public-attitudes-to-composting-and-home-compostable-packaging-survey-report/>

### Southland waste data:

<https://icc.govt.nz/wp-content/uploads/2020/06/2020-06-29-Infrastructural-Services-Waste-Management-and-Minimisation-Plan-Review-Appendix-A.pdf>





## Learning Opportunities Coming to You!

It's a great time to upskill to become more prepared to be increasingly self-reliant.

We want to take our extensive education programme throughout the lower South Island; we have a team of very experienced tutors willing to travel and tailor a series of workshops and talks for your township or neighbourhood, at a time that suits you. Please let us know what knowledge and skills would benefit you or your community?

We have seven series of one-hour workshops (50 workshops!) to choose from. You can mix and match to suit your needs; they can be run any time of day or even over a weekend. Check out our website for more info. Let us know which of the workshops you are keen on: [www.sces.org.nz](http://www.sces.org.nz)

### Future Food

Move away from highly processed foods to making your own sour dough bread, ferments, sprouts and microgreens etc. It is easier than you think!



### Native Biodiversity

From propagating your own plants to restoring an ecosystem.



### Earthcrafts

You will enjoy working with natural materials wool, beeswax flax, or wood to make your own useful items or gifts.



### Shopping wisely

Ethical choices, healthy choices, reading labels, considering travel miles.



### Living Lightly

Save money while being eco-friendly. From simple had made gifts to making your own cleaners and skin care products.



### Bountiful Backyards

From beginning a vege garden to keeping hens or bees.



### Appropriate Technology

Making your own solar dehydrator, rocket stove, cob oven and other off-grid projects.



**We have skills and knowledge to share and the time to learn is now - let us know how we can help you!**



## Repair Café News



Transform Your Belongings at Riverton Repair Café - 20 July 2024! Visit Riverton Senior Citizens Centre between 11.00am and 2.00pm to learn how to repair a tear or worn patch in clothing, replace a zip, and fix simple jewelry items. We'll also have push bike repairs and more! Take this opportunity to learn new skills and empower yourself to make positive changes. Come for a cuppa and a chat, and join the repair movement!

For more information about Repair Cafes, check out [www.repaircafeotearoa.co.nz](http://www.repaircafeotearoa.co.nz)



## Volunteer Roster now on line: Please help when you can :)

Riverton Environment Centre is actually home to two separate not-for-profit entities: the Riverton Organic Food Co-op and the South Coast Environment Society. This is of mutual benefit, as having volunteers serving customers and packaging goods also means the Centre can be open every day of the week without relying on paid staff.

Chances are that when you come in to the Centre you will be greeted by a volunteer; they may vary significantly in age, from 6 to more than 66, but they all have one thing in common: they are willing to share their time with you and to support the South Coast Environment Society and the Riverton Organic Food co-op.



Our volunteers say they love the friendly atmosphere and meeting new people. They like having a break from their usual routine and often will buy their co-op food on the same trip. We are happy to provide a reference to any of our volunteers if they are applying for a job - we have had several people in the past use volunteering with us as a stepping stone to paid employment.

We now have a living document (click [here](#)) that you can check anytime and fill in online, by putting your name in an empty space, or adding it to a space where there is just one person: in our ideal world we would have one person serving customers and one person working in the background. Choose a time or two that you can help each week / month, or just fill in a gap now and then when you can.

For each hour's help, volunteers get 2.5% off their Co-op food purchases, to a maximum of 15% off, for the following month. If you live out of the Riverton area the South Coast Environment Society pitches in too with some petrol reimbursement support. You can bring a friend and if both of you volunteer then both of you can get the discount (but only one petrol support if you travel together). Bring your children and they can help too, or play in our lovely children's corner.

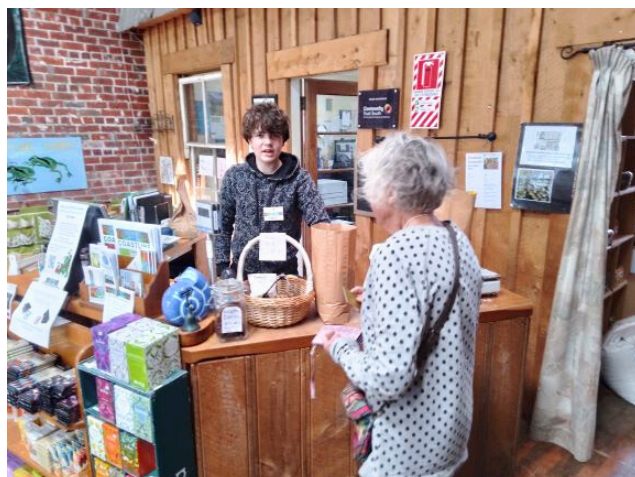
There is a mix of tasks you can choose from:

- Bagging up bulk items into retail packs
- Keeping the shelves topped up
- Helping with serving customers
- Cleaning and tidying the shelves
- There may also be other tasks needing to be done, like folding brochures or arranging displays

You will always have someone in the office training and supporting you right from the beginning!

Save the link to check yourself or email if you would prefer us to send a reminder of the link once a month: [office@sces.org.nz](mailto:office@sces.org.nz)

*Peat loves his Saturday mornings volunteering at the Centre.*



## Longwood Loop and Beyond!

We now have two new bakers; Natalie making Dutch fruit pies and Kathryn's home baking, both working from commercial kitchens. We are still keen to find a regular bread maker!

The van has had shelves added, thanks to Dylan and Zac. This means our volunteers can readily organise the pick up and distribution around the Loop as we visit the various townships.

The recent requirement to pay road user charges has doubled the running costs of the van. However rather than passing this on to our customers and growers, we will have an occasional raffle of Longwood Loop products and produce to cover this additional cost.

Thanks to COGS who gave us a little funding to develop the Loop, Dylan has been employed to work with the suppliers to get all their profiles on the Longwood Loop website, update the website, make sure old and new suppliers are on the system correctly and hold producer get-togethers once a season.

We have an article in Southland District Council's latest 'First Edition' magazine showcasing Western Southland's Longwood Loop, and looking for expressions of interest for teams to run another two weekly loops using the van on two other days.

Email us if you would like to be a producer, customer, admin person or driver for any of the loops. We will start when we have got a team ready to go: [thelongwoodloop@gmail.com](mailto:thelongwoodloop@gmail.com)



## Seasonal Recipe: Italian Vegetable Soup

I found this in Marcella Hazan's 'The Classic Italian Cook Book'. It has a brilliant full flavour and warms to the bones on a cold winters night. Enjoy! **Hollie**

### Ingredients

- 1/2 cup olive oil
- 3 Tbsp butter
- 1 cup each: thinly sliced onion, diced carrots and celery
- 2 cups each diced potatoes and pumpkin
- 3 cups shredded cabbage
- 6 cups beef stock
- 2/3 cup canned Italian tomatoes, with their juice
- 1 1/2 cups canned cannellini beans
- 1/3 cup freshly grated Parmesan cheese



In a large stock pot add oil, butter and onion, cook over medium-low heat until the onion is translucent. Add vegetables one at a time and cook for 2-3 mins each, stirring once or twice before adding the next one. Then add the shredded cabbage and cook for about 6 mins giving the pot an occasional stir. Add broth, tomatoes and juice, and a little salt. Cover and cook at a very slow boil for at least 3 hours. If necessary, you can stop the cooking at any time and resume it later on. Add water if needed but keep it soupy thick. Fifteen mins before the soup is done, add the canned beans. Just before turning off the heat, swirl in the grated cheese, and season to taste. Makes 6 to 8 servings.

## Para Kore

Para Kore educates and advocates from a Māori worldview for a world without waste.

### Oranga Taiao

Para Kore delivers a te ao Māori based, zero waste education programme called Oranga Taiao. This programme aims to design out waste and strengthen connection to Papatūānuku and Ranginui.

The Oranga Taiao programme includes presentations, wānanga, practical workshops, online learning, mentoring, facilitated support, physical resources, our time, communications and pānui.

Para Kore works with marae, kura, kōhanga reo, whare karakia, wāhi mahi, events and more.

To find out more, and to register for Oranga Taiao: <https://www.parakore.maori.nz/oranga-taiao/>

From Para Kore's **Papakupu Para Kore: Zero Waste Glossary:**

- Compost: wairākau
- Compost heap: pū wairākau
- Compostable: whakawairākau

[https://www.parakore.maori.nz/wp-content/uploads/2023/07/Para-Kore-Zero-Waste-Glossary\\_2019.pdf](https://www.parakore.maori.nz/wp-content/uploads/2023/07/Para-Kore-Zero-Waste-Glossary_2019.pdf)

As Tangata Tiriti, SCES is privileged to work alongside Para Kore in the zero waste space.



## SCES collaborates with Para Kore and the Murihiku Kai Collective

## Good Food Road Map



Feeding Murihiku: Our Good Food Road Map is a comprehensive two-year study of our province's local food system by the Murihiku Kai Collective, which outlines the challenges and opportunities in strengthening food security and food resilience in Southland.

The Murihiku Kai Collective has brought together insights from local families, community groups, local government, health and social services and food growers and entrepreneurs to inform the report.

"In a society where everyone should have the right to eat well, too many in Southland face barriers to accessing quality food," the report says.

The province's geographic isolation, focus on exports and unbalanced local market made it more difficult for people to afford nutritious food and easier to buy unhealthy options.

Challenges identified during the research process included a lack of knowledge about Southland's food 'story', significant changes to land use over the years, the influence of corporations in the food system, and a lack of pathways for local leaders in the kai space.

The report calls on the community to collectively support policies that make nutritious food affordable, advocate for local food producers, prioritise support and resources for kai creators and educators and celebrate sustainable farming practices.

Included in the report is a Good Food Road Map, modelled on a similar initiative in south Auckland, which advocates for a co-ordinated approach for lasting change.

The Road Map features five pou which highlight; celebrating Southland's unique food culture, sustainable food practices, access to nourishing and culturally appropriate food, zero hunger and a resilient food system.

To learn more about Murihiku's food story, and for a digital copy of Feeding Murihiku: Our Good Food Road Map, see this article:

<https://www.sporty.co.nz/hfi/Things-We-Do/murihiku-kai-collective?ts=0.02103752623977173>



## ROBERT in ACTION

If you grow trees, you have to prune them sometimes, or even fell them if they get too big.

I have a lot of trees and now is pruning time. Robyn bought a battery-powered chainsaw so that she could cut this and that. I put it to considerable use, especially when she's away; too much consultation isn't good for husbands, other husbands and I have decided. I haven't cut the pear tree though: some instructions are definite!



I have though, removed the 3 big cherry plums that arrived in our garden by bird. It was exciting to watch them grow initially, but they grew and grew. Up until this morning, they were towering over precious apple trees and shading them from the sun. They aren't now. There is a gap in the forest, for sure, but that'll soon be partly refilled with more interesting trees. I have a mimosa and a pistachio in the ground already, looking for their chance to join the forest community.

I've been busy taking down an extinct wineberry as well. It died for reasons unknown and looks to have plenty of fuel for our fire, once I've cut it down and cut it up. Sunny winter days are perfect for thoughtfully and respectfully disappearing trees.

## Robert Recommends 'Giants'

I watched a marvellous film last night called, 'Giants' that followed the story of Australian Bob Brown, initially a shy lad, twin to a sister, and latterly an MP in the Australian Government. In between times he saved great swathes of old growth native forest and a river or two.

His story is remarkable but contains graphic scenes of forest destruction, so impressionable greenies like me have to bear that as we watch. I heartily recommend "Giants". It's on Netflix and is quite a long watch but could change the way you see the world.

## A Warm Island of Golden Flame in an Ocean of Sparkling Frost - Peat Kiddey

Winter is an amazing time of year; the time we prune trees, crunch on frozen berries, and enjoy the satisfying sound of ice breaking.

Waking up in the morning to the cold air and the weight of three blankets is a wonderful thing. Unfortunately it means getting out of bed to smash the ice on the poultry's water bowls and then crawl back to the house to warm up!

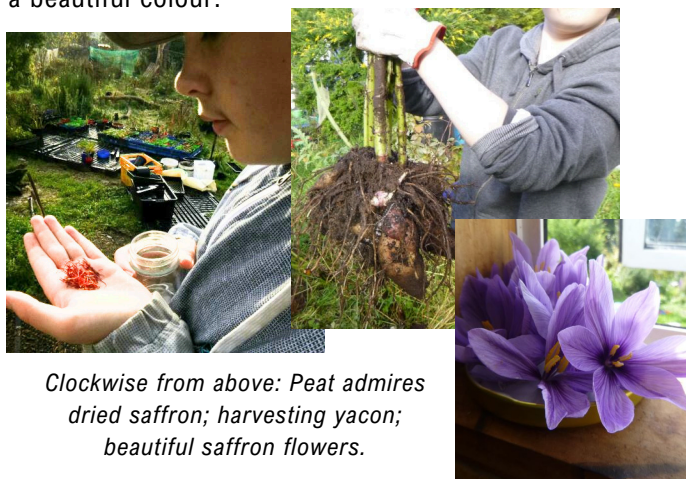
One amazing thing that comes from the first frost is yacon: An amazing crunchy and sweet tuber - and one of my favourite veggies - yacon is a crunchy, sweet treat that's ready to eat after a quick clean. When dehydrated it gets a similar texture to toffee - although it doesn't taste like it - and could be turned into a sweet chewy snack with a quick soak in sugar water. It can be added to nearly anything, savoury or sweet!

For those who were unaware, winter can be colourful as well. Saffron is a great addition to any winter garden as it lends a pop of vibrant violet and orange to the muted colours of icy frost; saffron is a surprisingly tough plant, it's frost hardy, productive, and needs very little to no care. The bright orange stamens can be made into tea or added to food - although I have never tried it - they smell fragrant and savoury and have a beautiful colour.

Raspberries are a sweet treat on frosty mornings if you have the right variety. They can be a pop of bright red and a sweet crunchy snack on cold days, the life they can bring to your garden is amazing.

Another thing to forage or collect is leaves! They are a wonderful mulch for garden beds and composts - if you have the time, raking up some leaves can be extremely rewarding.

As I'm running out of writing material, I wish everyone who reads this far, a warm winter and I hope you all decide to try growing the plants I have suggested, and go get some leaves!



*Clockwise from above: Peat admires dried saffron; harvesting yacon; beautiful saffron flowers.*

## Henry Harrington's Final Words Of Wisdom

*Henry Harrington, a Cantabrian who retired to Ohai, had a wealth of seed-saving knowledge. As a boy he learned from his father. Then with decades of successfully and meticulously saving a wide variety of seeds, especially vegetables seeds, he developed his expertise.*

*Henry understood the importance of crop rotation for healthy soil management, the role of bees played to ensure successful plant pollination, and adopted sustainable practices including composting, seasonal constraints and natural weed control; evidently he was a man of great knowledge.*

*In 1999 Henry brought his seed collection into the Riverton Environment Centre, with the intention that his life's work would be continued, hence the establishment of the Southland Seed Savers Network which is functioning still today.*

*Henry passed away in 2010. He had the foresight to write about his experiences of living through the Depression Years. Now with this part 9, we conclude Henry's writing about an era when no one needed to discuss the importance of recycling, it was simply the way of life, out of necessity.*

*We are grateful to Henry for sharing his life experiences with us and hope you enjoy reading this brief final chapter. Check out the 8 previous Coastlines for his full work.*

**Clocks from days gone by are an interesting thing too.** They were all put together with nuts and bolts, a far cry from today's clocks which are riveted together. The old clocks when they refused to go could be taken apart carefully and the problem found, repaired and put together again. I have one that belonged to my maternal grandparents and it is still keeping perfect time, as long as I remember to wind it once a week.

### Our gorgeous Bags are back!

#### Organic Food Co-op Bags have arrived!

Printed locally by **Screenworks** in Nightcaps  
These distinctive, long lasting quality bags come in two types:

**Trade Aid Jute** – Small **\$15.00** Large **\$20.00**

**Natural Calico** - sewn right here in Riverton by our lovely Jude **\$25.00**

If I forget to wind it, then it will stop on the tenth day and has to be wound up and reset, so I try to make a habit of winding it weekends.

**Gooseberries were one fruit that was treasured** in days gone by. A lot of old gardeners struck cuttings off them, but before putting the cuttings into the soil, they got to with a sharp knife and removed all the buds from the lower half of the cutting. This stopped the plant from producing suckers and they could train the plants to grow as they wanted it. Some grew their gooseberries on a fence so they didn't need to bend down to pick them. Others grew theirs like standard roses with a heavy metal stake to tie them to, as they got top heavy when the fruits were mature. These looked like weeping plants as the entire gooseberry branches hung down from the top of the plant. This made for ease of picking, when you lifted a branch up, all the gooseberries hung beneath it.

**Today we live in a disposable world and even though we recycle what we can, our waste (per head) is terrific in comparison to seventy years ago.** I feel that when everything started to be made to last only a short time, then buy a new one, we took a backward step in passing down our knowledge to future generations and this to a degree has been the downfall of society as I knew it then.

**Henry Harrington (His concluding insightful words!)**



## Support the South Coast Environment Society

Community support enables the South Coast Environment Society to continue to operate the Riverton Environment Centre and manage several successful projects throughout Southland. If you like what we do, and want to help us to do more, please consider; donating money, volunteering time, becoming a member, and / or sponsoring a project.

[www.sces.org.nz/about/donate](http://www.sces.org.nz/about/donate)

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