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COASTLINE

Nov  
 2019

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Our Environment Centre is a 'Neat' Place!

Southland will soon be added to the online visitor information site 'Neat Places'. Check out Dunedin's page: <https://neatplaces.co.nz/guides/guide-12-hours-dunedin> Independent 'scouts' chose 30 special places in Southland that visitors need to know about, and we have been chosen as one of th 30, Te Hikoi Museum being another.They will also print a summary brochure of the 30 places for Information Centres to give to visitors to the region.

For some years we have featured in the independent Lonely Planet Guide <https://www.lonelyplanet.com/new-zealand/riverton/top-things-to-do/a/poi/1295704>

Robyn is also being interviewed this month by Steven, a high level German journalist traveling the world focusing on wildlife and sustainability. His writes for a number of German media outlets with a leadership of nearly 2 million.

It's no wonder with this continuing positive coverage we are getting more and more lovely visitors calling into the Centre and saying "we heard about this place from.....and had to come and visit!"

It's great to chat with so many appreciative people from all over NZ and the world. Some comments from our visitors book 2019:

'What a wonderful place.'  
 'Thank you for being here, inspiring!  
 'Always a special & learning visit, reminder of all that matters,  
 'Thank you for sharing your vision.'  
 'Fabulous place to visit!!'  
 'Awesome!, wish there were more places like this.'  
 Gorgeous shop, love it!  
 'Thanks to all who make this place magic!'

We are proud to run the Centre with our 25 current volunteers and we always welcome more. Contact [robyn@sces.org.nz](mailto:robyn@sces.org.nz) to join our team and be part of this 'magic'!

Dates to Diary:

Nov.19th	SCES AGM Riverton Environment Centre 7pm
Nov 30th	Forest Gardening Tour and Practicum 12-4pm
Various	Check Bookwhen for Forest Garden tours over summer

## A Bit of Change This Month

Robert Guyton introduces us to the welcome change to farm management practices of Regenerative Farming, instead of his usual November Gardening article - pg 3.

And Rebecca, from our SCES community tells us how she's growing tomatoes within our community on pg 6.

We are pleased to welcome Vivienne Hill as a Coastline contributor on pg 5, with her practical 'How To' ideas. Thank you Vivienne and Dave, who is also a volunteer at the Environment Centre and a naturopath. Really appreciate your contribution.

Also on pg 5 we have a special recipe shared by former long-time volunteer, Marijke Aalders. in time for you to make ahead as is the custom. Check out pg 5 for Marijke traditional Dutch Christmas treat Kerstkrans, translation - Christmas Wreath. Thank you Marijke.

Robyn Guyton has prepared a comprehensive informative reference chart outlining points to consider when buying produce, such as the organic status, how it's produced and packaged and distance travelled. Obviously organically grown local food is preferable for the sustainability of our environment, pg 7.

I have again reviewed a great new addition to the Environment Centre library - pg 5 and we have many other informative and newsy articles we hope you enjoy this month .

**Wendy Joy**

**Coastline Production Co-ordinator**

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. The 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.

## My Work as a Naturopath

**By Dave Simpson**

Hi folks, I am a Naturopath and I volunteer at the Environment Centre. A naturopath is like the GP of the natural medicine field. We may use herbs or homeopathy, nutrition, bodywork or a range of other techniques to help clients.

Personally I use nutrition including vitamins and minerals, herbal remedies and techniques such as Thought Field Therapy, Neurological Integration System Therapy and Neuro Emotional Therapy. Each of these techniques uses the theory that the body 'knows' how to be well if given the chance, the fancy word being homeostasis.

Thought Field Therapy involves the tapping of certain acupuncture points gently with the tips of one's own fingers thereby helping to clear the meridians and thence the field in which we live and experience the world within. It is a great system which can be learned in one session and used at home to help with such things as phobias or emotional blocks from the past without the necessity of rehashing events in front of a stranger.

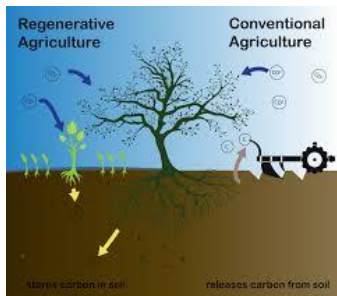
The Neurological Integration System is a complete system check-up and correction system using body access points similar in many instances to acupuncture points. The integrity of the system is checked with muscle testing sometimes called applied kinesiology. The corrections are made by contacting the points involved in the particular system and the tapping again with the fingertips on particular access points.

The Neuro Emotional Technique again uses acupuncture points but this time we check statements against the physical reality e.g. "I am OK being well". We can quickly and painlessly check for any blocks again using muscle testing and clear them.

Each of these techniques can have dramatic and sometimes instantaneous results.

If you would like more stories about natural medicine in general, let the centre know. Perhaps a 'Nutrition 101' type article. I love sharing this stuff. Dave

# Introduction to Regenerative Farming by Robert Guyton



Regenerative farming, the latest and best version of agriculture, is gaining a great deal of support from local farmers, keen to keep farming into the future. Pressures from the environment, the Government, industry leaders and local bodies mean farming has to change and if there's to be change, say the farmers, we want that to be on our terms.

And that's what regenerative farming offers; tailored adjustments to conventional practices that brings the soil back to life.

Regenerative farming methods are similar to those we've been seeing around Southland for decades now, but different enough to take a bit of courage to adopt. But that's happening. Farmers here are reducing their synthetic fertilizer inputs and using natural ways to maintain soil health and fertility, including adding to the types and range of plants in the pasture, moving stock about more quickly to leave more pasture and less mud behind and a raft of other approaches that improve the health of their animals and their farms, along with the waterways; something the local regional council and the Government will be very happy about.

Many, but not all of the regenerative farmers, are young and aware that pressures from without need to be heeded in order that their chosen occupation and lifestyle, farming, lasts as long as they want it to; at least until their grandchildren are ready to take up the following.

As Southland farmers often say, it's a win-win!

## Riverton Estuary Care Update

### Thanks to the ICC

The Riverton Estuary Care Society has been very fortunate in receiving a gift from the Invercargill City Council, Parks Division; of a goodly number of hebe suitable for planting alongside of the creeks that lead down into the estuary. And that's where we've planted them, in the main, in an effort to improve and cool the water that flows down into the estuary. They look good too, those root bound, otherwise-destined-for-the-compost-heap hebe.

Thanks, ICC. We are very grateful.

Robert Guyton, Chairman, Riverton Estuary Care Society Inc.

*If you would like to join the Estuary Care group and assist riparian planting projects and caring for the wetland reserve, on the estuary side of the main road below the Longwood Lifestyle village, email us at [office@scs.org.nz](mailto:office@scs.org.nz). Someone will then contact you when they are holding the next working bee.*



## New NZ Legislation

### The Climate Change Response (Zero Carbon) Amendment Act

The passing of this Act, on 7 November, with bipartisan support, is a major achievement for NZ. It's ground breaking legislation in that it regulates NZ to come in under the threshold of 1.5 degrees of warming by 2050, as set out in the Paris Agreement in 2015.

**The Act has 3 key objectives:**

1. Getting us to zero carbon
2. Adapting to our changing climate
3. Supporting global climate action



This is the only piece of legislation of this kind in the world. It is a further indication of how NZ is leading the way yet again, after Women's Suffrage, in 1893, our Nuclear-free legislation in the mid 1980's, and now in 2019, a Zero Carbon Act, passed on 7 November, with consensus across all major parties.

Pleasance Hansen



## Community Forest Garden

### Join the Team

The cow parsley's as high as an elephant's eye and it looks like it's climbing clear up to the sky!

Oh what a wonderful forest garden, oh what a wonderful job it's going to be turning that towering cow parsley into mulch to keep the sandy soil moist over summer.

If you're keen to help, get in touch and join the fun. The work will be easy, though at first you might wonder if it's even possible to reign in that vigorous growth from all the rain we've experienced this spring. It is, and the results will be much appreciated by the many people who visit the forest garden over the summer season.

I use a sharpened, light-spade for the purpose of laying-down the cow parsley and giving it a bit of a chop-up so that it turns to compost more quickly, but any cutting tool would be useful.

There are a surprising number of fruit trees in the garden and the fruit will have set already, despite the forest of cow parsley and it will be great to rediscover what's there.

If you'd like to help, contact the Centre on 03 2348717 or email; office @scs.org.nz.



## Herb of the Month

### Cowslip



Cowslip is perhaps one of the most romantic herbs, reminiscent of English country lanes and meadows. In books Cowslip is described as the perfect flower, having a milky scent likened to cow's breath. I am sure that Jane Austen tucked many a cowslip behind her ear as she walked, reading, through English fields and woods.

Cowslip loves to grow wild where it is wet and shady, but is hard to come by in the modern days. I've seeded half of a tray this spring, with plans to plant out the bottom of my garden so that it can grow wild with its little yellow flowers covering the forest floor. I was very excited to see the wee leaves appear quickly and in great numbers.

Cowslip is so often picked, for its sweet nectar that can be sucked from the flowers that it can be hard to find! Cowslip is also used to make Cowslip Wine, plus the flowers can be candied, and the leaves can be used as a meat stuffing.

Therefore, if you see Cowslips growing, resist the temptation to pick for its sweet nectar! Instead, multiply the plant by dividing or gathering the seed in Autumn. They need cold then warm to break their dormancy, I have heard that it is best to sow Cowslip in Autumn and cover with glass.

I did not follow these instructions, and the Cowslips that I thought I had planted out in the bottom of my garden turned out to be Sweet Blue Woodruff!

Oh well. I will try again in Autumn. It is a herb worth the patience it takes to find!

Hollie Guyton

## Creature of the Month:

### A Visiting Wild Creature, by Robert Guyton

Something is stealing our chickens! We were gifted nine beautiful Arucana chicks, fresh from the hatch and looked after them ever so carefully, oohing and ahing over them as they grew bigger and more feathered, but then they started to disappear, one a day, until there were only two.

We blamed stoats, but no signs of struggle were evident. We imagined they'd escaped to live a wild life in the forest garden, but there's no sign of them. Our neighbour then mentioned the wild cat that had been stealing his hens and we so we became aware of the culprit, but we still couldn't keep him out, even with Fort Knox type fortifications.

So tonight, we've moved them close to the house and hermetically-sealed them inside an impregnable steel-mesh cage. So they are safe now, though checking them tomorrow morning will be a tense task.

I'll talk to Environment Southland about a live-capture cat-trap but I won't expect to catch the wily animal; it seems ghost-like in its ability to get whatever it wants and I'm guessing it values its freedom. So protect your livestock!



## Seasonal Recipe:

### Kerstkrans

A Traditional Dutch 'Christmas Wreath' - Delicious!

#### Filling Ingredients:

150 grams almond meal

150 grams sugar

One egg beaten

Grated rind of one lemon



Combine everything into a paste and store in the fridge for a few weeks. I make mine a month before Xmas.

#### Outer

#### Shell:

Puff Pastry rolled out into a rectangle about 8 cm wide by about 5 cm longer than the almond paste 'sausage'.

To make the wreath: roll the paste into a sausage shape and put it onto the pastry

Fold the ends of the pastry up over the 'almond sausage' then roll up from a long side. Moisten other long side and position 'pastry sausage' so that the join is under the roll.

Join the ends to form a wreath, brush with egg  
Put into a preheated oven (200-220c) for 30-40 mins or till lightly browned.

Glaze with apricot jam glaze and decorate with glazed cherries.

Marijke Alders

## From Our Library:

### No-Waste Kitchen Gardening by Katie Elzer-Peters

Regrow Your Leftover Greens, Stalks, Seeds and More

This resourceful, informative, easy to use book is new to the Environment Centre library and is a delight to read! It's full of lovely photos, is simply set-out and includes plenty of easy-to-follow instructions.

Chapter one provides a useful overview of plant types and parts, ways to regrow, tools and equipment required plus composting. The following chapters describe growing from roots, stems, seeds and whole plants including reference to growing in water.

As well as reducing waste, re-growing from vege scraps is good for our budgets and our wellbeing. The growing pots can look great inside or out and they enable us to have small quantities of fresh greens on hand for instant use. Plus re-growing is a simple inexpensive way to get children interested in food production.

This growing method is new to me. I'm particularly keen to try it to have salad greens readily available to complement the sprouts I routinely grow.

I thoroughly recommend you check out this very informative and practical guide to re-growing from your left-overs, It is available from the Environment Centre library.

Wendy Joy

## How To:

### Recycle Everyday

### Items & Manage Your

### Compost Bucket

#### Make Your Own Plant Pots

Recycle single-use coffee cups, milk cartons and the like for using to pot up cuttings, seeds etc. in the usual way.

Simply make some holes with a kitchen knife, not in the bottom, but a couple of centimetres up the sides of the containers. This creates an inbuilt water saucer to stop the pot getting too dry, doing away with the need for big drain trays.

Old boxes, bread trays or freezer baskets are brilliant for storing the "pots". Pot up and watch you plants grow. Voila!

#### Keep Your Compost Bucket Fresh

To keep your compost bucket sweet, pour a few centimetres of water into your freshly cleaned bucket. This will stop 'gross' stuff from growing / sticking to the bottom of the container and makes it easier to empty. Voila!

Vivienne Hill



## Environment Centre Staff Member: Rebecca

### Shares How She Is Growing Tomatoes In Southland

I get most of my tomato seed from the Southland Seed Savers every year. Though at the last March Heritage Harvest Festival, there was an amazing workshop on growing heirloom tomatoes and the host brought along a bunch of delicious tomatoes for us to taste test and save seed from! Tomatoes are great plants to start saving seed from as you can just cut them in half, squish out some seeds onto a paper towel, put that on a windowsill to dry for a couple weeks, and continue eating your tomato!

So I seeded my many and sundry tomato seeds in July and watched the little ones grow. This year I even built a low tunnel house on a table within another tunnel house to keep them warm. After a month or so, this spring was not so good for tomato starts, I potted them up into four inch pots and every so often I water them with comfrey tea.

Over the past month, as space comes available in my tunnel house, I transplant the tomatoes, now about a foot high, into beds. I usually add a bit of compost and take off the bottom leaves when I transplant so that as little foliage as possible is touching soil. Soil can be a vector for tomato diseases and if they get splashed or sit wet touching the ground, the plant can be harmed.

This is where my plants are at the moment, not even quite big enough to trellis. But as they do grow, I will trellis them using twine and prune each plant back to two leaders. Removing the rest of the suckers (the branches that come out of the fork of the main plant and the leaf). I will also remove leaves from the lower reaches to allow for better air-flow.



As fruit begins to set I will continue to remove leaves, leaving upper leaves on the plant to continue to photosynthesize and removing lower leaves.

I will feed the plants about every month with comfrey tea or a side dressing of compost, but not too much nitrogen because by this point we'll be wanting fruit, not leaves, to form!

All of our tomato beds are filled with tomato companions as well. These include: parsley, basil, carrots, and onions. They are planted in between the tomato plants and alongside them. This makes it possible for you to harvest a whole meal out of one bed! I look forward to a generous harvest in a few weeks.

Rebecca Perez

## Remember Our Environment Society's AGM: 19th November 7pm

Our Annual General Meetings are not boring! They are a celebration of all we have achieved in the last 12 months and a look to the possibilities in the future. We thank the people who have supported us in so many ways over the year and welcome new people who have some time and energy to help in the future.

You are very welcome to join our committee; our committee meetings are positive and effective. With a large committee of 14, work between our monthly meeting is shared thinly, so you will enjoy being in a proactive team.

We fulfil all the formal parts of an AGM smoothly and quickly so there is plenty of time for chatting during the lovely home made supper provided.

Thanks for taking the time to be at our 23rd AGM!

## A Table to Help Choose What Food to Buy

Choose the highest number you can get from each column and add them up and try to get over 10 / 20 !

Example 1: USA Garlic: overseas certification, natural raw state, recyclable packaging  $2+4+3+1 = 10 / 20$

Example 2 : Lettuce: Local dedicated organic gardener, natural raw state in season, no packaging, local = 19 / 20

Value	Organic Status / 5	Processing / 5	Packaging / 5	Travel miles / 5
0	Grown with artificial fertilisers and chemically sprayed	Lots of additives (lots of numbers)	Excessive and non recyclable	The world If no choice =1 **
1	Spray free garden but artificial fertilisers used rather than compost	Limited additives (couple of numbers)	Non recyclable	Australasia
2	Overseas Organic Certification. Can we trust their standards? **	Added salt or sugar etc. written in words	Recyclable	NZ
3	Home organic gardener some compost used etc. and we know them.	No additives, Simple processing e.g. drying or freezing	Reusable e.g. returnable glass	South Island
4	Dedicated local organic producer maintaining/ increasing fertility of soil	Natural raw state	Fill your own	Southland
5	"Certified Organic Agri-quality / Demeter Organic Farm NZ / Biogro	Natural raw state and in season	No packaging	Local less than 50 KM (Local)

\* Some things we need cannot be grown in Australasia

\*\*E.g. may be organic farm, but grown by a polluted city.

### WHY BUY ORGANIC FOOD? *Because it is grown organically!*

**With:** Natural fertilizers and composts that feed the soil

**Giving:** Good nutrients that strengthen plants & animals against disease.

**Using:** Light stocking and use of fallow to ensure sustainability

**Resulting in:** Higher nutrient content and tastier foods

**HEALTHY SOIL +  
HEALTHY PLANTS =  
HEALTHY PEOPLE**

- Look for these NZ labels ensure certified organic or buy local:
- Small local organic growers cannot afford certification costs but support them as well!



Biogro certification is approved annually by NZ inspectors to be 'of the standard', for NZ, and for exporting. For larger producers \$3,500 a year ?



OFNZ is the same standard as Biogro, peer assessed annually for NZ distribution only. For smaller producers \$350 a year ?



Demeter certification: 'similar' plus they enhance the health of soil & plants with 'Biodynamic preparations' utilizing planetary influences on nature. \$1,000 p.a. and 1 % of sales?



Agriquality is the NZ Government monitored standard similar to the others; approved annually for both NZ and exporting. Cost similar to Biogro?

**It takes at least three years to convert to these organic standards:  
Transition 1 = first year towards certification, T2 + second year etc.**



## Readers' Patch

*This space is for you to comment, advertise or connect - share a tip, idea or advertise an item or service. If relevant to our local community / environment / sustainability and space is available, we will happily include your item. If you successfully sell an item or service, a donation to the SCES would be greatly appreciated.*

### BUY LOCALLY GROWN ORGANIC FOOD!

It is fresher, has minimal travel miles and supports your local growers!

#### 'SMALL' SITUATIONS VACANT!

We have three very small new paid roles in the Centre:

1. Management of the cleaning roster / backup cleaning  
1 - 2 hours a week over 2-3 days
2. Management of our recycling system, worm farm etc.  
1 - 2 hours a week over 2-3 days
3. Trimming and mowing our tiny 'backyard'  
15 x per year

Email: [robyn@sces.org.nz](mailto:robyn@sces.org.nz) for further details

## Environment Centre Stock

### Trade Aid Ethical Gift Ideas.

If you buy fair trade products the people who make them get fairly rewarded for their time.



Please send in your Readers Patch contributions by the third Monday of each month to:  
**[coastline@sces.org.nz](mailto:coastline@sces.org.nz)**

## 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. <http://www.sces.org.nz/about/donate>*

**Ph 03 234 8717**

### Visit the Environment Centre

The South Coast Environment Centre is situated on the main street of Riverton on the Southern Scenic route.  
Phone: 03 2348 717 Email: [office@sces.org.nz](mailto:office@sces.org.nz)  
Opening hours are:

- Monday - Friday: 10:00am - 4:30pm
- Saturday: 10:30am - 4:30pm
- Sunday: 1:30pm - 4:30pm



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



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