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COASTLINE
 Aug 2019

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Longwood Loop - Excitement Builds

Thanks to all those people we interviewed during the last couple of weeks. The results have proven our assumption that a trading link around the Longwood Mountains will make a real difference to the local rural communities.

Western Southland residents would like more local food and less traveling, valuing: ‘Smaller carbon footprint’, ‘Community connections’, ‘Better diet’, and ‘Convenience’.

Suppliers in the area desire a wider market and less travel; valuing; ‘Spend more time doing what I like’, ‘Feel I have a purpose’, ‘Financial security’, ‘Feel connected and supported’.

We are going to start some trial runs to learn about the logistics and the features needed in the trading software that we are developing. For more information about how you can take part: Email thelongwoodloop@gmail.com or check our Facebook page.

The Loop.Local software team is supported by specialists and professionals from all over NZ making sure the project is a success; we now understand why the SBS supported Fintech programme is called an accelerator programme!

The physical Longwood Loop project is livening up: the Council is looking into sites for the ‘trading posts’, Nathan from Riverton Electrical is donating his trade-skills for the hubs and Ohai resident Nigel is working with us on the physical logistics and requirements needed for the various funding applications. Two couples have bought land on the Loop to start market gardening, Jasmin and Chris in Orepuki are planning to develop a community commercial kitchen, a unique craft shop and a cut flower enterprise are starting up in Nightcaps..

Dates to Diary:

AUG 10,11	Heritage Fruit Tree Fundraising Sale - Pg 6
AUG 11	Sunday Seed Swap 10.30-2.30 - Pg 6
AUG 17	First ‘Longwood Loop’ Produce Delivery Trial - see article above
AUG 17	Treemendous Planting Day 8.30 - 1pm Aparima College

August - Spring or Winter?

I've grown up believing Spring begins in August. It was when lambing occurred, though eventually I learned Dad timed that to coincide with the August school holidays in the day, for the extra free child-labour!

This year I think I have to finally admit that August is still a winter month. We're certainly experiencing the coldest interlude of the year. But not to worry; 'dress for it and forget it', I say. There are signs of spring around us with bulbs appearing, hosta leaves unfurling and blossom buds appearing on trees.

So....it is time to start planning your new season garden; what fun! Your plot is your oyster. Incorporate as much shelter as you can from the pesky spring winds and watch out for the inevitable sneaky frosts.

This month our front page news shows the rapid and positive development happening around the Longwood Loop - Excitement!

Local resident and guest writer, Anna tells us about the new renewable energy group starting up in Riverton, on this page.

Another big achievement is the planting of the Owaka Heritage Orchard Park, see page 3. Great Work Everyone!!

In our feature article on page 7, Hollie Guyton introduces us to long-established but new to Riverton, Community Supported Agriculture. And be sure to enter our reader-submitted competition on the back page!.

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

Riverton Aparima Renewable Energy Group Hub

by Anna Cannon

It's been a busy month for the RARE-Hub Group. Our website has been updated through the generous help of Karyn Owen and Indumati Sharma. It's worth a look, so please visit us at <https://www.rare-hub-group.com/>.

Twelve enthusiastic locals have joined our membership, which is free. Members can be actively involved or just support our renewable energy goals. We have also launched a Facebook page and Twitter feed which you can follow to stay up to date with progress.

<https://www.facebook.com/RAREHUB>

<https://twitter.com/RareHub>

Despite the cold weather, we have been out surveying locals about our proposed zero-emissions TaxiBus. We believe that a clean green vehicle providing locals with transport around Riverton and through to Invercargill would make a significant difference to the quality of people's lives, particularly our retired residents. Longwood Village residents enjoyed a presentation about the TaxiBus proposal, and we are happy to speak to other local groups about our plans. It's important to find out what kind of transport service would meet the community's needs. Our proposal includes ridesharing and hire option which has been very popular with those surveyed. If you haven't completed a survey and would like to, please contact us.

We are actively fundraising and have had several generous donations for raffles and an auction. If you have time and energy to work with us. We would love to hear from you.

We are privileged to live in such a beautiful environment, but we are also responsible for its wellbeing. Our goal is to work towards a resilient Riverton with a zero-emission transport service and the harvesting of other renewable energy such as wind, sun and water. It's a big job, one that needs the support of the village. We have a lot of passion and energy for our project. The potential of renewable energy is immense and if we commit to the process of change - we can make the future better

Anna Cannon RARE-Hub Group

Contact tony@rare-hub-group.com

August Gardening with Robert

Planting anything right now is a gamble! The snowy, sleety weather this past week has made seed sowing and seedling planting an unlikely occupation even for the keenest of gardeners. It's best to wait it out, biding your time until the weather warms again. Those of us who jumped in early, because of the unusually balmy weather, have once again been given a lesson by the southern climate and we should learn from it, but it is likely we'll do the same thing again next year; Tomato and pepper seeds that were sown the day before the snow will be okay; they'll wait it out as un-sprouted seeds until things get warmer. Some of the sown-even-earlier seedlings haven't been so lucky and will be checked by the cold; seedlings never enjoy that.



If at all possible, seeds should be started and raised quickly in temperatures that are even; no surprises! Of course we gardeners will all re-sow and forgive ourselves for our false-start; nature's very forgiving and wants us to succeed, so once again, window-sills and benches in grow-houses will fill with pottles and the failures will be quickly forgotten.

They say that snow brings phosphorus to the soil as compensation for flattening everything, but I'm not sure that's true. It certainly changes the look of the place though and the romantic cover it provides is inspirational for those of us who like novelty. I went out with my camera after the first fall of snow to see what I could see and I saw the chinese hawthorns in the snow, as pictured above

New Owaka Heritage Orchard Park

Owaka now has the newest park thanks to the SCES Open Orchard Project and Robyn's gritty determination.

The mature trees, originally gathered up from the Owaka area, had been



temporarily relocated to a West Plains site, awaiting decisions about a suitable Owaka location.

We dug up the trees with Geoff and Dave (not easy) and loaded them onto a stock-truck (again, not easy): thanks Peron's Transport for your time and care! We then followed them out to Owaka where a big group of locals (25) waited to plant out their new orchard behind what was once the stock yards.



The soil was good; the group enthusiastic. The trees will thrive in their new home. Once we'd had hot soup and scones provided by the locals for lunch, Robyn and I headed home (it's a long drive!) and agreed that it was worth all the anguish and work to see yet another Heritage Orchard Park become a reality.

It's the 11th Heritage Orchard Park to be planted out in Southland. A great achievement. Well Done to all involved!

Robert

Organic Food Co-op

Our Riverton Organic Food Co-op has had a very busy few months, with lots of our frequent customers and many new customers coming into the Co-op to stock up their cupboards with organic supplies.



We have been really lucky to have Sam & Lewis from Green Cuisine baking fresh bread for us to sell every Wednesday and Saturday. The warm, delicious, organic bread sells very quickly, and it is now a tradition for many people to eat a whole garlic & rosemary focaccia as soon as it arrives into the shop at 9.30am!

Welcome to Jean, our newest volunteer who has recently moved to Riverton from California! It's great to have Jean and her family join us here in Riverton!

We have all been enjoying the great local winter produce, with yams, jerusalem artichokes, lemons (grown in Riverton!), parsnips, silverbeet and spinach coming in every week. Thanks to all of our growers, volunteers and customers for making our winter so warm and full of lovely food!

Plant of the Month

Pinus

This week, I'm focused on my pine tree; *Pinus pinea* to be precise and reputedly the source of pine nuts, those expensive little treats I can only rarely afford to nibble on.

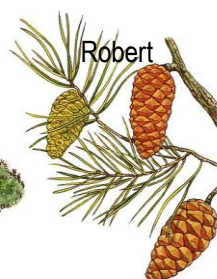
I planted a pine tree in order to grow my own pine nuts, waited years for it to produce cones from which I could extract the lovely nuts then discovered the much-awaited-for nuts were hollow; they contained no yummy pine nuts at all. I'm not sure why, but suspect I needed to have planted 2 *pinus pinea*. Too late now but all is not lost.

I've spent the afternoon pruning the massive tree so that I can build a treehouse in it for my grandchildren.

Other benefits that come from growing *Pinus pinea* are somewhat mundane and could be gained from growing any of the Pines species, but are worthwhile nonetheless; firewood for a start. The resinous wood of the pine burned very well and is fragrant to boot. The solid cones that form on the pine nut tree burn well also and come in a handy, fit-your-fire-box size.

On top of all that, branches pruned from the large tree serve as very nice Christmas trees, though their needles are larger than the more common *Pines radiata*. Decorations though, look just as good hanging from either.

Pinea



Herb of the Month

Kawakawa

Kawakawa is a New Zealand native herb, a perennial shrub, favoured by tangata whenua for its many health benefits.



Grown in warmer climes than here, usually, kawakawa is a bit frost-tender but can survive here if fussed over, e.g. grown in a pot and moved to a warmer place if the weather deteriorates. It can be grown from cuttings struck in water or from seeds sent by friends further north.

Kawakawa is usually nibbled-upon by caterpillars which leave holes in the leaves. That browsing damage is regarded by Maori as a sign of extra-potent leaves and they pick those in preference to un-holed leaves for their rongoa or medicine-making. Ointments including kawakawa are used for healing skin problems and minor cuts and abrasions.

Kawakawa tea, brewed from fresh leaves or dried, is regarded as a general tonic. The "berries" taste good and have health benefits also:

Quote from Wikipedia: 'Kawakawa is a traditional medicinal plant of the Māori. An infusion (tea) is made from the leaves or roots, and used for bladder problems, boils, bruises, to relieve pain or toothache, or as a general tonic. The sweet edible yellow berries (most often found in summer on female trees) of the plant were eaten as a diuretic.'



NZ a green small head



SA yellow under wing striped wide hammer shaped head

Creature of the Month: Praying Mantis

There are precious few insects to be seen out of doors at the moment, thanks to the freezing temperatures but I did notice a report on-line from one of our gardeners in Lumsden who has found herself a cluster of tiny, live praying mantis (or mantises) and wonders if they are the "right" sort.

My experience with mantis was a thorough one when I lived in Nelson where the little predators were common-place but here in Southland, they are more rare than the teeth of hens. Josie's little family of mantis might though, be the bad-boys of the mantis world, the South African mantis that is something of a threat to our native version. They are tougher and more aggressive and even eat the native mantis, if they can catch them. I can't tell from the image on Josie's Facebook post, but once they've grown, she and we, will know; if South African they will have a head like a hammer and stripe of yellow under their wings

Robert

Seasonal Recipe

Winter Butternut Risotto

Ingredients:

1 Tbsp olive oil

4 Tbsp butter

1 Brown Onion

Salt

2 Cups Rice

¾ Cup Dry White Wine

5 Cups Chicken Stock

¾ Cup Grated Parmesan Cheese

2 Tbsp Chopped Parsley

Sage

1 Butternut, peeled and cut into 1.5 cm cubes



Heat oil and butter in large fry pan.

When it's melted, add onion and ½ a teaspoon of salt. Cook until onion is soft and brown (15min).

Raise heat to medium and add rice and ½ teaspoon salt, cook to toast rice, stirring frequently for 2 minutes. Add wine, let bubble then add 1 cup of stock.

Add butternut and sage with first cup of stock.

Stir to keep from sticking.

When liquid is nearly gone, add another cup of stock, repeat until done.

When done, add remaining 2 Tbsp of butter and cheese, stir quickly.

Let sit for a couple of minutes, stir in parsley & serve.

This is the perfect winter comfort recipe! Enjoy!
Rebecca

How To

Care For and Sharpen Your Spade

Firstly, don't leave it lying about in the garden, in all weathers and most of all, don't lose it into the herbal understorey, as I did mine. It takes a bit of work bringing a lost spade back from 3 months in the wild.

If you have to, let it dry, sand off any encrustments and, if wooden, oil the handle with linseed oil. The blade will need sanding if it's iron and prone to rusting. Steel wool will finish it off nicely. I oil the blade as well, to keep rust at bay.

Any spade that hasn't been left out in the weather will benefit from oiling also, and to keep the blade keen, plunge it into a bucket of sand; oily sand if you are really taking the spade-care thing seriously.

Sharpen the edge of the blade with a file and you're ready to dig. Other garden tools will benefit from similar treatment such as garden forks being poked into oily sand, as they too will rust if neglected. Their tines don't usually need sharpening (sharp tines drive easily through even tough gardening boots, so take care if you do choose to make a point of it), but rust-free tines do enter the soil more effortlessly. Shovel blades too, benefit from care and a file sorts out any dints or folds that may occur on the very edge of the shovel blade.

Shovel handles, especially when involved in moving concrete or marvells, get very dry and feel better to the user if oiled. Wooden handles look better on any garden tools when oiled. Boiled linseed is best, but if all you have is sunflower oil in the kitchen, that will do; we don't want to be too fussy, do we.

Education News Craft Nights and Garden Packs!

We had a great fireside rag rug making night, thank you Tania. Unfortunately the weather made the other two advertised classes not viable. You can book an evening with your friends or your group and we will provide a warm place and enthusiastic skilled tutors for a craft class of your choice!

Beginner gardeners have always been able to come into the Centre for seeds, compost and advice and if you are in NZ we can send you a \$5 first garden pack containing 5 vege seeds and gardening advice. The more we share these packs, the more orders we get in. This week we are sending out 200 packs to Christchurch families.



Our People Anna Robertson

The SCES is fortunate to have Anna as a member of the Environment Centre Team.

For 18 months, after noting the openness, inclusivity, kindness and inspirational people she met while shopping at the Centre, Anna has been sharing her talents and creative energies in her dual roles of volunteering for the Food Co-op and creating the 'story telling' windows, wall and table displays promoting SCES projects, e.g. currently the Heritage Fruit Tree Sale, Open Orchard and Longwood Loop. *Pictured is her beautiful Longwood Loop map artwork.*



Gardening, trees and nature are very important to Anna and link to her interest in positive environmental movements. The health of our planet is a high priority for her therefore Anna is very mindful of the choices she makes around food, garden, home and the environment.

Anna's inner motivation is to help create peace on earth. As an Ascension Meditation teacher for The Bright Path, Anna believes that healing ourselves is a necessary starting point to healing the planet. She teaches regular courses in Southland and Otago. It helps to both inspire and enhance her creativity and contribute to raising awareness - giving hope that the problems we are facing will be consciously resolved.

Anna complements her Omaui home based design and administration work with at least weekly trips to the Riverton Environment Centre. We are grateful that she does so and shares her thoughtful positive energy and creative talents.

Wendy



This Weekend, 10 & 11 August is our 10th Annual Fundraising Fruit Tree Sale

Sat 10th & Sun 11th Aug, 10.30 - 3.30 each day
Drop into the Environment Centre,
154 Palmerston St, Riverton
and choose your varieties.

There is a good selection of heritage
apple & pear trees still available.

Sorry, all stone fruit has been pre-sold this year.

If you do want pears, apricots etc. look for
'heritage' varieties at your local plant nursery.



Sunday Seed Swap, 11 August!

Come along to our Winter Community Seed Swap!

Bring your favourite or surplus seeds, seedlings,
tubers and stories to share with our
growing community.

Also come and pick up your adopted potato as
requested at the Harvest Festival in Autumn.
Or come along for hot chocolate, lemon cake,
good company and lots of cool seeds!

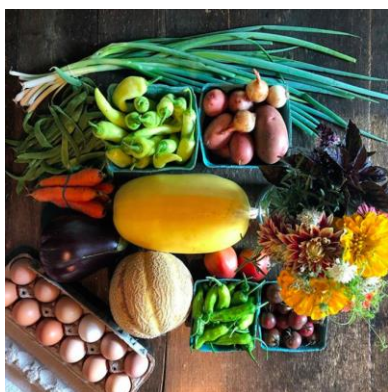
The Southland Seed Savers members will be there
with surplus and expired seeds to give away and
information about saving seeds and how you can
be involved in the good work they are doing!

**Fleck's Hall, Palmerston St,
10.30am to 2pm, Sunday 11th August**

Community Supported Agriculture - A Partnership Between Consumers & Producers

Driving from your pick-up with the car filled with the smell of fresh coriander and lovage; the satisfying feeling of making a delicious family meal around a vegetable that you hadn't even heard of a week earlier, looking into your vegetable basket with despair as the amount of fresh basil grows and grows until you have no choice but to make pesto and take it to all your neighbours on all corners; these are experiences well known to those who have been a part of a Community Supported Agriculture (CSA) program.

Organic farms with CSA programmes have been providing families across North America & Europe with weekly fresh produce for more than 30 years. CSAs see consumers and producers in a partnership, sharing in the risks and benefits of growing good food. A share of the season's harvest is sold in advance to CSA members, giving farmers the resources they need to grow a season's food sustainably, to buy seed, compost materials, pay wages, and gives customers locally grown, seasonal, organic, fresh produce. The idea of shared risk contributes to creating a sense of community among members, and between members and the farmers. If a hailstorm takes out all the peppers, everyone is disappointed together, and together cheer on the pumpkins and broccoli.



The form a CSA takes varies from farm to farm. Customers can visit the farm weekly to collect their CSA share or it can be delivered to their door or a local store. CSA's aren't confined to produce; many CSA farmers include the option to add eggs, meat, cheese, homemade bread, fruit, berries, flowers and other products from theirs or neighbouring farms or growers. CSA subscriptions often include weekly recipes that accompany the vegetables, and CSA members often take part in the farm's seasonal events, such as working bees, farm tours, pot-luck dinners and pick-your-own events. The relationship between consumers and producers goes beyond the food-money transaction, really getting to know the people who are producing their food.

Sean Connelly, University of Otago Senior Lecturer, studies sustainable communities and how local food initiatives can act as catalysts for community transition. He recently wrote an article published in the ODT in support of the CSA model. He says; "CSAs raise awareness about local food options and challenge our assumptions about food, while providing a higher degree of certainty and support to farmers who are unhappy with the social, economic and environmental outcomes of conventional food production." He argues that to create a more resilient food system, consumers and producers must think, grow and eat food differently.

Last year I worked as an intern at a CSA farm in Oregon, where almost every farm has a CSA. There are 63 CSA farms in the Portland area alone. Each year Portland City has a CSA fair where families come to meet their local farmers and choose their CSA for the year, or for the next 20 years! My partner Rebecca's family lives in Portland, and they have been supporting the same organic farm for more than 20 years, receiving a weekly CSA box, and have a treasured and very thick folder full of their CSA recipes.

This year, in Riverton, Rebecca and I are starting our own small CSA! If you're interested to see what being a part of a CSA is like, and want to show your support for small, human-scale, organic growers, please get in touch and join our CSA.

Hollie - Woodsorrel Farm, Riverton
woodsorrelfarmers@gmail.com



Readers' Patch

This space is for you to comment, advertise or connect - share a tip, idea or advertise an item or service.

COMPETITION: submitted by Jayne and Dave

'THE INGREDIENTS': Wheat flour, Water, Yeast, Iodized Salt (includes anti-caking agent 535), Canola oil, Caster sugar, Emulsified vegetable fat [water, palm oil, sugar, emulsifier(471)] Malt flour, Improver [soy flour, emulsifiers 472e, 481, 471, wheat flour, enzymes, food acid 300, thiamine, gluten, Icing sugar, cane sugar, tapioca starch, shortening, animal fat, tallow, vegetable oil, emulsifier 471, 322-soy, antioxidant 306-soy, food acid 330, colour 160a, margarine animal fat, vegetable oil, hydrogenated soy oil, water, salt, emulsifier, 475, 471, antioxidant 306 soy, food acid 330, acidity regulator 500, colour 160a, unsalted butter, raspberry filling, sugar, water, thickener 1442-maize, stabiliser 440, raspberry seeds 1%, acidity regulators 330 -331, preservative 202, flavour gelling agent 341, mineral salt 452, colours 124-133, emulsifiers 471-433, vegetable fat [water, palm oil, sugar, emulsifier 471, dusting sugar, dextrose, cornstarch, partially hydrogenated vegetable oil soybean/ cottonseed, colour 171, rice flour, hydrogenated cottonseed oil, artificial flavour, vanilla essence, propylene glycol, flavour, vanillin, alcohol stabiliser 413, water, colour 102, 124, 132.

You can get this product at the supermarket. What is it folks??

Have a guess and go into the draw for a free heritage fruit tree. Enter through our facebook page or email us. Entries close: Tues 20 August

Environment Centre Stocks

KINGS SEEDS

We stock a good range of Kings Heritage and Organic vegetable and herb seeds. We do a fortnightly order for any special requests and bulk orders.

It costs the same to buy from us, and helps with our fundraising, as it does to buy directly from Kings online.

We appreciate your support.



Please send in your Readers' Patch contributions by the fourth Monday of each month to:
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

Opening hours are:

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



www.sces.org.nz



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