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# COASTLINE

April  
2018

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## 10<sup>th</sup> Heritage Harvest Festival a Resounding Success

See Photos - Page 7

What a superb two days! The hall was full to capacity with colourful displays, information and local produce galore. There were stalls of organically produced items, ways to identify different fruits, an apple press juicing to order, the busy Harvest Café in full swing, the buzz of a vibrant crowd and local musicians entertaining us.

Outside enjoying the idyllic weather families were trying out good old-time hoops, stilts and rocker board games. Huge bubbles floated overhead displaying their rainbow colours. In the marquees there was local produce and food lines, delicious coffee and treats.

Several of the 30 workshops were sold out. Participants were a mix of first timers, and those returning year after year. Some tutors shared practical skills, others new learning researched and gained due to a personal need or desire for more knowledge. And others shared valuable expertise gained over decades of trial and error experiences, failures and successes. Participants came away keen to apply their new learning.

Saturday evening was the Harvest Feast pot-luck style. It was a warm-hearted fun night of good food, chatter and competition based impromptu entertainment.

All in all, they were 2 glorious days of positive energy, sharing and learning. It was great to see so many people making the Festival an annual must-attend event. **Next year's dates are 30 & 31 March. Mark it in your 2019 calendar now.**

## Film Evening

**Saturday 14 April 7 pm**  
Gold Coin Donation  
Riverton Union Church Hall

**All very Welcome.**

See page 4, for more info



## The South Coast Environment Society Incorporated

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 one project operated by the Society. Volunteers open the Centre for the public 40 hours a week. The displays, information and resources are inspiring and enabling, incorporating a blend of traditional ways and new concepts showcased to give people more earth friendly options in their daily lives.

The Society has many other ongoing projects.. Other environmental groups run projects from the Centre.

The Society is keen to welcome new volunteers either in the Centre or with any of the projects. Financial donations are greatly appreciated & Friend of the SCES membership starts from just \$20 p.a.

Click here for the link to our Membership Form;  
<http://www.sces.org.nz/about/members>

## Coastline Newsletter

Our monthly Coastline Newsletter is chock-full of varied, informative, educative and entertaining content. Please email [coastline@sces.org.nz](mailto:coastline@sces.org.nz) to be added to our email alert list, follow us on Facebook, or request a hard copy subscription.

- Hard copy by special request.  
(Regrettably there needs to be an extra charge of \$15 for 12 issues delivered free in Riverton township or picked up from the Centre or \$30 p.a. posted).
- Contributions are welcome by phone, email, Facebook or dropped into the Centre.
- Articles, advertisements and notices need to be in by the 3rd Monday of each month.
- Published Thursday of 1<sup>st</sup> full week of month.

Wendy and Robyn,  
Coastline Publication  
Team.



## Guest Writer Sam Anderson



### Spray Free Riverton

It is an exciting time for positive change. For years our roadsides have been sprayed which generally people seem to be used to. However with this year's poisoning of road side flaxes throughout Southland, huge numbers of people became upset. People were gutted for reasons from aesthetic impact on our scenic route and tourism to poisoning waterways and dangers to animal life and biodiversity. It seems people's tolerances were pushed too far and many wanted to do something about it. I was so heartened when I went to the October dead flax meeting in Orepuki. Around 70 people were there very passionate and sad about the flaxes.

More people are becoming aware of how harmful sprays are to our health and the environment. Glyphosate, the active ingredient in Roundup and other sprays is a proven carcinogen. The huge increase of sprays in food is linked to many illnesses such as autism, Parkinsons, Alzheimers and especially gut related problems such as Crohns disease as glyphosate destroys our beneficial gut bacteria.

Of all the places that need to be free of poison, I feel children's play areas are most important. Especially since children are usually touching the ground, touching their mouths and have bare feet etc. I am really excited the Southland District Council has given permission to a small group of us to take care of the Taramea Bay playground and agreed to no longer spray the area.

We have been keeping the playground tidy for the last four months with fortnightly fun working bees consisting of weed eating, hand weeding, picking up rubbish and general tidying. Our children get together for a play at the same time. We are so excited to have a spray free playground for our children to enjoy.

Let's all make our residential roadsides spray free too. You can do this by applying to SouthRoads to be put on their No Spray Register. Email; [admin@southroads.co.nz](mailto:admin@southroads.co.nz). Putting up 'No Spray' signs will also help to raise awareness. We are so lucky to be living in such a beautiful place as Riverton and together we can make Riverton spray free!

Let's educate ourselves regarding the effects of sprays and counter the years of false advertising which has lead people to believe products, such as Roundup, are safe. I recommend googling Dr Stephanie Seneff for many excellent articles and You Tube talks on this topic.

We are very keen to welcome new members to our group. If you are interested please contact me on 021 150 9463. Maybe in future more areas of Riverton could be spray free??

**Sam is a member of the Riverton Spray Free Group**

## How to: Make: Beeswax Wraps

Thanks to Fiona Clements Tutor Heritage Harvest Festival

Reusable sustainable alternative to plastic wrap. Keep food fresh and protected - wrap sandwiches, cover a bowl etc. Use as gift wrapping instead of adding to the waste pile.

### Ingredients

1 Cup Beeswax

¼ Cup Damar Gum (tree resin)

1 Tblspn Jojoba or poss Coconut Oil

### Plus

Clean cotton fabric not loosely woven, size/shape of desired wrap

Baking Paper larger than desired wrap

Waterbath pot & bowl or Double Boiler

Iron on Hot temp

### Instructions

Melt all 3 ingreds together in water bath / double boiler.

Spoon melted mix onto clean cotton fabric placed between baking paper - Do not oversaturate; less is more.

Iron to spread out wax over entire desired size of wrap.

Peel off paper straight away while still warm. Ready to use!

Clean wraps by wiping with a damp cloth, not hot

Make various sizes and enjoy reusing, shaping and reshaping according to the item you're covering.

Beeswax is available from bee keeping suppliers.

The Gum is available from [www.shaman.co.nz](http://www.shaman.co.nz)

The EC may soon stock the ingredients and kits for making wraps.

## Plant of the Month:

### Nettle



Nettle is a tenacious weed avoided by most people due to its coarse stinging hairs, however the young leaves of have special curative values. They are haematinic (i.e. increase haemoglobin in the blood) and have a high silicic acid content.

Nettle contains iron, magnesium, sodium, potassium, calcium, Vitamin A and plant hormones with an influence on blood sugar levels, tannins and starch. It also contains an organic salt which is not a burden to the kidneys, thus can be beneficial for people on a salt reduced diet or with diabetes. Wherever nettles appear, the ground will be fertile. Nettle is usually relatively easy to find, even in well-kept gardens.

Armed with gloves, a pair of scissors and a large basket, you'll find nettle is quite easy to pick. Boiling water or drying takes the sting out of it.

Nettle needs to be dried carefully, like all green leaves, to fully retain the green colour, the active substances and minerals. Nettle should be rubbed when brittle and stored in the dark in air tight containers.

Uses include making teas and adding to cooked dishes such as soups and stews.

## Creature of the Month:



### White Butterflies

They're everywhere! They're everywhere! This year's been the worst, so I keep hearing!

From the butterflies' point of view, it could be thought of as their best, but for brassica growers there's no doubt the summer was a challenge; clouds of white butterflies filled the garden. Their caterpillars chomped their way through any of the brassica family: cabbage, kale and broccoli especially. I noticed plenty of roadside action as well, where they enjoyed the wilding brassicas spilt from agriculture.

White butterflies have been a pest, sometimes a plague, for decades. Attempts to destroy them have failed even misfired, as with the introduction of a parasitic wasp supposed to rid the countryside of the white menace but inadvertently compacted more heavily on the native red and yellow admirals.

White butterflies can only be beaten in the home garden by using nets preventing them reaching the plants. All other methods are ineffective. Some growers won't plant a summer crop, and avoid the white butterfly in that way.

The Giant White butterfly appeared briefly near Nelson several years ago, but locals' quick action seemed to stop those in their tracks. It's only the small ones we have to contend with - that can't be too much of a challenge, can it?

## Recipe of the Month: Peruvian Potatoes

Thanks to Sally Huapaya Tutor Heritage Harvest Festival

Boil 4 Agri & 4 Urenika Potatoes.

Mash colours separately.

Add to each pot: **Salt & Pepper** to taste & **1 tsp of light oil** to create a smooth texture

Chop **1/2 small Onion & 1/2 Orange Capsicum**.

Fry stirring until most of the moisture has gone; then blend to a paste & mix into the mashed Agria potatoes.

Mix **1 cup of cooked mixed vegetables**, **small can of fish** (optional) with **1 Tbls of mayonnaise** to hold mix together.

Remove bottom from 4 x 400g empty cans to use as moulds and place each onto a plate

Divide Agria orange potato mix into 2/3 & 1/3

Then divide each lot of ingreds into 4

Press flat into moulds in this order:

The 2/3 Agria orange potato mix

The vegetable mixture,

The 1/3 Agria orange potato,

Lastly the Urenika potato mix.

Remove moulds

Decorate with parsley,

mayonnaise, avocado, & tomato.

Urenika potatoes are available from the Environment Centre





## April Gardening with Robert

As you dig up your potatoes from their beds, you might like to take advantage of that friable soil that's resulted from the cultivation of our favourite tuberous crop. Consider planting something leafy; spinach is a favourite, provided it's liked by your family, and winter brassicas too can be planted into the ex-potato plots.

If you've thought ahead and grown your winter cabbages and kale up to "sturdy-seedling" size, they will make the transition successfully and grow strongly in the now-moist, still warmish, soils.

White butterflies have largely finished their marauding and will hopefully ignore any new brassica plantings. Their eggs, in any case, won't make it through the winter, so they'd likely as not, not bother laying them this late in the season.

Sow sweet peas now. The seeds in their pods are maturing on the old vines now and can be collected and sown straight-away if you can't wait till spring. I sowed a tray-full last week and already their tender shoots are climbing out of the soil. A couple of rainfall events have given them the best start they could hope for and they're on their way.

Collect seed from everything that's presenting any and get them dried and tucked-away before the weather turns to less-dry. Biennials such as lovage and fennel are covered in seed just now and those can disappear quickly, should a strong wind blow, or a flock of birds take a fancy to them. Pick on a dry day at the driest part of that day and continue the drying indoors till the seeds are completely free of moisture. Store in a cool, dark place in mouse-proof containers.



**Film screening, *Living the Change***, explores solutions to the global crises we face today – solutions any one of us can be part of – through the inspiring stories of people pioneering change in their own lives and in their communities in order to live in a sustainable and regenerative way. Some of the footage was filmed in Riverton!

The Environment Centre has arranged a Riverton screening, open to all, for a gold coin donation;

**Union Church Hall, Saturday 14 April @ 7pm**

*Film Length 85 minutes.*

**Followed by a discussion over a cup of tea (optional).**

## From our Library Book Review:

### The Good Life:

### Your Guide to Greener, Cheaper & Fulfilling Life in NZ



by Francesca Price

In *The Good Life* journalist and TV presenter Francesca Price offers a positive guide to a greener, cheaper and more sustainable life in New Zealand. She covers the ethical issues in a wide range of everyday subjects including shopping, parenting, food, building and renovating, holidays and community life.

Each chapter includes interviews with well-known Kiwis who are looking for the greener options in life: David Trubridge talks about his approach to furniture design, Kay Baxter shares her wisdom on gardening and self-sufficient living, Laurie Foon tells of her determination to make fashion more sustainable. There are comments from celebrity greenies including Robyn Malcolm and Keisha Castle-Hughes.

A key selling point of the book is the inclusion of websites and details for recommended suppliers, enabling instant access to more information. Full-colour photographs throughout make this an attractive and inspirational guide.



### Just Arrived in:

Trade Aid Jute bags  
printed with our  
Riverton Organic  
Group logo  
Medium \$8.90  
or  
Large \$10.90





## Food Co-op Update: Thank You Volunteers!!

A great BIG THANK YOU to everyone who has volunteered their time over another very busy summer. It is great when we can have two people on at a time, one looking after customers and visitors, and the other working behind the scenes: stocking, bagging, tidying and ordering. With 25 people on the roster, it makes it a real team effort and one we all can be very proud of. New volunteers are always welcome to help in anyway or time that suits them so let your friends and family know.

We will be holding our AGM in Spring and intend putting forward a motion that our annual accounts date is changed to 31<sup>st</sup> October. This would mean stocktaking would not be required straight after the busy Harvest Festival period nor, like this week, would it clash with the short Easter weeks.

So our last 'autumn stocktake' will be this Sunday the 8<sup>th</sup> April from 10am -12noon. Please come along for 30 minutes or more; you'll have good company, coffee or tea with scones and muffins to say another BIG THANK YOU!

## Introducing: Nick Kiddey, Trish Burton and son Peat

Treading lightly on the land, simplifying their needs, integration in their community and having adequate family time are central to what's important to Nick Kiddey, Trish Burton and Peat.

They moved to Riverton, from Nelson, late 2017. Nick previously lived here 13 years ago and had in mind he may return one day. He valued the strong community spirit he sensed in Southland and the connection many had to the land. His great grandparents lived and farmed in Redan.

The climatic change Southland is experiencing, along with more economical living and greater opportunity for life balance were major drawcards for the family to head south.

Nick, a teacher and arborist, and Trish, a librarian and home-school teacher and homemaker have bought some land in Riverton which they hope to develop to grow healthy food and trees suited to the soil type, possibly land-based learning opportunities, and maybe even some form of eco –tourism in future. They have several years of organic gardening experience.

As well as their home based activities, Nick is working part-time for Idea Services in Invercargill and Trish is studying full-time by way of SIT distance learning.

They are both becoming more involved in their new community. Trish has already been working with our Librarian, Jude to assist refine what the Environment Centre library has to offer. Together Nick and Trish are about to take on the Southland Seed Savers Group Co-ordinator role which is fantastic to ensure continuity of this vital project focused on saving Southland seeds, including heritage vegetables and potatoes.

We look forward to Nick and Trish utilising their knowledge and experience to increasingly contribution to the operation of the South Coast Environment Society.

## Apiary Training Opportunity in Riverton



Scott base Honey, Invercargill, is looking to set up an apiary site in Riverton ready for spring. The purpose of the apiary is as an educational and training venue for people interested in learning about or upskilling in bee management.

Scott Base Honey is interested in having hives in the greater Riverton area. The cost to service them is very high therefore this joint venture proposal offers existing hobbyists, people wanting to become involved in bee keeping on a cost-effective budget or anyone just curious about bee keeping hands-on learning experience. Initially there will be limited spaces available but with enough interest more people could be accommodated.

Current plan is for sessions on Saturdays and every second Monday from August 2018.

If you are interested in becoming involved then contact the Environment Centre by phone 03 234 8717, email - [education@scs.org.nz](mailto:education@scs.org.nz) or call in to the Centre in Riverton.

## Our Community: Curtain Bank Improving Home insulation

The Western Southland Community Curtain Bank started in 2017, to focus on the needs of people in the local area to ensure the windows in their home are adequately covered preventing heat loss which in turn contributes towards a healthy home.

The Curtain Bank is an independently operating group, grateful for the support of a number of local organisations in a spirit of 'community working together'. They are the Lions Club of Riverton, Environment Centre, St. Mary's Anglican Church and the Riverton RSA.

The Lions Club held a 'Books and Baking' stall during the 2017 Heritage Harvest Festival to raise funds necessary for set-up costs. Local people have generously donated curtains and a sturdy sewing machine. In the setting-up stage, the Christchurch Curtain Bank sent a large consignment of curtains.

Co-ordinator, Ngaire Bartley, says they are well stocked with quality recycled curtains and will thermally re-line and adjust them if necessary. They can also assist with hanging curtains if required.

Information leaflets are available from the Environment Centre or Southland District Council Office, Riverton. While the focus is on living and sleeping areas, especially in homes with young families and older people, anyone in need of help with curtaining can feel very welcome to call Ngaire on 03 234 8102 or Beth on 03 234 8080. It is a simple, confidential and free of charge service.

## Our Committee: March Activity

Organisation of the Heritage Harvest Festival was the major focus of last month. Now we're in the 'After the event' phase, we are collating feedback, reconciling finances, and recording what we've learnt to ensure we plan an even better 11<sup>th</sup> Festival. While we are a small group organising a major event, we are very happy with our 10<sup>th</sup> Festival and very grateful for all the volunteers from near and far who made it possible. We're proud of the lovely atmosphere created with this home grown festival, attended by over 2,000 people.

Now that we own the Environment Centre building we can consider options for making it even more suited to our needs. We are very fortunate to have received an offer of assistance from an Invercargill architect. He has given us some new and interesting options for upgrading the building, using space differently and more cheaply than what we have planned for in our feasibility study. A meeting will be arranged in due course to consider this further.

Committee meetings are usually held the second Tuesday monthly; new members are always welcome.

## From the Archives: 20 Years Ago.....

..... in 1998 the SCES purchased the quarter acre section behind our original Environment Centre (beside the Riverton Fire station) for a Community Garden. It cost \$1,000; a bargain even in those days. Pictured are Ian Coard, Robert Guyton and Julie Loan clearing the long grass to prepare for creating garden beds.

**For the first 10 years** it was run as a Community Garden with some challenges; couch, sandy soil, no water supply, lack of real need or interest from our wider community; and then physical separation when we shifted in 2002, to our present building.



**In 2008** we decided that the land was more suited for a Community Forest Garden which naturally builds soil, retains water and needs little maintenance. That's worked well and now our self-maintaining Community Forest Garden is open to the public anytime during daylight hours. Check it out!

**A new Community Garden** has been developed on land opposite the Primary school and volunteers to be involved with this project are very welcome. Any proceeds from vegetable stall sales go to buy fruit trees to surround that community garden. If you are interested in helping with this project, we are happy to pass your contact details on to the co-ordinator.



# Riverton Heritage Harvest Festival

24 & 25 March 2018 was a Great Success!

Pictures  
from  
Riverton's

**2018  
Heritage  
Harvest  
Festival**



Good article and video on  
the Otago Daily Times  
website:

<https://www.odt.co.nz/news/the-south-today/riverton-harvest->



## Readers' Patch

**Our revamped Coastline now includes a new section – space for you to fill.**

Have you got something you would like to Buy, Sell, Swap or a Service to offer?

Any burning questions? Maybe a Hint, Tip or Idea to share, or Feedback on an item in the previous issue?

*If relevant to our local community / environment / sustainability and space is available, the Publication Team will be happy to consider including your item. If Selling goods or a service and you make a sale, a donation to the SCES would be greatly appreciated.*

### Service Available:

#### Bionic Trees and Gardens

\* Qualified, experienced, thoughtful

- arborist
- organic gardener

Permaculture principles, Reasonable rates

Call Nick Kiddey on 021 117 8003 or

[nickbionic@gmail.com](mailto:nickbionic@gmail.com)

Happy to look at anything!

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

## The Environment Centre Stocks

Premium quality 'Organic Maca' & 'Chocolate Maca' powder as presented at a Heritage Harvest Festival workshop. In Peru Maca is and has been a staple source of nutrition for the Inca for centuries, passed down through the generations as the 'Food of the Gods'. It is a root vegetable commonly consumed to promote energy, vitality, virility, hormone balance, and fertility as well as being a natural remedy to combat stress and fatigue.

One tablespoon a day in a smoothie or hot drink is all you need.



It is socially responsible & sustainably produced

- Ethically sourced farm to table organic Maca direct from Peru
- Fair Choice Certified
- \$1 per bag is used to fund blankets, heating and school supplies in Peru

<http://www.selenohealth.com/> for more info.

## 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> Phn 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.

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)



Like us on Facebook  
Riverton Environment Centre