



Phone/Fax: (03) 234-8717
E-mail: coastline@scs.org.nz
www.scs.org.nz

COASTLINE

July
2018

In this issue:

Page 1	Estuary Care Revival Dates to Diary
Page 2	Time to Plan Round the Mountain
Page 3	How to Pruning Tips Recipe of the Month Herb of the Month
Page 4	July Gardening with Robert Feeding our Winter Visitors: Native Birds Plastic Free July
Page 5	Open Orchard Update Organic Gardening Group Revival From the Archives
Page 6	Our People - Tamsin Our Community - On line, Ooooby Our Committee - Gov't Funding
Page 7	Bringing it Home – Waste Found Locally A Challenge to Clean up your Location
Page 8	Readers' Patch EC Plastic Free Stock Contact Us Details

Jacob's River Estuary Care Revival

Plans are afoot and clever schemes are being tailored for the care of the wetland reserve on the edge of the Riverton township.

The recent meeting of the Riverton Estuary Care Society flushed out a whole new set of enthusiasts keen to constructively work to improve the health of the estuary at our back door, Jacob's River estuary, and in particular Te Wai Korari Wetland, owned by the South Coast Environment Society.

After hearing about the group's history, festivals, funding successes, aims and aspirations, many attendees vowed to swing into action and revive the reserve. The intention is to make it more accessible to all, particularly the elderly residents across the road at the Longwood Retirement Village. Many are likely to enjoy a leisurely stroll amongst the flaxes and on down to the estuary edge, if only they could find the path! The group intends starting by cutting grass and clearing pathways.

In addition, with the national permaculture hui coming to Riverton in April 2019, work needs to get underway to ensure our local natural resources such as the wetland reserve are ready for an increase in visitors admiring and enjoying what Riverton has to offer.

If you are interested in becoming involved in enhancing this natural resource, especially by helping out with track maintenance work please contact the Environment Centre. The volunteer group will welcome your input. After all, many hands make light work.

Dates to Diary This Month:

JULY

7

Saturday

Earth Craft 'Have a Go' day 10-4pm Aparima College Hall.
Details June Coastline pg 4

12

Thursday

SCES Committee Meeting, 7pm Environment Centre (EC)
Committee info pg 6

17

Tuesday

Riverton Estuary Care Group, next meeting 7pm, EC.
More info above

24

Tuesday

Riverton Organic Gardening Group, next meeting 7pm EC
More info pg 5

It's Time to Think and to Plan...

It's winter but things have not slowed down for the SCES. Still plenty going on. It's a great time for thinking and planning and plenty to prompt you in this issue including the proposed new Longwood Mountain Loop concept outlined by pg 1 Guest Writer, Robyn. Please Western Southlanders, think about this carefully and send in your comments.

Pruning time is coming up so check out the How To info on pg 3 and pruning and grafting workshops being planned for Spring.

Our organic gardening (pg 5) and estuary care groups (pg 1) are back in action so think about getting involved and/or can you offer volunteer hours to assist operate the Environment Centre ???(pg 5)

July is Plastic Free Month so reflect on what you can do to reduce your personal use of this troublesome material on pg 4. Plus check out the bamboo supplies at the Environment Centre on pg 8.

Also check out the on line site, 'Ooooby', see pg 6, well worth investigating if you like to learn and share with others.

And then there is what seems to be an increasing problem of rubbish where it shouldn't be. I notice it more evident along the roadsides where the flaxes have been removed. Participate in our challenge – perhaps a family activity, see pg 7.

Last month we had a date error in our June issue which we regret but we were grateful for a call about it from a reader. It reassured us that our Coastline is being carefully read and contents noted. Thank you Vivienne.

Wendy
Coastline Production Co-ordinator

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.

Guest Writer: Robyn Guyton

Longwood Mountain Loop for Rural Resilience

If a natural or civil disaster was to strike NZ, how would it impact on our Western Southland community? e.g. an extreme petrol shortage; possibly there would be just 3 days of food stocks in supermarkets, most of their supplies from throughout NZ and the world.

Now is a good time to begin to think about and plan for ways we can re-localise the supply of some of our basic needs before any such disaster strikes, therefore increasing our local resilience

If we buy more food and goods locally, the money stays with locals and increases the wealth of our region. There will be less travel miles and carbon emissions. We will be eating more fresh seasonal foods which will be healthy and cheaper.

If you live in an isolated rural community, houses and land are cheaper, however there is less paid work and if you grow something or make a product, you have to travel to a market which can absorb much of your profits.

A newly proposed Western Southland freight loop around the Longwood Mountain Range will pass by 15 small country towns with several more on the edges that can link in. The local market then won't be just the people in your small country town, it will be the 5,000 people around the loop plus tourists on the Southern Scenic Route. Suppliers and buyers won't have to go far from their homes!

Twice a week a truck will pick up and drop off around the loop to each community 'depot' or 'trading post' goods & produce such as artisan breads & baking, vegetables, fruits, eggs, knitted items, handmade gifts and crafts, plus the Western Southland Newspaper, chemist prescriptions, mail, shoe repairs, cut flowers. There will be unlimited opportunities for social enterprise and self-employment.

Not only will the communities around the loop have the opportunity to become more resilient, they will become more desirable places to live. Eventually our terroir, any special cheeses, herb teas, pottery etc. of our area will attract more tourists. When we have excess we can deliver to the city or neighbouring areas.

What's your reaction to this concept? How would you like to contribute to such a loop, i.e. what can you grow, make or skill you can share? What are the basic needs you would like to secure locally? The intention is to launch the project late spring

Email us at permaculture@sces.org.nz with your feedback, ideas and suggestions or if you would like to be involved in the planning and/or implementation stages.

Let's connect and strengthen our communities for a more resilient and brighter future for us all.
See lower pg 4 for map of the Longwood Mountain Loop

How to: Pruning Tips for Fruits

Apples, Pears, Red Currants and Gooseberries:

These plants set fruit on old established branches.

Firstly cut out all damaged wood back to the nearest bud or branch base.

Secondly take any inward growing branches off at their base. NOTE: Smaller thick branch like stubs and branches not growing strongly upwards should be left as these are most likely fruiting wood.

Thirdly, cut all strong upward growing branches back 2/3 to an outward facing bud.

Finally, stand back, walk around the tree and see if there are too many branches going the same way or is one branch being too dominant. Take off or reduce the height to even up the tree

Plums:

Prune only in summer, and only when branches are diseased, damaged or overcrowded.

Winter pruning will encourage too many branches.

Apricots, Peaches and Nectarines:

Choose a well-shaped tree from the start as stone fruits do best with minimal pruning. If the young tree is already tall, cut the central or leader back by 1/3. This helps the roots to service the other branches efficiently.

Black Currants and Raspberries:

These plants set fruit on the young canes. After fruiting, remove the two oldest canes to a few inches above the base of the cane.

For more detailed information there are many good 'You Tube' tutorials, or **come along to a winter pruning working bee at one of the Community Heritage Orchards where Robyn will demonstrate and guide you.**

Robyn has written a 45 page *Heritage Orchard Handbook* available from the Environment Centre for just \$15 that includes 6 pages on pruning fruit trees, including illustrations.

Recipe of the Month:

Spiced Savoury Crumble

*A tasty, warm
and satisfying
winter meal...
...serves 4*



Vegetable Base:

	2 tblsp vege oil
Fry in large pan for	1 C chopped onions
5 to 6 minutes	2 cloves crushed garlic

Add 7 C of mixed vegetables, e.g.

2 C each of chopped Carrots, Celery, Courgettes,
& 1 C frozen Peas or other similar veges if you wish.

Cook for 2-3 minutes.

Sauce:

Mix to a paste in a bowl;	3tblsp water
2 tsp cumin	1 tblsp tomato puree
2 tsp coriander	½ tsp chilli powder
1 tsp turmeric	½ tsp fresh grated ginger
Salt and Pepper	or a pinch of dry ginger

Then add 400ml vege stock
Add sauce to fry pan, cover and cook 15 minutes.

Crumble Topping:

Rub oil & butter into	2 tblsp oil
oats & flour.	50g butter
	1 C rolled oats
	1 C whole wheat flour

**Pour hot vegetable mix into a casserole dish
Sprinkle on topping and bake for 20 mins at 190 C.**

Herb of the Month: Cumin (Cuminum cyminum), by Suzie Best, Herbalist

This ancient herb dates back to 2000BC, found in Egyptian tombs. Romans used it similar to how we now use pepper.

A slow growing annual, germinating in 10-14 days in soil over 21°C it needs lots of sun and not too much water. It's unable to survive in cold or overly hot so may not be successful in glasshouses, but can be grown in pots inside. It may flower in cold climates, but seeds are unlikely to ripen. Start seeds in a warm sunny spot. Carefully transfer outside once weather has settled. Plant close together for support. Cumin should be harvested and dried, picking as colour changes, continuing drying in bunches hanging in a dry, warm airy place. Once fully dried, thresh and dry again, then store in air-tight glass jars away from light. Seeds can be ground or used whole. **Ground cumin and seeds are available to buy from the Environment Centre.**

Cumin is a stimulant and calminative, used mostly for diarrhoea, dyspepsia, & indigestion induced headaches. Seed is considered superior to Fennel and Caraway for indigestion, but less pleasant tasting. It's useful for colds and feverish ailments as an infusion. Ayurvedic medicine uses Cumin internally to treat renal colic and haemorrhoids. The oil has antiseptic and antibacterial properties, useful applied externally to treat insect bites and boils (diluted if used as an essential oil). © <https://www.facebook.com/gardentokitchenwithsuz>



July Gardening with Robert

Having recently decommissioned our chicken house and run, I find myself in possession of a considerable expanse of intensely cultivated, weed free ground that I plan to plant out, when the temperature rises a little, in garlic and broad beans.

The soil is rich; chickens have been depositing their soil-enhancing guano on it for a couple of years now, scratching it in and while they were doing that, pecking the life out of any weed rhizome or root their beady eyes could find, so it's the perfect seed bed.

The Environment Centre has rust-free garlic for sale, and I've bought some and will plant it slightly under the surface of the wonderful chickenified soil and expect it to throw up leaves in a very short time.

In the spaces between the garlic cloves, I'll plant the red broad bean seeds I've been saving for this purpose. They're a pretty bean and sweeter than the ordinary green broad bean. I don't remember where we got them from originally, but they've multiplied nicely here over the years and are very popular with anyone who has seen them or certainly, tasted them.

BIG NEWS (but only for me) - I found, or rather, my son found, my Long Lost Orange-handled Fork. I was thunderstruck when he brought it in from where he'd unearthed it, under the willow trees where surely I'd left it some years ago. I'd searched and searched to no avail, despaired over having lost a tool I'd believed unlosable; the handle was painted BRIGHT ORANGE so that I couldn't, despite my colour-blindness, fail to see wherever it might have been left. But no, it disappeared.

The tines of the fork had suffered a little; pitted and rusty, until my son buzzed them with his electric wire brushy thing, and now it looks almost as-new. The orange paint (Mandarin) has somehow changed to yellow, but that's okay, it's still bright and surely, impossible to lose. Time will tell. In any case, I'm delighted!

Longwood Proposed Loop Route



Refer to pg 2 for related article.

Creatures of the Month:

Neighbourhood Tuis and Bell Birds (Korimako) feeding on sugared water



Feeding our Winter Visitors

At present, tuis, bellbirds, waxeyes and blackbirds (I'm using their Maori name, "manu pango" for the benefit of my "all ears, ready to learn" grandson, who I'm hopeful will be multilingual before too long) are enjoying the apples I'm threading onto a slender bamboo cane placed in the garden outside of the lounge windows. We watch them often and they've become very bold, staying at their eating-post until we, or the cats, are very close indeed, before flying a couple of metres off to safety.

The wood pigeons (kereru, grandson, kereru!) don't feed the same way and prefer the most tender leaves from the tips of any tree legume such as broom, kowhai, tree lucerne or tree medick, some of which I planted last season for this very purpose.

The kereru damage the legumes a bit; those birds are big, but the plants soon recover and the pruning seems to stimulate them to greater growth.

Robert



Open Orchard Project Update:

Pruning workshops and working bees will be held around Southland, at the Heritage Orchard Parks, over the next few weeks. **Email us to be added to our data base** if you would like to join us for any of these as they are dependent on the weather and the communities involved, so dates are yet to be finalised.

The **Heritage Fruit tree list** is on line now www.sces.org.nz. Due to circumstances beyond our control we have only 1/3 of the usual tree numbers so **pre ordering is vital if you wish to get some trees this year**.

Pick up days will be the 3rd, 4th and 5th of August 11am - 4pm from the Riverton Environment Centre.

Apple grafting workshops will be held in late September and early October.

Scion wood (cuttings from the heritage fruit trees) and rootstocks will be available this year at \$7 a set / a grafted tree.

If you would like us to send an order form and list of scions available **email and ask to be added to the apple scion data base**.

Plenty for you to consider this month! Our email address is openorchard@scs.org.nz

Riverton Organic Gardening Group: Revival Meeting held 25 June

This was a great meeting attended by people from as far away as Otatara with a wide range of property sizes to develop or gardens to make best use of.

The agreement was to start the 'Revival Process' at the beginning to ensure a similar understanding of the basics which meant we discussed what is meant by 'organic' gardening and 'permaculture'.

Everyone was keen to learn from each other and 'experts' within our region as well as share ideas and resources.

The agreed focus of the next meeting is 'Understanding and Management of our Soils'. Each person is invited to bring along a typical soil sample from their property for analysis by way of the Visual Soil Assessment tool. For people with larger properties with varying soil types they may need to bring several samples. Suggestion is to dig approximately an 80mm slice of your soil the depth and width of your spade and transport it in a small container trying to maintain the soil structure. Also note what plants or weeds are growing in the area. If weed names are not known, bring along samples.

Others topics people would like to explore included propagation, plant nutrition, composting, recognizing and managing deficiencies, no-dig gardening, plant rotation, sharing hard copy and online resources, etc.

The next meeting is to be 24 July, 7 p.m. at the Environment Centre. All welcome with soil sample in hand!!

From the Archives: Environment Centre Open Hours Through the Years

June 1996 – 14 hours per week.

When the Centre first opened the hours were 7 afternoons from 2 to 4 p.m. daily with 5 volunteers sharing the work.

September 1997 – 19 hours per week

Hours were extended on Fridays to 10 a.m. to 5 p.m., adding an extra 5 hours per week. There were 9 volunteers.

Spring 2001 hours increased to 42 per week

Mon to Sat hours increased to 10 a.m. to 4.30 p.m., and 1.30 to 4.30 p.m. Sunday afternoon.

These hours have been maintained due a large group volunteers being involved each year, over the years, and a few dedicated ones doing additional shifts when needed. There are times we a short and struggle to cover all the shifts, other times we have more than enough and can double up and catch up on tasks.

While the Centre typically has 25 volunteers over a month to cover the wide variety of tasks necessary to successfully have the Centre open to the public we do need more volunteers, so that we rarely need to ask our current team if they would do an extra. We have had lots of requests to open later one evening a week, until 6.30 p.m. to enable local people who work in town to be able to access our resources. **Which night do you think would be best?**

Can you volunteer for a 1.5 to 2 hour shift once a week, a fortnight or once a month and be part of and help out our friendly team? Please give us a call on 03 234 8717.

Our People: Tamsin McCall (nee Scott)

I'm living in Riverton because of a huge magnet that pulled me here (aka Rob McCall ... though he points out that he's not so huge) but I was originally coerced to Riverton by a beguiling Robyn to volunteer at the Environment Centre – it was through this enjoyable weekly event I connected to the community here.

I'm originally from Yorkshire, England, which is why I pronounce a few of my words funny, like *path* and *castle*. I came over 13 years ago seeking to live in a clean green land, away from the rat race.

While I have been shocked at both the heavy usage and apathy connected with toxic poisons used on the land, water and food in this country I'm grateful to live in a place with fresh air, in a community that places value on clean and healthy living; I am part of a group maintaining the children's playground using natural methods to avoid the use of toxic sprays and would love to see our community further embrace a toxic spray-free ethos. I love that Riverton is a small, self-contained kind of a place, with access to many beautiful local places – we are very lucky people!

The main focus of my life right now is my son Oli (Oliver) – almost 2 yrs. We moved to our current property last year: a 4.5 acre plot with established shelter and a lovely view over the estuary and I now spend time dreaming how I want to plant out the paddocks. The neighbours are watching with amusement as so far, we've moved the sheep out, bought a tractor and plough for some veggie growing experimentation, and have planted fruit trees with no straight lines in sight!

My passions and interests include; playing music: violin and guitar; gardening: nothing nicer than hanging out in the garden, growing food; Bowen Therapy: an amazingly effective but gentle therapy; and Natural Health: I'm often immersed in a health book.

Our Community: Ooooby – 'Out Of Our Own Back Yards' - Part of our online community

This website has a great platform for informational discussion groups on any gardening or self-sufficiency topic, check it out - <http://ooooby.ning.com/groups>.

There 189 different groups, so very likely one will cover things you're interested in and want to know more about. Some examples are: Southland Seed Savers Network, Food Forest NZ, Perennial Vegetables, Gardening Books, NZ Plant and Seed Exchange.

If you can't find a discussion group to answer your queries, you can start up your own group for free. You may be surprised by the number of responses you receive and how informative they are. Get a conversation going; check out Ooooby Groups!

Our Committee:

NZ Wide Government Funding: The Associate Environment Minister, Eugenie Sage, has announced that a \$100,000 funding package is available from the Community Environment Fund, for Environment Hubs Aotearoa (EHA) to help develop several projects over the next year including a National Reporting Framework based on the United Nations Sustainable Development Goals. SCES is a member of the EHA which is a NZ wide Environment Centres Network.

Minister Sage commented on the wonderful work Environment Centres do with communities throughout NZ and the need to tell their stories more including the overall impact the Centres are having. She said, "The Community Environment Fund exists to help New Zealanders take environmental action, and I am pleased it is being used to help connect local community action with global sustainability outcomes".

Other projects to receive funding support include those encouraging greater collaboration between Centres within the NZ-wide network to enhance increased sharing of ideas and extend the areas within NZ where Environment Centre services are available and have an impact.

Accordingly our Riverton Centre has already received a request from the **North Shore Kaipatiki Project for staff to visit** and learn about the projects being run by the SCES with special interest in the Heritage Orchard and native tree projects. The visit is planned for late August.

NB: A change to committee meetings dates for the remainder of the year to July 12, Aug 9, Sept 11, Oct 8, and Nov 7 at 7 p.m. in the Riverton Environment Centre, 154 Palmerston St. New members are always welcome.

BRINGING IT HOME (RURAL NZ)

by Josh Bruce

Having grown up on a farm in rural Otago, I have a deep appreciation for our land. For our honeymoon my wife and I cycle toured the South Island from Nelson to Queenstown.

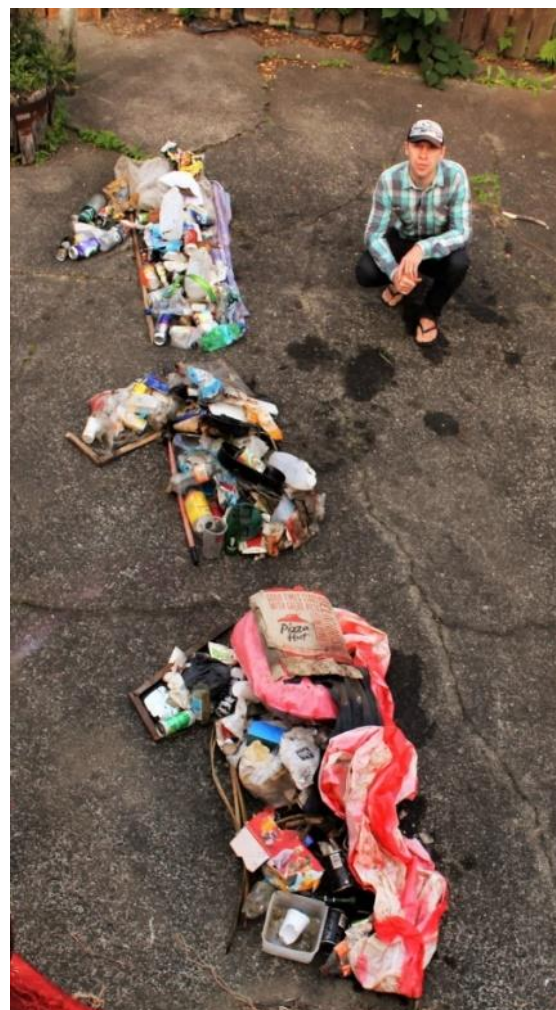
When I was confronted by the amount of rubbish littering our roadsides, I was both shocked and saddened. This feeling of unease has sat with me since. We are quick to blame others; this is a city problem, this is a tourist problem, this is...but the reality is that we are not as clean and green as we like to take credit for. In fact, we are pretty dam lazy and careless with our waste.

Keep NZ beautiful research shows that half of our litter in cities is dropped within 5m of a bin and the average distance people are prepared to walk to get to a bin is only 8.4m!

To help convince people about how bad this issue is (even in a rural context), I spent 1hr collecting rubbish from within a 1km stretch of road just outside of Fielding. In this short timeframe I was able to collect 4 full bags of rubbish on my own!

How much rubbish can 1 person collect from 1 rural road side in 1 hour?

- What future do we want for our children?
- How do we change community behaviour?
- How can you join our journey of change?



Josh Bruce is a keen supporter of the SCES following having undertaken our building purchase feasibility study.

SCES Environment Centre Challenge

You can start by participating in our challenge

- Spend 1 hour collecting roadside rubbish in your area.
- Tell us what were the 5 most common items.
- Send us a photo of what you collect.
- Challenge closes 30 August 2018.

Go in the draw to win 1 of 5 Environment Centre homemade reusable shopping bags with a bar of yummy Fair Trade chocolate. Send your photos to office@sces.org.nz or share on our Facebook page.

NOTE: Be safe - Keep off the road and Wear bright colours.

Josh is also promoting; **Sustainable Coastlines Rubbish Mapping Project**

This is a national project to use local community groups and a scientific approach to mapping the location of beach rubbish, so eventually ocean current tracking can be used to pin point the sources of ocean / beach waste. Share with your family, community or school and let's get our Southland Coasts on this map!

<http://sustainablecoastlines.org/litterproject/>
[Sign up to be involved...](#)

Readers' Patch

Coastline 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.

Gore Areas Residents, can you help????

Our family is off overseas for a couple of years. We have spent 5 years planting our 5 acres into a food forest.

We are able to prune fruit trees before leaving but are unsure when we will be back to look after the property. We have tenants in who will look after a section of it but would like a Gore District resident able to care for our trees, including keeping trees grass-free in spring, harvesting fruit in autumn and pruning in winter.

If interested please contact me via:

outdoor.instruction@gmail.com

Super Special Garlic – Riverton Co-op

Garlic cloves for planting pinky 'Kakanui Heirloom' \$28.50kg already split up ready to grow or use now. (We also have whole garlic corms \$47kg white unknown variety)

Please send in your Readers Patch contributions by the third Monday of each month to coastline@sces.org.nz.

The Environment Centre Stocks:

It is Plastic Free July.

A Good time to consider alternatives to many of the usual household plastic items you may be using.

Take a look at some of the alternatives in stock.



- Bamboo tooth brushes, clothes pegs and cotton buds
- Wooden dish brushes with replaceable heads, wooden vege washing brushes
- Drawstring produce bags & Cloth or Hessian Shopping Bags
- We buy in bulk sacks of goods then pack down into cellophane bags made from vege fibre or paper bags.

We avoid using plastics wherever practicable.

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**

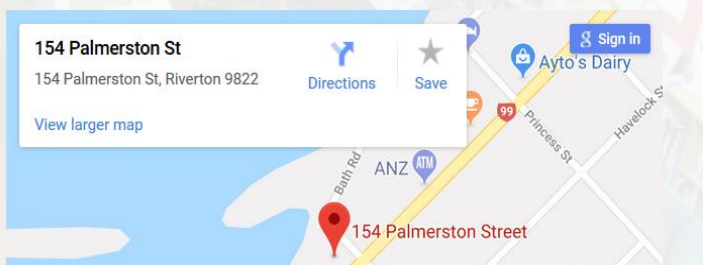
Visit the Environment Centre

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



Like us on Facebook