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COASTLINE

March
2018

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Southland Orchard Park Numbers Double!

Spring 2017, Robyn and the Open Orchard team members worked with Southland Community Boards and the community, to find sites, and then plant out four new parks: Winton, Otautau, Woodlands and Ohai, There will be official openings of those parks in April 2018. Let us know if you want an invite! We also planted the first few trees at the Invercargill Heritage Orchard Park site, near the Mclvor entrance to Donovan Park. There will be more trees to add there over the next 3 years.

The Northern Southland (2 parks), South Otago and the Catlins will be able to plant their Heritage Orchard Parks late winter 2018. Gore will start their park in 2019. By 2020, there will be a total of 14 Heritage Orchard Parks in the Southern area, all with a generic wooden signs thanks to the Southland Men of the Trees fund.



With the 100 year summer drought, the 150 recently shifted Orchard Park trees, were in real danger. After all the effort over many years, it looked like we were going to lose them! The local communities got behind us and helped hand water. Amazingly, we lost only 2 trees! Great team work!



Like Riverton, Mokotua, Tuatapere and Monowai each of the new orchards will have a local 'Friends of the Orchard Park' team who will work together, on once-a-season, afternoon working bees.

Please contact us if you would like to be 'a friend' of one of the parks and be invited to the working bees. They will often start or start or finish with a picnic for those who have time.

openorchard@sces.org.nz

Coastline Newsletter Update

We have been increasingly busy over the past two years, with more events, more media coverage and busier Centre. We have also had all sorts of expansions to the families of our volunteers (a local baby boom).

We acknowledge that we've fallen behind with our newsletter production.

Now we're back in the saddle, bright-eyed and bushy-tailed and ready to go to print with the 'New, Improved Coastline Newsletter', chock-full of content. It will be varied, informative, educative and entertaining.

We'll be doing:

- ✓ Full version on our website
- ✓ Emailed highlights with links to the website
- ✓ Smart-phone version, with main headings & links
- ✓ 'Coastline Out' alerts on Facebook
- ✓ Hard copy by special request.
(Regrettably we do need to have an extra charge for hard copies, i.e. \$25 for 12 issues delivered or picked up from the Centre or \$40 per year, for the 12 issues posted).

Routinely we'll email out when the new version is available. **If you have a preference, please let us know.**

- You are welcome to contribute by phone, email, Facebook or drop into the Centre.
- Articles, advertisements and notices need to be in by the 3rd Monday of each month.
- Publishing goal is the first Thursday of each month.

If you would like to join our publication team, meet with us 1.30pm on Tuesdays at the Environment Centre or give us a call.

**Wendy and Robyn,
Coastline Publication
Team.**



Chairperson's Annual Report



We are a highly energised group which has sprung from the village of Riverton, a small coastal community in Southland. We have established and developed a vibrant environmentally friendly community of people whose aim it is to improve and

support both the local environment and the quality of the local community, and are now extending our influence and activities throughout Southland and further afield.

We have initiated and maintained a number of projects that support our kaupapa, the most significant of these being the South Coast Environment Centre on Riverton's main street. The Centre serves many purposes: a venue for an organic food co-operative and information on how to live sustainably and in an environmentally-friendly way, a source of tools, materials and advice for growing safe, healthy food, a seed-savers' network, an information library, a meeting place for a variety of associated groups in the area (an estuary care group, pest-busters team, organic gardeners group) and a raft of other purposes. We provide meeting space for visiting lecturers and experts in the fields we support, and organise festivals and functions that promote our vision and the needs of our community.

We are very proud of the projects that we have developed as a Society, the most well-known being the Open Orchard project which seeks to restore the once common-place orchards of Southland. We have attracted a number of nationwide media organisations which have featured our work on television, radio and print, and this has focused positive attention on our Society, its members and our lovely town.

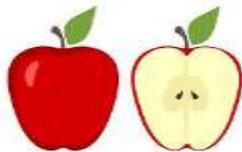
It has to be said that we do not operate alone. Our supporters and funders are essential to our success and we are enormously grateful for their involvement as we continue to refresh and expand our mission. I thank them very much for their support.

Tanya Roberts *Chairperson of the South Coast Environment Society*

How to: Know when an apple is ripe

Every fruit has a ripening season, early, mid, late and everything in between. As a rough guide it is when the fruit start falling off and the birds start eating them, it is probably time to pick them.

Too windy or too dry can cause the fruit drop, or too many fruit set for the size of the tree so the tree 'self-thins' the fruit.



There is the double check test; hold an 'average size fruit for that tree' in your hand and gently twist it. If it comes off easily and tastes nice it is ready to eat. Another check for pip fruit is, if you cut it and the seeds are dark, not white, then it is ready.

As a general rule early fruit, ready before March, doesn't keep fresh so you have to eat, share, dry, bottle them freeze them within a week or two. Mid-season fruit usually last a few weeks on or off the tree. Late season fruit can be stored for weeks or even months. Every year is different so you have to be observant.

This season fruit is 4 weeks earlier than usual.

Plant of the Month: Lemon Balm

The lovely lemon balm, also called the bee herb, has long been famous for its lemon scented leaves and honeyed sweetness. Its generic name, Melissa, is Greek for honey bee. There is an ancient belief that bees will not leave the hive if Melissa is growing in the garden.



Lemon balm imparts its delicious fragrant flavour best of all to teas and summer drinks; a few sprigs of lemon balm added to China tea make it most refreshing. Melissa tea is most beneficial because of its anti-spasmodic effect. It also has a calming effect on the nervous system and stimulates the heart. Above all it helps relaxation and dispels overtiredness and even an incipient headache or migraine. There is hardly a herb easier to grow than lemon balm. It is not particular as to soil but grows best in a fairly rich, warm, moist soil in a sheltered position. If the soil is too light or dry the leaves tend to become yellow. If the position is too damp and shady the aroma suffers

Creature of the Month: Wasps

Watch out for wasps; there are a lot of them about at the moment, chewing on fallen fruit, visiting flowers, joining you at your picnics.

There's a greater number of the smaller wasp this season; the weather seems to have suited them particularly well. Their smaller size means a lesser sting, but it still hurts, as I discovered recently while pulling grasses from a dry bank on the roadside. I upset the guards of a small nest and one of them stung me quick smart! It hurt only a little, but itched like mad for several days; best avoided altogether!

Look for wasp activity; comings and goings, in dry places: along banks, amongst piles of dry branches, under stacks of wood, etc. If you see signs of wasp occupation, note the location of their entrance, return in the evening when they're all, or at least, mostly, inside, then present them with a small tin-full of petrol. Cover your work with a wet sack and do all of this quickly and elegantly, before beating a hasty retreat. You can also dust the entrance with Waspex powder. The wasps will walk it into the hive. Alternately, you could contact the Centre and leave your contact number for Geoff the bee man. He'll willingly come and destroy wasp nests for you for a small fee.

Recipe of the Month: Courgette Soup

This is Yummy!

10g butter

1 finely diced onion

Cook 3 minutes until the onion is soft then add:

1kg courgettes in skin sliced

450 ml vegetable stock

1 tsp curry powder

Bring to the boil, cover then cook slowly for 25 mins or until the courgettes are tender. Allow to cool slightly then blend until smooth, but with some green flecks. Return to pot and stir in 125g sour cream, Salt and pepper

*Serve with
a dot of
sour cream*



In the garden: Sow / Grow / Harvest

The soil is somewhat cooler than it has been and there's plenty of moisture in the air, so it's a great time to sow seeds!

First off the block - radishes! They'll strike quickly and grow steadily, holding off running to seed because of the cooler conditions. They'll taste sweet and grow to a good size before the weather gets too cold.

Spinach too, will strike successfully now, for the same reasons as radishes; the temperatures of the soil and the air suit successful striking and there are fewer bugs around now, in search of tender sprouts to munch on. Sow and grow plenty of spinach: it cooks down from a huge hank to a modest saucer-full, so pick generous amounts if you want to make a show with your meal.

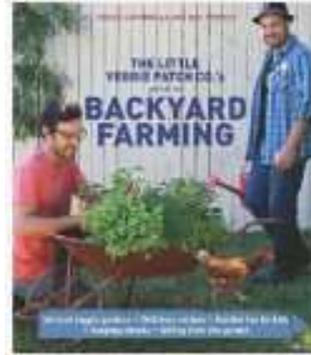
Lift your potatoes now: dig carefully so as not to spike the tubers with your fork or spade; any that you do injure, eat that day. Save and store the sound tubers in a dark place, after drying them off for a day or two, and check them every now and again: rotten potatoes are far from delightful to the nose.

Blackboy peaches grow well in the south and they fruit generously. I've 5 trees planted and while they're only young: 3, 4 & 5 years old respectively, they all fruit. Their peaches are hanging on the branches right now, begging to be picked or pecked by me or blackbirds and it's a matter of first-in-first-served. Past years have shown me that to snooze is to lose, so I'm watching very closely for the first signs of bird-strike then I'll swing into action and clear the trees of their bounty. Blackboys suit bottling, in my opinion, so I'll pass the fruit on to the bottlers in my family: daughter and wife, but I'll take responsibility for collecting the stones and growing the next generation of blackboys. It's easily done but generally over-looked at this critical time: if you don't collect and sow the stones, you'll get no trees. I put mine into an outdoor bed, after cracking them with a hammer, then forget about them until next spring when they will show themselves.

Peaches are easy to grow and you can save a lot of money by taking the time now to get those stones into the ground.



Book review: The Little Veggie Patch Co's Guide to Backyard Farming



Fabian Capomolla and Mat Pember. Pan Macmillan Australia - 256 pages

Regardless of what kind of outdoor space you have, Fabian and Mat will help you to grow fresh fruit and veggies, and discover your own inner backyard farmer. Each chapter covers a month of the year and includes heaps of advice on what is happening in the garden at that time of year, and which veggies, fruit and herbs you should be planting and harvesting.

There are also twelve delicious recipes using produce from the garden, such as Haloumi, Asparagus and Roasted Tomato Salad, Zucchini and Dill Fritters, and Beetroot and Chocolate Cake.

The book is packed with fun and easy-to-follow activities like keeping chickens, building a vertical veggie garden, making cider, and starting a backyard beehive.

Learn how to use excess produce to make delicious preserves and jams, or create garden-inspired gifts such as wooden herb markers or stenciled pots. On top of this, there are lots of activities covering the basics, all of which are perfect for kids too - planting seedlings, sowing seeds and growing food in pots.

From the Archives:

Ten years ago, in 2009, we held our first Heritage Harvest Festival. It was in the smaller Primary school hall, only, and it attracted about 200 people over the two days. It was fun! People loved the warm hearted atmosphere, sharing and learning so we made it an annual event.

We never imagined how big and successful it would grow.



News from:

Open Orchard Project: National and International Interest

Now attracting international interest, we have a huge range of rare and lost varieties from Europe. Phil Rainsford (Heritage Harvest Festival speaker 2017) from England put us in contact with the international 'FruitID' group,. They will help get us more varieties identified using 'DNA fingerprinting' data that they are collecting. Data matching will give many varieties instant identification, and indicate the age and history of others.

The NZ pip fruit industry is also looking at our project keenly, as they have bred out the health giving properties of apples. Overseas markets now want high health fruit. The cost is prohibitive to import new varieties, so they are keen to have access to any DNA results we can get which will indicate the high health varieties.

The Sustainable Farming Fund had given us \$7,000 per year for three years 2009-2011 for petrol and root stock to save the varieties. When they funded their 1000th project in 17 years, they put commemorative booklet. They chose 33 of their highlights and our Open Orchard project was one of them. They are most likely to fund the DNA testing and we will apply for funds at the same time to research the history of the first settlers to go in a booklet for each park.

By 2020 the 14 parks we hope will have most of the varieties identified (the history of the variety, some will date back centuries), and will also have stories and photos of the first settlers. This will be a wonderful Heritage trail that Southlanders can be proud of.

Southland Seed Savers: Come and join this Project

We are reviewing our seed saving project, looking at greater collaboration with other stakeholders. So far Ag Research and our economic development agency, Venture Southland, have offered their assistance. Part of the review involves looking at how best to establish an enterprise that will generate income to financially incentivise more growers.

We have avenues of funding to explore and are keen to find a couple of people to drive the review. If you are interested, please give it serious thought. We can send you an electronic copy of the project plan to view.

We intend to create a base for the seed saving initiative. It is becoming more and more vital, for future resilience, that Southland has its own source of seeds that will grow well in Southland.

If you would like to help with this project, either as a grower of seeds or as one of the Project Co-ordinators, please do contact us. We are very keen to hear from you!!



Our Committee: Future Planning

Thank you to Dave Simpson and Gordon Robertson who have been doing essential maintenance work around the building. Now that we own the building we can start fixing it up. We will be applying for grants to upgrade and extend. If successful will start that the work in 2019.

The Fungi talk last month only had a small audience but Steve Raymins presentation and information was excellent. Check out the many links on our website to more information that he gave us.

On 22 February our committee had a strategic planning day with Rachel from Akina (Social Enterprise educator from Christchurch) and Cam from Venture Southland. We were taught ways to strategise and prioritise. We brainstormed some good ideas to be more effective and active, especially with our education programme.

Introducing: Our New Coastline Co-ordinator

"I'm a relatively new arrival to Riverton and really enjoying being here. I grew up in Mokotua, east of Invers, spent my student and early working years away, found husband Doug, and we returned home to a multi-generational extended family.

After years in corporate management, while also enjoying changing family roles including the arrival of 2 treasured daughters and latterly very busy self-employment with Doug, I'm keen to become actively involved in the Riverton community.

Doug and I are retired now and very happily settling into our lovely Shrewsbury street home with the ever-changing views and developing a sustainable garden. I look forward to supporting the work of the Environment Centre primarily by co-ordinating the production of the monthly newsletter. I hope you will help to make it a meaningful newsletter for our wider community by sharing your feedback, comments, knowledge and ideas relevant to caring for our environment. Look forward to hearing from you."

Wendy Joy

Our Community: Riverton Beautification Project

A dynamic group of approximately 10 enthusiastic people got together about two and a half years ago. Some people were long-term Riverton residents and others new to the area. Sue Colyer says she thought she was joining friends for a social get-together, but soon found herself actively involved in the workings of a keen group of flower lovers.

Their aim is to beautify the main street of Riverton, primarily using seasonal floral displays. The group is very grateful for the guidance, expertise and donation of the lion's share of the annuals by Anne at Diacks Nurseries, Lorneville. Member, Carol Clapp says they really value Anne's recommendations, such as planting the cosmos which has been a real hit for a colourful and long-lasting display.

Supporter, Tim Anderson had the contacts to locally source the 12 recycled sheep troughs which were a great start for the group. Pankhurst Sawmill donated timber for the sturdy planter boxes, built by local craftsmen and now positioned outside the RSA. In addition the group maintains the planter outside the supermarket and the garden on the south side of the Environment Centre.

The addition of the Whirligig display started with the winner of the first year competition, the Pukeko. This was followed by a generous Southland District Council Community Board donation of a further 8 whirligigs, all with a Southland theme.

Project members have received loads of positive comments from passers-by while they've been busy planting or weeding. The Environment Centre has contributed plants and actively supports and values the work of the Beautification Project. Chairperson Doetie Keizer says the group has just received funding approval from the Community Board for the autumn planting. She says the group is keen for more ideas to beautify the main street. Personally Doetie would like to see the street banners present all year round. If you have ideas to share please call Doetie on 027 6853 342



The 10th Annual Riverton
Heritage Harvest Festival
24th & 25th March 2018

Our 2018 special guest speakers include:
Peter Langlands - seaweed and wild food foraging expert
Sally Huapaya – potatoes cooked Peruvian style
Caro Rennebeck – Our intuitive Relationship with plants

This year's workshops include:
Feeding your family on ¼ Acre, fermenting foods, preserving your harvest, introduction to becoming a beekeeper, seed saving, forest gardening, starting your orchard with fruits and berries, & more!

In the festival hall there will be demonstrations of:
Beekeeping, home making, cheese making, felting & harvest crafts, and more!

10am-4.30pm
Saturday & Sunday
Aparima College Hall
Leader St Riverton

Entry: \$2 Adults, \$1 Children

To book your workshops, go to:
bookwhen.com/harvestfest
\$10 pp
(discounts apply for members, early birds and for bookings of four or more workshops) more info and booking instructions on our website

For more info go to: **www.sces.org.nz/events**
or email **office@scs.org.nz**



2018 Workshop List Below

Book now at

<https://bookwhen.com/harvestfest>

\$10 per session or book before 20/3/18 and get 10% off (use discount code: EARLYBIRD) Book 4 or more workshops and save a further 10%.
(The discount applies per person.)

| Saturday Sessions 24 th March | | | |
|--|---------|--|----------------------------------|
| Time | Session | Topic | Presented by: |
| Session 1 9.30am - 10.45am | SAT 1A | Preserving your Harvest | Southland Rural Women |
| | SAT 1B | Forest Gardening | Robert Guyton |
| | SAT 1C | Fermentation Forum | Francesca Bolgar |
| Session 2 11.15am - 12.30pm | SAT2A | Robertson family apple cooking adventure | Anna, Gordon & Hannah |
| | SAT2B | Hurdle Making | Michael Alksne |
| | SAT2C | Herbs for Health and Healing | Malcolm Cooper |
| | SAT2D | Making Beeswax Wraps | Fiona Clements |
| Session 3 1.15pm - 2.30pm | SAT3A | Potatoes Peruvian Style | Sally Huapaya |
| | SAT3B | Introduction to Becoming a Beekeeper | Southland Bee Society |
| | SAT3C | Our Intuitive Relationship with Plants | Caro Rennebeck |
| | SAT3D | Urban Garden for beginners | Dave Kennedy |
| Session 4 3.00pm - 4.15pm | SAT4A | Autumn soups using bone broth | Kathryn Shakespear |
| | SAT4B | Seed Saving | Joy Scott |
| | SAT4C | Autumn Foraging | Peter Langlands |
| | SAT4D | Setting up and caring for Home Orchards | Robyn Guyton |
| Sunday Sessions 25 th March | | | |
| Session 1 9.30am - 10.45am | SUN1A | Making Bees Wax Wraps | Fiona Clements |
| | SUN1C | The amazing Open Orchard story | Robyn Guyton |
| | SUN1 D | Introduction to biodynamics | Malcolm Cooper |
| Session 2 11.15am - 12.30pm | SUN2A | Robertson family apple cooking adventure | Anna, Gordon & Hannah |
| | SUN2B | Our Intuitive Relationship with Plants | Caro Rennebeck |
| | SUN2C | Foraging | Peter Langlands |
| | SUN2D | Propagating plants | Robert Guyton |
| Session 3 1.15pm - 2.30pm | SUN3A | Preserving your Harvest | Southland Rural Women |
| | SUN3B | Seed Saving | Joy Scott |
| | SUN3C | Peruvian Maca: the sacred medicine of the Inca | Sally Huapaya & Dr Corin Storkey |
| | SUN3D | Hurdle Making | Michael Alksne |
| Session 4 3.00pm - 4.15pm | SUN4A | Autumn soups using bone broth | Kathryn Shakespear |
| | SUN4B | Introduction to Becoming a Beekeeper | Southland Bee Society |
| | SUN4C | Feeding a Family on ¼ Acre | Suzie Best |
| | SUN4D | Fermentation Forum | Francesca Bolgar |

Readers' Patch

Our revamped Coastline now includes a new section – It's 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 your item for publication. If Selling goods or a service and you make a sale, we would appreciate a donation to the SCES.

For Sale:

Muscovy Ducks - Romeo, Juliet, Ophelia and their vast offspring. 3 months old. Very big meat ducks. \$5 - \$10 each, maybe negotiable for multiple purchases.

Call Jude Sears on 027 58 58 037

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

Happy to look at anything!



Our very popular Heritage Orchard Handbook, Perfect for home orchardists. It's available from the Centre for \$15 or can be posted to you for \$17.50 (\$5 from every sale goes back into our project)
Email: openorchard@sces.org.nz

Riverton Farmers' Market 10 am -1pm Saturdays:
10 and 17 March - outside the Enviro Centre.
24 and 25 March it will be at the Harvest Festival between 10 a.m. and 4.30p.m.

Food forest Garden tours finish in April, let us know, when you would like one and we will put some times and dates on Bookwhen. The link is on our website.

Please send any contributions in to our Readers Patch by the third Tuesday of each month

Support the South Coast Environment Society

The South Coast Environment Society appreciates support from the community; keeping the Environment Centre operating and managing several successful projects throughout Southland.

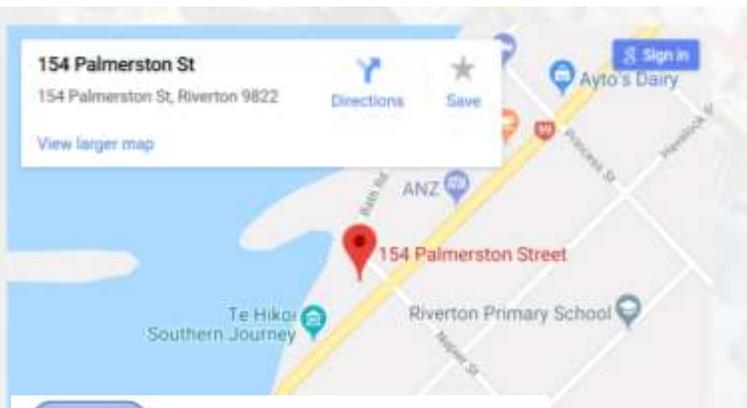
If you like what we do, and want to help us to do more, please consider; donating money, volunteering time, becoming a member, or sponsoring a project. <http://www.sces.org.nz/about/donate>

Visit the Environment Centre

The South Coast Environment Centre is situated on the main street of Riverton on the Southern Scenic route.

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
Riverton Environment Centre