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COASTLINE

May
2018

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Classroom for Our Workshops!!!

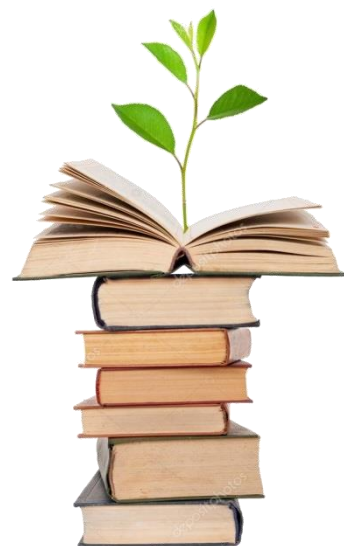
We are very excited!!! We have just secured a great base for our education workshops. Aparima College has offered us 'Room Two' for use outside of school hours, plus during weekends and school holidays. It's so exciting!!!

The classroom is well suited to our needs. It is warm and carpeted, and has terrific facilities including ramp access, adjacent car parking, toilet facilities, suitable furniture, storage space, data projector and wifi! What more could we want?

Finding a suitable space has been a challenge for some time.

Thank You Aparima College for your support. It enables us to get on with delivering the educative workshops we have on offer in a very comfortable and local setting.

See page 5 for more workshop information.



THE RUBBISH TRIP
Two No-Waste Nomads Talk Trash with People

Presents...

Reducing Our Household Rubbish:
The Zero Waste Approach

Tuesday 22 May 2018, 7:00pm
Riverton Environment Centre
154 Palmerston Street
Riverton

Supported by:

South Coast
Environment Society

What's the Local Buzz?

We're keen to hear and share what's going on in our greater local area to do with caring for our environment, be it currently or something in the planning stages.

The Coastline is a valuable means of sharing what's happening within our Community.

This month we have Aparima College telling us about their multi-purpose tree planting project being developed to be both educative and a new sustainable asset for the school and community. Good on the College!

We're keen to share other innovative happenings going on that benefit our Community and/or others can learn from. Farmers, do you have a special planting project underway? Business owners, have you improved your waste management practices? Or have you discovered a great energy efficient device, building material or some new means of recycling that you're happy to share?

Robyn Guyton is off to the Bay of Plenty this month to observe and learn while attending the annual National Permaculture Hui in preparation for it being held in Riverton over 3 days next autumn. It's great recognition for the South Coast Environment Society to be chosen to host the 2019 event. Robyn will also be tutoring some sessions. More about it next month when Robyn reports back.

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.

The Society has many other ongoing projects.

The Society is keen to welcome new volunteers and members. See back page for contact details.

Guest Writer **Suzie Best, Herbalist**

I've been involved with the Riverton Environment Centre on and off for some years.

I'm a traditional herbalist, and will be writing articles for the Coastline about different herbs providing an overview of history, growing, harvesting, culinary and medicinal uses.

Slowly, I've been adding to the range of organic culinary and especially herbs for health stocked by the Centre.

I personally grow and harvest a range of organic medicinal and culinary herbs locally which are available at the Centre from time to time.

You are very welcome to check out my Facebook page for additional information;

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

This month I'll talk briefly about **CORIANDER**;

History: This originally Asian herb has been used medicinally for 3000 years by the Romans and by the ancient Chinese for food preservation and treating food poisoning due to its anti-fungal and anti-bacterial properties, since backed-up by modern science.

Growing & Harvesting: The plant grows 30-60cm high and about 50cm wide. Plant seeds directly in-situ as seedlings hate being transplanted. Different growing conditions are required dependent on whether you are growing for leaf use – friable, rich, moist soil, good light but not full sun or seed harvest use – full sun, warm, and not too moist soil.

Use fresh leaves in cooking as usual, salads and especially Asian dishes, or dry in a cool dark airy place before storing in well-sealed glass jars and stored in the dark.

When the seeds have changed from green to brown or grey, cut down the plants and leave them in a dry airy place for a few days, then thresh the seeds off and leave spread out for a few more days until completely dry, then store in the dark. Most seeds are better stored whole and crushed immediately before using. However coriander is different as it's spicy aromatics actually improve when stored crushed.

Health Benefits: Coriander has too many uses to cover here, e.g. antiseptic, carminative, as an expectorant, a digestive stimulant or to reduce stomach cramps.

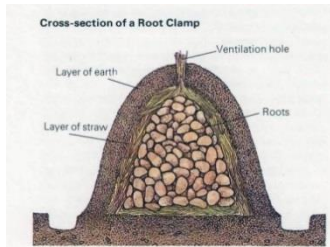
Culinary: The root can be eaten as a veg, the seeds to flavour liqueurs, baking and dishes, and the leaves in numerous ways. It's a warming spice used in curries and German sausage making. Enjoy using this versatile herb!

How to: Store Root Crops

Root vegetables keep for months if unwashed and stored in sacks in a cool dark space or a clamp is another traditional way to store root vegetables, such as swedes, carrots and potatoes, over winter.

To Create a Clamp

Select an area that doesn't collect or retain water. Place straw in a circle 15cm deep & 1.5m in diameter. Select perfect condition veges. Remove any green tops. Leave veges unwashed.



Create a stable mound with largest veges at the bottom and stack up to 1 metre high. Cover the entire mound with another 15 cm of straw. Then heap another 15cm of soil over top of mounded straw. Pat down with a spade to help rain run-off. Make a chimney hole in top & insert a clump of straw sticking out to ventilate & maintain correct environment. (Promptly eat imperfect veges)

When you need to use some of the stored vegetables, open up the mound from the top or side; take what you need before resealing properly.

Plant of the Month:

High (Tree) Mallow

This much maligned plant, seen everywhere in our village where it hasn't been killed with herbicide, is a very beautiful, useful plant indeed! Growing to a stately 2 or 3 metres, high mallow loves our maritime climate and sandy soils, though it'll grow anywhere its seed is scattered.

Tree mallow is distinctive, with its floppy 'fob's handkerchief' leaves and purple flowers. Many people regard it as a weed, because of its ability to keep growing in "waste" spaces, despite efforts by all and sundry to destroy it, and those who don't know of its usefulness as a food plant.

High mallow leaves can be added to soups to thicken them in the same way that arrowroot might be, and is free, providing you have some growing in your garden or neighbourhood. The seeds of high mallow are edible also, though not especially tasty, and are known as cheeses. They are enjoyed by children as a quick nibble and are interesting to study, fitting together as they do in a segmented pattern that's pleasing to look at.

High mallow is one of Riverton's distinctive wild plants and along with Echinus and Cape Honey Flower, they make our coastlines look more exotic than they would otherwise.

Creature of the Month:

Giant Willow Aphid

If you've noticed wasps, bees or flies clustering beneath your willow tree, the reason for their unusual behaviour is; the Giant Willow Aphid, newly-arrived in New Zealand and quickly establishing colonies from North to South, including here in Riverton.

These huge aphids suck willow sap like it's going out of fashion and attract sweet-juice-loving flying insects who congregate below, to enjoy the bounty of excreted "honey-dew" that falls constantly to the ground wherever the aphids are feeding. The willow trees seem to suffer only slightly, at this stage anyway, but the boost wasps get from the supply of sweet liquid is a worry and anything that encourages wasps should be looked at closely.

There are no known agents in New Zealand that attack the Giant Willow Aphid. Japan has had these aphids for a long time and has predatory wasps that lay their eggs inside the aphid soft body, where they hatch and eat out the sap-sucking insect from the inside out. In New Zealand, we don't have any such creatures, at least to these particular aphids.

We willow growers are watching these aphids very closely and hope to be part of developing a solution to their free-ranging sucking behaviour; if we do, we'll be delighted to let you know.

Recipe of the Month: Walnut Loaf

A scrummy vegetarian meal that, meat eaters may happily eat without realising it is meat free!

1 cup finely ground Walnuts
½ cup chopped Tomatoes
1 cup grated Cheese
1 cup Wheat Germ
1 tsp dried Thyme
¼ tsp dried Marjoram
1 finely chopped Onion
3 beaten Eggs
Sea Salt to taste.



(If using fresh herbs increase quantity)

Mix everything together well in a bowl
Tip into a greased oven dish & smooth.
Bake at 180°C for 30 minutes until set.
Serve with mashed potatoes and vegetables like a traditional meat loaf meal.

Make it your own – add grated parsnip, substitute rice flakes for wheat-germ to make gluten free, add some chili.

Be creative.

MAY Gardening with Robert

Not much to do in the garden, just at the moment. It's wet out there and walking on soggy soil is a gardening no-no.

If the rains that are persisting at the moment, clear, there will be opportunities to continue with relocating or dividing perennials, such as the delightful goldenrod, as there's moisture aplenty in the soil and cooler temperatures that suit lifting and replanting

Fallen fruits should be raked-up and collected before they provide too much nourishment for pests; wasps, rats or grubs that might develop into something pestacious. Codlin moth don't visit our Riverton forest garden, despite the 80 apple trees growing here, but are found elsewhere in Southland. Breaking their life-cycle by taking fallen fruit out of the mix is a very good way of at least reducing their numbers to the point where they are not a threat to your harvest.

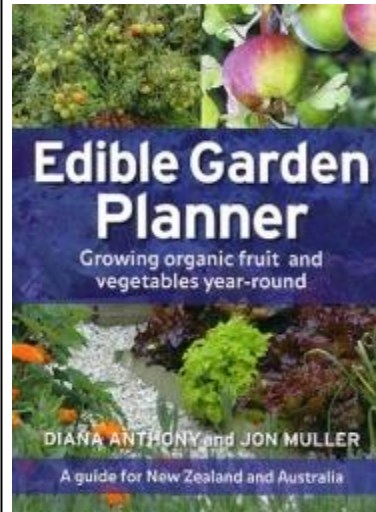
I'm burning small fires all about the place at the moment, consigning different scraps of this and that to ash that will feed the living plants over winter and improve the quality of the soil with the addition of charcoal. A partly burned fire is one the soil benefits from, as ash is water soluble and quickly used up, whereas charcoal and unburned wood stays in the soil for a very long, providing food for fungi or shelter for beneficial microorganisms.

Seaweed from the beach, draped around the base of favoured plants gives them an edge over the coming winter and provides a slow-release feed for them, one that also serves as a tonic during the challenging colder months.

From our Library Book Review:

Edible Garden Planner:

Growing organic fruit and vegetables year-round



Authors;

D. Anthony
&
J. Muller

Creating an edible garden doesn't take a lot of money and effort. Once you have a space for growing, you can get started with some basic tools and seedlings or seeds. You can grow edibles in an extensive raised garden, or simply in a pot on a deck.

Edible Garden Planner will help you to plan your garden over a year, making decisions easier and more effective. It contains a quick guide calendar, a planting calendar, storage methods, an A-Z to vegetable, herb, and fruit varieties.

The Edible Garden Planner will take the guesswork out of gardening, maximising your enjoyment of both the garden and its produce.

Bee Aware



Next Month - Our Annual Barn Dance is coming up

**16 June 2018, 7 to 9.30pm, Venue to be confirmed,
A Fun Night suitable for all ages – 3 to 93 year olds
Plenty of Dancing for all – No Experience Required!!**

Next Year - We're hosting the Annual National 2019 NZ Permaculture Hui!!!

**First time in 25 years it will have been held south of Nelson!!!!
Such an honour for Riverton. More info next month.**

Estuary Care Update:

Our group, once dynamic and expansive, has aged. In our early years, we held festivals, developed the wetland reserve at the edge of town and planted creeks and the estuary edge with gusto and great enthusiasm, but we've gone a little quiet on it now, as our members have approached or passed the "60" mark.

We need a revive and invite any and all younger "estuary carers" to join us in our new project; Connecting the reserve, Te Wai Korari, with the village, via a track that links to Bath Street. In order to do this, we need to enlist the help of the Department of Conservation and the QEII Trust through their energetic representative, Jessie Bythel who has offered to arrange the deal that would allow access through the DOC portion of the proposed track. The role of the Riverton Estuary Care Soc. Inc. members, old and new, would be to encourage Jessie and help with the development of the pathway.

As well, we'll be planting more native trees at the reserve, meeting occasionally and generally having more of the good times we have enjoyed over the past 15 years.

We plan to meet very soon, to hear Jessie talk about this project and you are invited and encouraged to come along and listen and meet the present Estuary care members (we're nice people). We'll meet in June with date still to be confirmed then advertised; **do come along**.

Education Update:

Now we have a workshops venue, we are reviewing the programme we offer. Please help us with our planning for this by telling us what topics you are interested in. You can do so and register your interest by completing our online survey at;

<https://www.surveymonkey.com/r/GN7G89N>

Some examples from our education series are;

[Living lightly workshop series](#)

[Native biodiversity workshop series](#)

[Bountiful backyards workshop series](#)

[Earth crafts workshop series](#)

After registering your interest, and there are several people keen on the same subject, we'll plan a workshop and you'll receive an email advising of the date and workshop registration process.

You can also request a workshop for a group of 6-12 to be held in Riverton on a date and time that suits your group. Plus, we can travel anywhere in Southland to run workshops at a time that suits you for a minimum of 8 attendees per course, or 12 attendees between two courses on the same day, e.g. 6 at one and 4 the other.

From the Archives: 10 Years Ago Look What We Organised!!!

2 Week PERMACULTURE DESIGN COURSE April 12-27 2008

Come on down to the pretty seaside town of Riverton for this two week intensive course, held for the first intensive course, held for the first time in Southland.

The course will focus on Southern NZ bio regions – the places where lemons won't grow out of doors!

All aspects of Permaculture are covered and you will come away with a Permaculture Design Certificate.

As part of the course you will visit a two acre 15 year old Permaculture food forest on the South Coast that will inspire you!



This was a big event for us hosting 14 attendees and 2 tutors for a two week course 10 years ago.

And now the **Good News is that we'll be hosting the Annual National 2019 NZ Permaculture Hui!**

Our People: Introducing Andrea McLaren

Andrea joined the Riverton community less than 18 months ago and already she's been volunteering at the Environment Centre for 15 months. She headed south from Taranaki to be nearer her son, daughter-in-law and extended family. She is deeply grateful for the welcome and support she received.

Whatever Andrea does, she does with energetic commitment and quiet passion. She has wide ranging relevant skills having lived in several parts of New Zealand fulfilling various roles including self-employment serving the public, living self-sufficiently off-grid and selling her produce, native nursery and organic gardening with a focus on companion planting, goat farming milking 80 does, kitchen work and café ownership with her son.

Andrea is a worker and a carer having stepped in when family child care has been needed and provided end-of-life care for four people near and dear to her. She's also been a trustee for a youth trust.

The focus for Andrea now is her family, her dogs and cat, and transforming her garden from polythene and stones to compost and produce surrounded by bee-friendly planting.

Andrea describes herself as a naturalist who strives to remember the power of good. This is clearly evident in all that she does to support the Environment Centre. Thank you Andrea.

Our Community: At The Movie - 'Living the Change'

We were very pleased to have had the opportunity to screen Happen Films marvelous and most recent full-feature film, "Living the Change" here in the Centre. We are happy also, that a good crowd of locals and near-locals turned out to watch. It was a great experience, seeing the stitching together of Happen Films short works, produced over the past two years, into the full length documentary of the state of the planet and what can be done to help.

Interviews with experts of all sorts helped to tell the story of environmental degradation and at the same time, snippets from the dozen or so mini-docs filmed around New Zealand provided ways to act and think in the face of the problems described by our water scientists, climatologists and engineers.

The balance was just about right and most of us went away feeling empowered and connected to the movement to change the direction humanity has taken, toward a more sustainable, inclusive, intelligent way of living.

Well done, Jordan and Antoinette of Happen Films; your hard work has paid off and sets the path many in this country will follow.

Our Committee: Is Keen to Welcome New Members

We are a very positive, proactive, co-operative team working together to make a difference. You are very welcome to attend our meetings. If you would like to become more involved we can co-opt onto the committee any time during the year. Presently we have vacancies due to maternity leave and people being away over winter. We're keen to welcome new folk starting now, this winter and spring. As a committee of 14, we need 6 people present to make decisions, thus it's not essential everyone attends every meeting but as a busy group we do need active participation to ensure success of our projects. Contact us about attending a meeting, usually 7 pm, 2nd Tuesday of each month, at the Environment Centre.

Or maybe join the SCES in some smaller way by helping out with a particular project.

Examples of projects coming up within the next 6 months, that we need help with are;

Earth Craft Day:	A mid-winter, have-a-go at traditional crafts day.
Open Orchard Project	* Annual Fruit Tree Sale * Grafting & Pruning workshops & working bees
	* 3 new Parks planted out – The Catlins, Northern Southland, South Otago
	* Applying for Research Funding to identify fruit varieties
Environment Centre:	* Applying for Operational and Building Development Funding * Volunteering in the Centre
Education Programme:	* Planning, Organisation and Implementation. Now with a room available at Aparima College we are launching regular workshop evenings, weekends and school holidays. We require enthusiastic volunteers to assist ensure success.

Aparima College New Tree Planting

Aparima College Tree Project began August 2017. The College was obliged to remove some trees adjacent to the river and the sports field, for health and safety reasons. We decided to utilise the project as an upskilling opportunity for students and staff, in tree propagation, project planning and management and to integrate different school curriculum areas through our 'real-life' need. Our belief is that students fully involved in the regeneration of the forested area are likely to be invested in the area for life. They can plan for, nurture and watch the trees grow throughout their lives.



Innovative Logo The project logo is the outcome of a school competition with joint winners, Olivia Black's and Brooklyn Hitchcock's designs being woven together, with the help of Mr Grimwood and Mr Buckley, to be used on signage and paperwork. The logo depicts a lightbulb that represents the roots of ideas that will lead to new life and growth, shown using a koru-shaped tree. Red is used as the colour of land and fertility, while green represents growth and new life, as well as being our Aparima College colour.



Student Participation Project Leaders, Year 9 students, Genna Woodward, Nicholas Mennell, Rose Winders and Kalani Grimwood, have been joined by Year 8 new recruits Tahla Ward, Madisyn Wills, Kaitlin Heath-Tree, Brayden Bevin and Kyren Tohiariki. They are gaining valuable hands-on experience of collaboratively working together consulting, planning, implementing and managing this 'real-life' project. The group is being actively supported by nine staff.

Late last year, Year 7 & 8 students presented their vision for the area including native trees, curving pathway, information signs, picnic tables, benches, a playground with a wooden four-turreted fort representing the four school 'houses', Ngapohatu, Oraka, Wallace and Longwood, and linking zip-lines and climbing walls.

Funding & Planning We applied to Fonterra and were given a generous grant from their 'Grassroots' Fund. We also applied to the Community Trust of Southland, and have been approved a grant towards the playground.

The Mathematics and Science departments are working on project measurements and materials. The student leaders are planning to visit local examples of innovative playground architecture to expand their ideas.

Hands-on Progress Tree clearing has been halted awaiting a chipper, first due last October, possibly not arriving until May. We had hoped to open up the area to local people for firewood, but, health and safety concerns ruled that out. In the meantime, we have been busy consulting local stakeholders and experts, creating a native saplings propagation area, learning about local ecosystems and erosion, investigating relevant tree species, and fundraising.

Community Involvement We are having conversations with the Runaka about the history of the area and respectful practices, with the Southland District Council, Riverton Community Board and Aparima Rotary Club, and with Robert Guyton and Jade Maguire about the most effective types of trees. Glyn from the Riverton Transfer Station has given advice and access to mulch, and local sheep farmers and shearers have given ideas about feeding the ground and suppressing weeds, potentially using dags and cotts. We do appreciate everyone who has given us advice and support so far. It is a huge learning curve, exciting for us all.

Seeking Support We are applying to the Treemendous Foundation, and, early next term, are hoping to get involved with the Trees that Count project in order to gain support and have our project documented as part of the nationwide tree-planting initiative.

We are very keen for community support and would be delighted to hear from anyone able to help, **particularly with project management and by providing and/or planting native trees**, when appropriate, during the Spring.

Please contact the school on 03 234 8900 or email lgrove@aparima.school.nz.

Lynne Grove
Chairperson, Aparima College Tree Project

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?

READER QUERY:

Hi, last year a friend who is about 65, gave me some tomato seedlings, the seeds had been handed down from his Grandfather he has no idea the name of the tomato, he called them Henry's tomatoes after his Granddad. His only description was, they are large with thin skins and dark red flesh, very tasty! They certainly lived up to his description! They were very fleshy not your usual round tomato and have very few seeds, about 12 If you need any more info just let me know. Cheers Lynette

**Does anyone
know this
variety?**



The Environment Centre Stocks:



**Herbs
&
Spices**

**Great Range
In Stock**

Our organic herbs and spices are now displayed alphabetically making it easier for you to find what you're looking for.

While Turmeric, Cinnamon and Basil are our biggest sellers we have many others to choose from.

Come in and check out our organic range so you can create your own specialty dishes and teas.

Please send in your Readers Patch contributions by the third 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

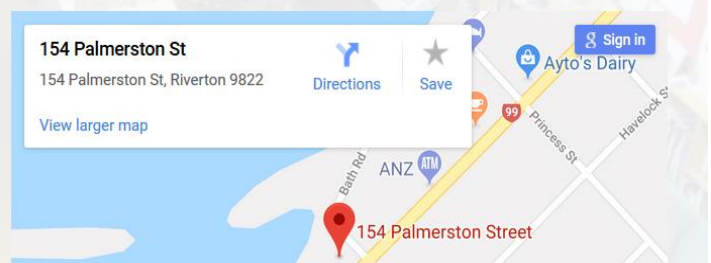
Visit the Environment Centre

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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