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# COASTLINE

Sept  
2018

| <b>In this issue:</b> |  | <b>Time for Change</b>   |   |                |                          |
|-----------------------|--|--|---|----------------|--------------------------|
| Page 1                | Time for Change<br>Dates to Diary  | <p>Our Riverton Environment Centre is becoming increasingly busy. Day-to-day operations have outgrown present systems and staffing. We are currently revamping, upgrading and applying for funding to help us meet our ever growing demands!</p> <p>Owning our building, and saving us monthly rental costs, has enabled us to budget for some extra paid roles to lighten the load for existing staff members, Karla in the office and Robyn managing all aspects of our projects, PR, personnel, funding and compliance.</p> <p>We are very pleased to welcome Sam Grayson as our new Office Administrator for 10 hours a week. Sam will be taking over some core functions such as management of the volunteer roster, responding to mail orders, updating data bases and will run the office on weekdays when Karla is away. Together Karla and Sam will review and streamline all office systems to maximise efficiency and readiness for the growth we are experiencing.</p> <p>Also we are delighted to have Anna Robinson join our staff team for a couple of hours a week as Display Co-ordinator. Anna is in the process of revamping the Centre layout and ensuring window displays are ever-changing, eye-catching and relevant.</p> <p>Plus we are fortunate to have Anna Cannon joining our staff team, working as and when necessary, to take over organising events.</p> <p>Robyn will continue to manage all others aspects of the operations but with greater time to focus on building the capacity of the SCES to meet the ever growing demands.</p> |   |                |                          |
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| Page 7                | Education<br>Opportunities<br>Yesterday, Today,<br>Tomorrow                            | <b>SEPTEMBER</b>   | <b>DIARY for September</b>                | <b>OCTOBER</b> | <b>DIARY for October</b> |
|                       |  | 11<br>Tuesday  | SCES Committee Meeting – Pg 6             | 13<br>Saturday | Grafting workshop        |
|                       |  | 22<br>Saturday   | Eco-Fest – Pg 3                           | 23<br>Sunday   | Forest Garden Workshop   |
| Page 8                | Readers' Patch<br>EC Stocks – Daltons<br>Organic Products<br>Contact Us Details        | 23<br>Sunday   | Seed Saving workshop<br>Grafting workshop | 10<br>November | Forest Garden Workshop   |

## Time to Become Involved?

It's an absolutely gorgeous spring morning. The mist is lifting and the estuary waters are glistening. We live in a superb part of the world!

It's definitely time to get out there and start doing whatever excites you for the new season ahead. If sustainability, resilience and our environment are important to you then go on, become involved with the SCES. There's plenty going on.

Our SCES offers a very wide range of services and operates very frugally thanks to the skills of the team and the tremendous service of so many skilled and dedicated volunteers. To meet the increasing demands, changes are necessary as outlined on the front page.

The Environment Centre has lots going on; new produce arriving in, new shelf items (have you tried the Hemp Oil – delish!), improved layout, better signage, full window displays and more staff hours to assist with the ever growing request for services.

Robyn and her team are full-on revamping administration systems (front page), ensuring the Seed Savers group is sorted for the current season (pg 3) progressing various projects (pg 6), developing Education opportunities (pg 7) and planning new sprouting kits – have you got spare jars (back pg)?

The Spring Eco Fest is on in Invercargill on 22 September during Conservation Week – more detail pg 3 and the local Community Garden would welcome your support (pg 6).

Things happen when we all work together to make a difference so give it some thought. Is it time for you to become more involved?

**Wendy Joy**

**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.

## Hosting Our Northern Guest -

**Derek Craig**

**Kaipatiki Environment Centre, Auckland**

The Riverton Environment Centre hosted Derek for a 3 day visit last week. As Restoration Manager for the Kaipatiki Project his main responsibilities are to manage plant production in their nurseries and oversee restoration activities in the community. Derek was particularly interested in visiting the Otatara Community Nursery with Chris Rance and our Heritage Orchard Project.

The tour of the region's heritage orchards, was an experience of deep interest to him. Derek is a member of the Auckland Tree Crops and he's a bit of an expert in the field having researched heritage fruits and vegetables as part of his former work as gardener for the Howick Historical Village.

Our team did all they could to show off the special local character and projects in Riverton and across Southland. At the end of his 3 day stay, Derek professed to be mightily impressed. As he'd been in Robyn's company for much of that time, his head was buzzing with the excitement of everything happening here in the south.

Derek shared some of his learnings as a "historically-correct" gardener at an evening meeting at the Environment Centre and illustrated his talk with images from his studies. He shared some very interesting information and statistics on the origins and diversity of fruit and vegetables available to New Zealand's early settler gardeners which generated discussion and much swapping of facts and opinions.

Derek also met with various Southlanders working in and around the Centre and visited the Community Forest Garden, the Riverton Heritage Orchard and the Guyton's Forest Garden. Plus he enjoyed the local cafes and the estuary wetland walk.

His time here was so busy it is highly likely that he slept on his return flight home. He no doubt had much to report back to the Kaipatiki Environment Centre folk. Their work is similar to ours, though without a main-street "shop". Their focus is more on producing plants for projects in their area.

As reported in our July issue, the Government is supporting greater collaboration between NZ Environment Centres, to encourage sharing of ideas, skills, and awareness and to support groups to make a difference by way of practical community driven environmental projects. We are now looking forward to staff member Karla heading off to Tauranga to find out about their activities, in particular their Sustainable Backyards project and to share her learning and experiences.

## Southland Seed Savers Update:

With Spring now upon us, it's seed ordering time again. We hope you will be tempted by some of the treasures we have available in **this year's catalogue, now online at <http://www.sces.org.nz/southland-seed-savers/grow-for-southland-seed-savers>**

Our Seed Saver group has decided to refresh our focus on developing a vibrant collection of seeds that will thrive in the Southland bio-region. We will be actively seeking seeds of food plants that Southlanders have grown successfully as well as rejuvenating the collection of seeds originally grown and saved over many years by our 1999 founder Henry Harrington (d.2010). Listen to Henry in this recorded interview: <http://www.worldcat.org/title/interview-with-henry-harrington/oclc/156397902> . We will also be looking further afield for varieties, which may be suited to building food resilience, to trial here.

**Our catalogue lists seeds available to all members. Please check it out to make your selection.**

More precious seeds requiring specialist attention to successfully grow and bulk up for the collection are not included on the catalogue list. **If you feel confident that you have the specialist growing skills, then please let us know and we will be happy to share our more precious seeds with you.**

If you live in Southland and would be interested in being a contract grower of heritage seeds please let us know, as this is a direction we are interested in pursuing. As always, we welcome any seeds that you have to share, especially if they come with a story (we love seedy stories!)

**Nick Kidney, Seed Savers Team**



# SPRING ECO FEST 2018

*Theme: Climate Change - YOU can Make the Difference!*

**Where: Invercargill Workingmen's Club, 154 Esk St**  
**When: Sat 22 Sept from 10am-3pm**  
**Entry fee - Adults \$2.00, Students gold coin, under 5's free**



*Sponsored by Forest & Bird and former Environment Centre supporters*

## September Gardening with Robert

With the soil warming and daylight hours increasing, there's a lot of action in the garden, both from plants and gardeners. The most popular activity at present seems to be seed sowing, indoors on window-sills, under plastic in hot and tunnel houses, under glass in the form of cold-frames or cloches set out in the garden to give seeds a bit more heat than they'd receive in exposed soil and even straight into the soil, in the case of beans and peas that don't need a lot of heat to get started.



Pre-warming garden soil by covering with clear plastic or glass in the form of second-hand windows in the form of a tent, gives the usual vegetable seeds (lettuce, silver beet, spinach, cabbage, cauli and broccoli) a boost and also keeps any hungry birds away during the sprouting stage.

Many a dining room table or lounge window sill is presently supporting collections of tomato, pepper, pumpkin and cucumber seeds, in pottles and trays, getting a very early start on the growing season, nurtured by enthusiastic gardeners who want to be quick off the blocks with their favourite crops and avoid having to buy them in as seedlings from the garden centres.

Many wives are grimacing in fear that the lovely surfaces of tables and sills will be ruined as the seedlings are watered, but it's hard to say no to a determined grower who's reputation depends on the size and early appearance of his tomatoes.

## Creature of the Month: Stick Insects

In Spring you may find tiny twigs appear in your foyer and they weren't blown there by the wind; they walked!



Juvenile stick insects, so small they can barely be seen. They favour the warm and sheltered entrance to our house and hang around there for days before disappearing, somehow, to some other place; they may walk off, or perhaps they are eaten by the same birds that feed on the small spiders that make their webs under the roof of the veranda, we just don't know.

The tiny sticks are pale green and look like they could do with a good meal meaning the porch isn't the best place for them, having nothing in it favoured by hungry stick insects that eat vegetation. Perhaps that's why they don't stay in the shelter long, but head out a metre or two into the shrubbery where they'd find something to chew on. We find very big stick insects out there occasionally and those look fully-fed although the occasional fat-bellied female will have gotten that swollen-bellied way by falling pregnant.

On one occasion, we discovered a shrub, I think it was a native korokia, completely covered in stick insects and while that was exciting for us, I believe it bode poorly for the bush, as large populations of stick insects indicate a plant's poor, even terminal, state of health, I have read. The Maori name for stick insects is "ro" and their name for digging stick is "ko". I sense a connection but am not quite sure what it is. Robert

## How to: Clean Your Home Naturally

Along with your Spring clean of your home, how about doing likewise to your cleaning cupboard and shelves?

Start by:

1. 'Recycling' or using up any cleaners that contain chemicals or are stored in plastic
2. Replacing with any of these from your kitchen pantry: Baking soda, white vinegar, lemons, cornflour, vegetable oil, salt, lavender and rosemary from the garden (easy to grow) & laundry washing soda (available from the EC)

### THREE CLEANING "SUPER HEROES"

- Baking soda is alkaline preventing bacteria growth plus is good for scrubbing sinks and toilets.
- White vinegar is acidic preventing bacteria growth - great for preventing shower mould & as a window cleaner.
- Washing soda is a fabric softener - add some into your wash along with your usual cardboard box bought laundry powder and you'll find you'll need to use only ½ the amount.

The Environment Centre has information sheets about the 3 "Super Heroes", available for 30c each. We also stock a \$5 Cleaners Poster about how to use these and other natural, safe products.

## Plant of the Month:

### Flowering Currant

Flowering currants are covering themselves in blooms right now. They're an early flowerer, from a bee-keeper's point of view and supply nectar at around the same time as the earlier plums which are doing the same.

Many gardeners dislike flowering currants, believing them of significantly less value than the edible currants due to the inedibility of their fruits. It's true, the seed-packed currants are nowhere near as enjoyable as the cultivated red, white or black currants, but they're not impossible to eat, especially if you're very, very hungry.

It's their early-flowering habit that makes them appealing; they please not only the bees, but also garden owners who welcome flowers of all sorts after the winter season. There is a range of colours amongst the flowering currant varieties, all of them pastel shades of pink, white and purple (I'm guessing a little here, being somewhat colour-blind).

Flowering currants are very easy to propagate; seeds are easy to collect, and strike readily. Taking cuttings though, is the favoured method for expanding a flowering currant collection; hardwood cuttings taken during the winter and pushed into the soil will root successfully even for the beginning propagator.

**Robert**

## Recipe of the Month:

### Raw Protein Bars – EC volunteers have enjoyed these delish treats courtesy of Michele Horwood.

Pulse together in a blender until well combined but not fine

- 1/3 cup almonds
- 1/2 cup pitted dates
- 2 tbsp Chia seeds
- 4 tbsp Pumpkin seeds
- 4 tbsp Sunflower seeds

Add

- 3 tbsp agave syrup
- 3 tbsp almond milk
- 1/2 tsp vanilla extract
- pinch of fine sea salt
- 1/3 cup cacao powder
- 2 tbsp coconut oil, melted
- 3 tbsp protein powder of choice if using

Spread out onto parchment or in a rectangular silicon tin, using a spatula or your hands. Chill in the freezer until set.

Drizzle with melted raw chocolate and decorate with more nuts and seeds if you wish. Slice into bars and enjoy!

Of course you can vary the nuts and seeds and possibly add dried fruit such as apricots and gojo berries, if you wish. Enjoy!

## Herb of the Month: BASIL (*Ocimum basilicum*) by Suzie Best - Herbalist:

Basil has been traditionally used as a culinary herb, but does have medicinal properties.

Plus you can grow it on the windowsill to deter flies or insects.

**Do not take medicinally if pregnant.**

### GROWING, HARVESTING & STORING:

Basil grows easily from seed in warm climates, but does not tolerate cold so grow indoors in Southland. It likes to be moist, but not wet and should never be allowed to dry out. Pick off top shoots to encourage bushing and prevent tips flowering. Start harvesting when the plant reaches 15cm.

Pick and use fresh or store in an air-tight container in the fridge for few days. Try freezing in ice cubes trays for longer storage, thawing before use. Basil can be preserved by putting leaves in a clean dry jar with half a tsp salt, covering with olive oil which will infuse the oil with basil flavour. If storing dried, use dark coloured jars & keep out of light.

### CULINARY & MEDICINAL USES:

Best with tomato dishes, also works with most vegetables, mild tasting fish, chicken, eggs and in rice dishes.

Medicinally, basil is calminative and antispasmodic, with sedative properties. It is best used as a fresh infusion or pre-made tincture. Use for stomach cramps, nausea, vomiting. Has fungus fighting and anti-bacterial properties and if placed on the skin, helps clear up acne. Mild sedative action induces calm, aids sleeping, eases migraines or headache. Basil oil relaxes muscles. Use as a steam inhalation to restore smell and clear head.

**NOTE: CULINARY or MEDICINAL Basil is available in the herbs/spices section at the Environment Centre. If you wish to grow them, the seeds are in the Kings Seeds range instore.**

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## Our Community: The Riverton Community Garden

The Riverton Community Garden is just that; a Community Garden there for the benefit of the community. If you would like access to a garden but it's not practical to create the space at your place then here is an opportunity for you. Plots are available for individuals and groups for independent or shared use. And there is need for more volunteers to help out doing a weekly general tidy, weed, etc.

The Riverton Community Garden group started in 2015, to create a hub where the community (young and old) could come together and grow vegetables for themselves and those in need.

Co-ordinator, Lacey Janssen says the garden is becoming well established now, with 16 garden beds, a tunnel house, seating, chicken house and run, garden shed and fruit trees. Produce from the garden and fresh eggs are sold from the on-site stall on Leader Street, directly across from the Riverton Primary School.

Funds from sales are used to purchase chicken food, fruit trees (for the orchard being established) seeds for the next year and fertilizer. Grants are applied for, for the more costly items such as the tunnel house and watering systems. The group is very grateful for the support received from local businesses, Rodney from Pankhurst Sawmilling, Ayto's dairy, DT Kings which helped establish the essential infrastructure. The Environment Centre supports the group in an advisory role and by selling surplus seasonal produce.

If you would like to 'adopt a bed' (i.e. have use of a bed for a season at no cost other than supplying your own plants & seeds and keeping your bed well maintained) either for personal use or to help people in need, or you can help out, please contact Leith Gideon: [leithgideon@gmail.com](mailto:leithgideon@gmail.com).

## Our Committee: Your Committee Needs YOU!!

Things are getting exciting in our Society with many projects set to move to the next level.

We wish to welcome more proactive can-do, will-do people to join our committee or be part of one of our project teams supporting and working with Robyn and her team. Many hands make light work and will make a difference in the rate of progress.

Be part of our Society as we move forward in leaps and bounds. It's starting to feel like we are at the tipping point, where we are now able to activate our detailed project plans with funding support after several years of planning and 'dreaming it is possible...'

### Some project examples are;

- Cool Temperate Heritage Vege Seed Enterprise, both for our own resilience and eventually selling seeds to the northern hemisphere's large cool temperate region.
- Heritage Orchard Park Heritage Trail and all the seasonal events that go with the parks, for the local communities to connect and celebrate.
- Longwood Mountains Resilience Loop – to re-localise and reinvigorate depressed areas by way of an electric passenger and freight transport link to support local industry and resilience, e.g, if 100 dozen eggs are needed per week within the Loop area, they are sourced and transported within the Loop with the money going back directly to the local suppliers
- Nursery Enterprise selling heritage trees to NZ and the niche market selling heritage fruit throughout NZ and maybe the world
- Southland Heritage fruit enterprise: apple pies, apple cider, apple cider vinegar, apple chips, pear sponge pudding etc. sold though out NZ

**What is a social enterprise business?** By selling goods and services in the open market, social enterprises reinvest the money they make back into their business or the local community. This allows them to tackle social problems, improve people's life chances, support communities and help the environment. So when a social enterprise profits society profits

***“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed it's the only thing that ever has.”***

*Margaret Mead 16.12.1901 – 15.11.1978, Cultural Anthropologist.*

### **Come and join us and help make the changes happen!!**

Next Committee meeting; Tues 11 Sept 7pm Environment Centre, 154 Palmerston St Riverton; New Members Always Welcome.

# SCES Education Opportunities – Yesterday, Today and Tomorrow

Education for children and adults has always been and always will be a key focus for the SCES.

Our vision is of a sustainable, resilient Aotearoa/New Zealand. The displays, information and resources in the Riverton Environment Centre aim to be inspiring and enabling. The Centre has been promoting sustainable lifestyles and eco-friendly choices since 1996.

Education is therefore integral to what the SCES has to offer.

We have been running workshops for over a quarter of a century, i.e. before the Centre was established, all over Southern NZ from Stewart Island to Christchurch, in Nightcaps, Te Anau, Alexandra, Queenstown and even in Paradise!

We go when groups ask us and run workshops in their local area. It is what we like to do to share our skills. It may be Tanya and Jude doing crafty things, Peter Aalders building a cob oven or keeping bees, or Robert and Robyn covering all things plants or simple living.

Now that we are fortunate to have the use of a very suitable classroom at Aparima College we are beginning to proactively schedule classes. It feels a bit daunting putting dates in the diary, on our website and Facebook page, and emailing out via our data base to let people know well ahead about planned education workshops or courses but that is the next step in the development of our education programmes.

Interested people from all over Southland, NZ and the world will be able to look on line and plan to be in Riverton on e.g. the 10<sup>th</sup> of June 2019 to attend a Felting class in the morning and Making Your Own Skin Care Products in the afternoon.(example only).

In addition we are working on the educational video clips available on line about back-to-basics skills, as mentioned in our August Coastline.

It's all exciting and a bit scary all in one. We are committed to following through and hope you will take up the opportunity to participate in one of our workshops or if you have a sustainability related skill you would like to share and teach, contact us and maybe you could be a leader for an existing or a new workshop on offer.

## Our First Scheduled Workshops are:

**Sun 23<sup>rd</sup> Sept** 10.30 -12.00 pm **Seed Saving** followed by

**Sun 23<sup>rd</sup> Sept**, 1.30 - 3.00 pm **Apple Grafting**

**Mon 8<sup>th</sup> Oct** 7 pm, for 9 weeks **The Bountiful Back Yard** series

You choose to come to any one ...or come to all. Check them out at;

<http://www.sces.org.nz/store/doc/Bountiful-backyards-BROCHURE-2017-final.pdf>

**Sat 13<sup>th</sup> Oct** 10am – 12 noon **Apple Grafting**

**Tues 23<sup>rd</sup> Oct** full day **Forest Garden workshop** (Number 10 in The Bountiful Backyard series) &

**Sat 10<sup>th</sup> Nov** full day **Forest Garden workshop**

And more to come ...

**More info/to book go to:**

<https://bookwhen.com/workshops-current>

**Ask to be on our education database** [education@sces.org.nz](mailto:education@sces.org.nz) or check out our website or Like our Facebook page. <https://www.facebook.com/rivertonenvironmentcentre> and tell us what other course, from any of our Education Series on our website, you would like to attend.

## Readers' Patch

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, we will be happy to include your item. If Selling goods or a service and you make a sale, a donation to the SCES would be greatly appreciated.*

### Service Available:

**'The Bee Man'** has now got an Apiary Training Site in Riverton. If you would like to learn how to keep and manage a hive here's your chance. Lessons will be held throughout the year, at \$25 each.. Contact Geoff 028 402 4852 or email: [dronep1650@gmail.com](mailto:dronep1650@gmail.com)

**Wanted by the Riverton Environment Centre - Large Agee Jars** for making up sprouting kits. We can pay \$2 each or would greatly appreciate donations to support our projects.

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: Daltons Certified Organic Products



Compost



Sheep Pellets



Potting Mix



Seed Raising Mix



Vege Mix



Moon Calendars \$5 each



Niwashi garden tools from \$28

## 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](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)



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