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COASTLINE

Feb  
2019

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**Two Day Festival and National Conference!**

We have 2 teams of volunteers helping to organise our 2019 Heritage Harvest Festival and the NZ National Permaculture Hui, i.e. venues, speakers, displays, catering, parking, camping, entertainments etc etc. It's already February; not long now until late March when the two events begin to get underway. Feel free to join one of the teams!

The Harvest Festival is well known to Rivertonians and to people further afield, having been held annually for a decade and attended by locals and people from well beyond. The popularity of the festival has brought a lot of recognition to our little village, featuring in a number of magazines, on television and YouTube on several occasions. The friendly atmosphere and popular activities make us as organisers very proud. We're looking forward to that atmosphere again 30 and 31 March, this year.

The NZ Permaculture Hui, usually held in the North Island, is something of an unknown for us locally. At least half of the expected 200 attendees will be coming from outside of the South Island, according to registrations already received. Although the term, 'Permaculture', is fairly new for Southland, i.e. living sustainably for a better future for all, our province is well known for doing just that.

With what Southland has to offer by way of local food, entertainment, location, speakers and visits, we believe we will wow the off-islanders spectacularly, not the least being the same warm and welcoming community that makes the Harvest Festival such an attraction. The hui runs over the 3 days, 4-7 April, and will hopefully coincide with mainly fine weather.

Dates to Diary:

Feb	Check our website or facebook page for Workshops & Forest Garden Tours
Mar	30th & 31st Heritage Harvest Festival
Apr	4th (3pm) to 7th (3pm) NZ Permaculture Hui

## Welcome to Coastline 2019

Already there is plenty going on. Summer visitor numbers are up, new stock is arriving, new volunteers are coming in and planning is well underway for the March Harvest Festival & April Permaculture Hui.

In this, our first 2019 Coastline, we're introducing a hint of a political note by way of Pleasance Hansen, our Deputy Chairperson, providing lesson 101 about the United Nations 17 Sustainable Development Goals. In future, Pleasance will expand on each of the goals and their relevance to our SCES.

On page 4 we introduce Tomatillos. I first came across these little gems last summer, when Rebecca, a woofers grew them locally. They were deliciously fresh, versatile and healthy so this year I've grown some from seed. They're not yet bearing fruit and the early January cold winds traumatised them somewhat but I'm still hopeful there will soon be fruit to enjoy.

Check out this month's 'How To' on page 5. Longtime SCES member Peter Aalders tells us about a grand protective growing tunnel - great for a wide variety of plants from berries to small fruit trees. In our Seasonal Recipe slot, page 5, I'm sharing some rhubarb usage ideas. Sorry the quantities are not exact. You can experiment to get the flavours you enjoy; orange zest is great, as is vanilla, star anise, cinnamon, rosewater and very dark sugars. The Southland Rural Women will have more rhubarb ideas during their hands-on workshop at the March Harvest Festival.

Be sure to go online for more HHF info.

**Wendy Joy**

**Coastline Production Co-ordinator**

The South Coast Environment Society Incorporated (SCES or The Society) 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 a project of the Society. Volunteers open the Centre for the public 40 hours a week. The displays, information and resources are designed to be inspiring and enabling, incorporating a blend of traditional ways and new concepts to give people more earth-friendly options in their daily lives

## Guest Writer, Pleasance Hansen Introduces the Importance of the UN Sustainable Development Goals to NZ

The United Nations 17 Sustainable Development Goals were developed in 2015, to build on the UN's Millennium Goals. They were drawn up when Helen Clarke, our ex- Prime Minister was responsible for the United Nation's Global Development Programme. They've been developed to address every major issue on the planet today!

Significantly for us as New Zealanders, they're also an integral part of our current coalition government's internal governing arrangements, with the 17 Sustainable Development Goals forming the major plank for the Green's Confidence and Supply Agreement with Labour. In effect this means that Labour has agreed to support the Green's commitment to these planetary goals, in exchange for the Greens ensuring enough votes in the house to enable Labour to govern. This puts the Sustainable Development Goals at the heart of our government, and keeps the planetary perspective to the fore.

So what are they and what do they cover? They range across every issue facing us right now, from climate action and the reduction of poverty and hunger, to the desire to achieve gender equality and decent work for all. Altogether they provide a new blueprint for humanity which shows us what's possible. There's also an unofficial 18<sup>th</sup> Goal, possibly the most important of all?

1 No Poverty	2 Zero Hunger	3 Good Health & Well Being
4 Quality Education	5 Gender Equality	6 Clean Water & Sanitation
7 Affordable & Clean Energy	8 Decent Work & Economic Growth	9 Industry Innovation & Infra-structure
10 Reduced Inequalities	11 Sustainable Cities & Communities	12 Responsible Consumption & Production
13 Climate Action	14 Life Below Water	15 Life on Land
16 Peace, Justice & Strong Institutions	17 Partnership for the Goals	18 Love & Joy in all we do!

Next month I will begin expanding on each of the individual goals

**Pleasance Hansen**

## February Gardening with Robert

The early January rains, cold temperatures and gale force winds set garden progress back significantly! My tomatoes, growing outdoors got battered and didn't grow a centimetre during the cold spell. No water problems though as there were this time last summer! I'm hoping now that they can cope with the extreme hot weather we're having!

My summer squash too, went into hibernation to survive the wintery interlude. They started off well, in the tunnelhouse then carried on strongly when planted out into the open sunny spots, but they made no growth during the chill. Now the soil and air has heated up significantly, I expect they'll race away and throw out tendrils and flowers galore. My beans too, the ones I got from the Environment Centre's experimental collection, got off to a flying start under the cover of plastic, transplanted successfully and had begun climbing all over the place until things became rough. They're pretty robust though, and should come away fine. My various corn plants too; Painted Mountain, Peruvian Black and Blue Hopi, are very grateful for the hot weather change; the black variety in the tunnelhouse is already at roof height and didn't miss a beat throughout the storms, as you might expect; no ears yet, but looking strong.

The lamb's quarters I was given when visiting the Wairarapa survived the plane trip and transplanting well, and is bolting away – I plan to let it go to seed understanding that then you can't get rid of it, and that's just what I want; a delicious, health-giving vegetable that runs amok in the garden – sounds perfect to me! I've not yet tasted it, so am relying on the winning experiences of others; time will tell.

## Southland Seed Savers Group Update

### Many More Savers Now; Still Room for More!

It is great to see over 60 people are helping to trial the bean and corn collection in southern NZ. We are looking forward to hearing back on which varieties suit our region so we can include them in our living seed collection. Once you have harvested the seed please email us with your results; [seedsavers@scs.org.nz](mailto:seedsavers@scs.org.nz). Eat some, keep some to sow next year and post some back to us (please do make sure you name them well).



Two Edendale Nursery employees took away many of our expired seed varieties to see if they were still viable. They brought back the young plants successes and the tags in front of empty soil indicating the failures where nothing grew. That was a great help to us. We are raising those seedlings to collect fresh seed and have composted the un-viable seeds. The employees enjoyed it so much they asked their manager if they could have a little area set aside in the Nursery to support our project and the management said yes! That is wonderful support. We have another batch in the post to them of our older rarer seeds. Our thanks to the management and the 2 employees of Edendale Nursery. If you would like to become a member and help us keep our collection young and viable, it costs \$5 and there are many seeds you can plant now for harvesting in winter.

## Open Orchard Update

### Join Your Local Team!

Robyn has just completed a manual for the Heritage Orchard Parks. An individualised version will be produced for each of the parks with a copy to be given to each 'Friends of the Orchard Parks' team when Robyn next visits.

The manuals are in a ring binder folder and include the history of each project, 'what to do' during each seasonal working bee and the full information needed for caring for their specific trees. Plus the back sections are the 'living pages' specific to each park; their areas, early settlers' stories as they are recorded and the stories of their fruit varieties as they are identified.

Once enough of this information has been gathered, we will create an electronic and printed brochure for each park. If you would like to be part of the team caring for an Orchard Park near you or one your ancestors were associated with, contact us and we will put you on our quarterly mailing list for that orchard. (You can belong to as many as you like), Email us [openorchard@scs.org.nz](mailto:openorchard@scs.org.nz) Let us know if you would like to help us with the early settler research.



Although we missed out on getting the funding for the DNA fingerprinting this year, we are getting advice from the Ministry this week to ensure our next application is perfect so we can be successful in the 2019/20 funding round.

## Plant of the Month



### Tomatillos - Refreshing Little Gems

These low sprawling plants, grow two to four feet in height bearing small firm green tomato-like fruit inside papery husks. They produce high yields, seldom require staking, set fruit faster, and are more cold tolerant than tomatoes but probably still better to plant in a hot house or a very sunny sheltered site. For a good-sized crop, plant two or more together to encourage cross-pollination.

When the fruit matures the husks begin to dry, split open and fade from green to light brown. They can be harvested still immature, with a slightly tart flavour.

Tomatillos contain less sugar and are nutritionally more dense than tomatoes. They are packed with unique phytochemicals and flavonoids, are rich in fibre, have good amounts of vitamins C, A, K, niacin, potassium, manganese, and magnesium. Tomatillos also contain unique antioxidant phytochemicals called withanolides, which have been directly linked in several studies to anti-cancer and antibacterial roles.

They can be eaten like tomatoes and give the "piquant" flavour to Mexican cuisine. Their slightly acidic taste makes them perfect raw or cooked, in salsas, sauces, or even jams. Slightly immature green fruits are used in traditional salsa verde. Diced raw they add a refreshing citrusy hint to salads. They go well with onions, coriander, chili peppers and garlic. When more ripened they can be added to slow cooking dishes.

Tomatillos store well in the fridge for 3 to 4 weeks in a paper bag, with husks on. To keep longer-term, they can be frozen - very versatile little gems. **Wendy**

## Spice of the Month

### Cinnamon: *Cinnamomum Zeylanicum*

by Herbalist Suzie Best

*History:* Native to Sri Lanka, Southern India and Malaysia, it is now cultivated further afield.



It has been used as an aromatic perfume and holy oil since Biblical times. Hippocrates really expounded on its medicinal uses from around 500 BC. It was so valuable that the Portuguese occupied Sri Lanka in the 1500's for its cinnamon. And in the 18<sup>th</sup> Century the Dutch did likewise.

*Growing & Harvesting:* The plant can only be grown in hot, humid tropical areas of the world. As the bark stripped off the trees dries and rolls up imitating a quill, pieces of bark are often called "quills".

*Culinary & Medicinal Uses:* Able to be purchased in sticks of dried bark or as ground powder, the spice loses its pungency quickly when exposed to air, so it is best kept in screw-top glass jars. The flavour and aroma is exacerbated when ground, so use bark sticks for a milder concentration.

Medicinally, it is used as an astringent, carminative, and is particularly helpful in a warm drink for soothing colds and sore throats. Having antibacterial and antifungal properties, it is also useful in steam inhalation preparations. It is a digestive aid that can bring quick relief to stomach upsets and diarrhoea. It is also known to stimulate the glandular system strongly when taken internally.

Culinary uses can be sweet or savoury. It is used in a lot of Middle Eastern dishes and also in mulled wine

Organic ground cinnamon and quills can be bought locally from the Riverton Environment Centre. **Suzie**

## Creature of the Month Ladybirds Everywhere!!!



The reason for the abundance of the little red-with-black-spots winged beetles flying and crawling everywhere escapes me; I even met a swathe of them crawling on driftwood on the beach; ladybirds on the sand! I'd have thought it too salty for insects more commonly found in leafy gardens. 40 years ago, when I was a university student exploring a very old stone library. I found a small high room was alive with the 2-spot ladybirds; the same that I see this summer. I reasoned they'd been hibernating and the warmth of the day had aroused them. Though I wasn't certain then or now. Perhaps a wise reader might be able to tell me. In any case, it was and is marvellous to see.

You can catch ladybirds and set them loose on your aphids. The adult beetles and their ugly nymphs eat aphids with gusto and so tidy up your roses and brassicas, for free. And no need for you to adopt protective clothing. Pesticides are unnecessary when there are perfectly effective natural insect control methods available. Absence of ladybirds in your garden, maybe due to use of sprays. Stop spraying and they'll return or you may need to buy-in some available in NZ by ordering from producers. Alternately, net some when next you see a swarm, wherever that might be. **Robert**



## Seasonal

### Using Your Rhubarb Harvest



Our rhubarb crop is prolific this year. Wishing to avoid waste, I've been expanding on the ways to make good use of it, so here are a few ideas;

#### Oven Bake

Cut into 2 to 3 cms lengths, spread out on a baking paper lined large dish, e.g. roasting dish, and sprinkle with dark sugar and drizzle over oil of choice, e.g. macadamia nut/rice bran. I also added some apple syrup. You could add other flavourings of choice. Toss around a bit then slow roast until soft, about 40 mins. I put it into our wood stove oven at 150°, and left it overnight as the oven cooled down.

Next morning it was nicely caramelised. Use as you wish - chop into a muffin mix, top off your breakfast bowl, add to baked pudding or cake recipes, use as ice cream topping, or enhance yoghurt. Yum!

#### Rhubarb Square

Use a Louise Square recipe and spread with rhubarb instead of raspberry jam, ensuring the rhubarb is relatively dry so as to keep the base firm. Superb!

#### Rhubarb & Strawberry Spread (like jam)

We've had a generous strawberry crop so I oven roasted 50:50 halved strawberries and rhubarb, similar to above though without the oil and for only 20 mins at 170° with fan.

I then diced the fruit a little, retaining all juices and put all into a pot, adding more dark sugar until desired sweetness (still with a tang - that's rhubarb!) and some rosewater, then simmered and stirred several minutes to thoroughly mix and cook. Add water if necessary.

I continued to gently simmer while adding some chia seeds, LSA, extra rose water to taste and enough water to achieve a thin 'porridgy' consistency being mindful of the thickening effect of both the chia and the cooling.

I've stored it bottled or you could freeze it. Delish!!

Wendy Joy

## How To Make A Walk-In Tunnel

I hope that the 'tunnel' project in our Dec/Jan Coastline was well received and taken on board for inspiration or otherwise. 'Good on yah' if you managed to make one similar or of a close likeness.

My daughter in Australia has taken this 'polypipe' idea quite a bit further than my contraptions. She managed to increase the size to more like a grand aviary, all netted too, to protect against bird strike.



The main support is a number of Waratah or Y-posts hammered into the ground at set distances. Polypipe is then slid over and attached to the Waratahs. However because of the large span there is a tendency for the polypipe to sag so a support post is needed for each pipe. Attach framing timber to the front for the door then loads of netting over the pipes, front and back.

Fix a few timber boards along the base of the structure to attach the netting to and that is then that.

My daughter has 18 blueberry bushes planted in her's so should get a good harvest in a few years time.

It can be an ongoing battle trying to beat the birds to ripening fruit. If you don't have a tunnel, the best option is to throw nets over the trees but this is quite a hassle when they grow larger. Mum's and Dad's job most of the time if they call in to give a hand now and then.

Peter Aalders

## Our Library For You to Use and Enjoy!

SCES members and Riverton Environment Centre volunteers can borrow books and magazines from the ever expanding informative library located in the Centre. Anyone is welcome to come in, browse, take a seat on the couch and enjoy a quick read anytime the Centre is open, but only members and volunteers can borrow the resources. You'll find books on general and more specialised aspects of gardening such as growing and usage of herbs, identifying native plants and wildflowers. As well as self-sufficiency topics e.g. soap making, bread baking and preserving food along with a variety of healthy recipe books and natural remedies, and much more! Once you pay the \$15 for annual SCES membership subscription, or become a volunteer at the Centre, you can borrow any 4 books for a month at a time. New resources are coming in all the time, with the latest arrivals being 3 simply and beautifully presented cookbooks: 'Paleo', 'Coconut' and 'New Superfoods'. Check out our library; It's there for you to use and enjoy.



Jude Sullivan (Librarian)

## **Our People** Robert Guyton is in Prep Mode

With the National Permaculture Hui date drawing rapidly closer, I'm looking at my garden through a planners eye, wondering how I can make it more user-friendly; keeping stinging nettle back from the paths, pruning stalky things where they might poke visitors, removing branches that I'm used to ducking under but others may not see till too late; that sort of 'house-keeping'.

I'm also preparing various locations for workshops and mini-conferences, so that smaller interest groups can sit together in pleasant surroundings, such as in the shelter of the big lime tree or around a log fire in the circle of old *Olearia Traversii* trees, and have something for people to sit on at the same time; I'm thinking logs and benches, some of which I already have on site, but others I'll have to make or locate.

The possibility of cold, wet weather at the time of the hui (early April), gives me some cause for anxiousness; the possibility of having to do all these things under cover adds to the excitement! Hopefully my corn, tomatoes, squash and beans will be ripe by then and if it's cold, hot soup made from them will be an enticing alternative to warm everybody up. Lots to do to help make it a great welcoming and memorable event for all.

## **Our Community** Riverton Community Op Shop

We see the sign out on the street 5 afternoons per week, but how much do you know about this valuable community resource which aims to provide a service to the community, minimise waste and redistribute funds raised?



Here's what I learnt during a very pleasurable meeting with the Manager, Linley Hodgkinson.

The Riverton Community Op Shop, is operated by an independent charitable trust established over 6 years ago when a small group of local women felt very strongly that there was a need following the closure of the local Salvation Army shop. The Riverton Community Op Shop Trust was established and secured rental space from the Riverton Union Church, where it operates from today.

From first entering the well organised premises, it's easy to see the team of 30+ volunteers is focused on providing a quality service within the space available to them. Linley quickly commented that the success of the shop to date (over \$95,000 has been allocated by the Trust) is due to the commitment of the team she joined 12 months ago, when she took over from the retiring original manager, Ailsa McGee who has stayed on as a volunteer, and Shirley Cleaver, who has been managing the volunteer rosters since day one.

As well as retailing items to locals, out-of-towners and tourists, goods are saved for specific purposes, e.g. the SPCA, plus there is a freeby bin for items not up to their selling standard, and to ensure stock keeps turning over unsold items are passed on to other Op shops. Mini sales are held from time-to-time, always published on the Facebook site, Riverton Haven by the Sea and the red sale flag is boldly displayed out front.

The shop is self-funded. Surplus funds go back to our local community. Individuals and groups from Riverton and surrounding districts can apply at the start of each year. Forms are available from Trust member Craig at Supervalu.

You can support the Trust by donating quality clothing or small household items, by buying or volunteering. Linley will be happy to hear from you on 027 453 0362.

## **Our Committee** Notes from January Meeting

Robyn has secured the services of 2 people experienced at undertaking financial management and reporting; one who will fulfill the Treasurer role soon to be vacated by Jess and the other a qualified accountant to assist by providing high level financial guidance as the SCES grows in terms of financial matters.

Volunteer numbers have grown over the summer as new residents, who are keen to be part of the SCES community, have moved to the area. This is really pleasing and enables us to roster on 2 volunteers at a time.

Organisation is well underway for the 2 major events coming up; the 11th SCES annual Heritage Harvest Festival - being held 30 & 31 March at Aparima College and the NZ National Permaculture Hui the following week, 4 to 7 April.



# *The 11<sup>th</sup> Annual Riverton* **Heritage Harvest Festival** *30<sup>th</sup> & 31<sup>st</sup> March 2019*

Workshops, speakers, competitions, children's games, harvest crafts,  
good food, displays, music, a harvest feast, and much more!

## **Celebrating Southland's Home Harvest**

Aparima College Hall, Riverton – 10am to 4pm

Suggested Donation \$5 Adults, \$2 Children, Preschoolers free

For more info go to [www.sces.org.nz/events](http://www.sces.org.nz/events)

## **New Zealand National Permaculture Hui** “An Invitation for Wildness”



Aparima – Riverton, Southland

**4 – 7 APRIL 2019**

[www.permaculture.org.nz](http://www.permaculture.org.nz)



Our 11th Heritage Harvest Festival is not to be missed! We have many new activities including a foraging field trip with Peter Langlands on the Friday before. A great range of workshops and presentations are planned including Lynda Hallinan (NZ Gardener magazine). For details and updates check out: [www.sces.org.nz](http://www.sces.org.nz) 'events' and our Facebook page

*Then only 4 days later:*

Make the most of the opportunity to attend this National event taking place in Southland. \$265 for the full 3 days including lunch and dinner (Thursday 3pm to Sunday 3pm) Day passes are available. There is a great range of interesting speakers and presentations from people gathering here from all over NZ.

<https://newzealandpermaculturehui.wordpress.com/>



## Readers' Patch

*Is there something you would like to Buy, Sell, Swap or you have a Service to offer? Any burning questions? Maybe a Hint, Tip or Idea to share or Feedback on a previous article?*

*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.*

**The Riverton Community Op Shop** appreciates your support. Donate your unwanted quality clothing and small household items, buy from them or volunteer to help – weekly, fortnightly or monthly. Shop hours - Tuesday to Saturday, 12.30 to 3.30. Contact the Manager Linley on 027 453 0362.

**Share a Hint: Earwig Trap** Something unwelcome was sharing our strawberries. I noticed an earwig lurking nearby so did some research and found this very effective trap; quarer fill a shallow wide tiin or similar (250g sour cream container) with cooking oil and place it with the rim level with the soil, between the plants Then wait.....First morning I found 13 floating earwigs! Wendy

## Environment Centre Stocks

### Hemp Seed Oil



Hemp Seed Oil is now widely available in NZ. We stock 2 brands; Waihi Bush and Good Pantry (pictured).

Contains all the essential amino acids Rich source of essential fatty acids Healthy 3:1 ratio of Omega 3 to Omega 6 – considered optimum for human health Beneficial for improving hair, nail and skin conditions Anti-inflammatory Improves immunity Supports muscle recovery Supports hormonal balance Promotes good gut health

**No wonder we're getting such good feedback about it!**

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](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**



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