

Riverton Heritage Harvest Festival

2019 Workshop List

Book online at www.bookwhen.com/harvestfest
Earlybird: Book before March 14th and receive 10% off

Preserving Your Harvest- Jams, Jellies & Preserves

Tutors: Rural Women New Zealand

Abundance: How to store and preserve your garden produce – Southland's experts demonstrating jams, jellies and preserving.

Saturday, 30 March: 9.30am-10.45am

Heritage Tomato Growing

Tutors: Carla & Wendy de Boer

I don't grow round and red. Not because I can't, but why would you when the diversity, colour, flavour and stories of the heritage tomato are so very captivating. Yes, I'm a tomato addict, self-taught, using Best Practice principles and still learning to cope with the curve balls Mother Nature sends my way. Come along and see how I grow my Heritage Tomatoes.

Saturday, 30 March: 9.30am -10.45am

Sunday, 31 March: 9.30am- 10.45am

Making Natural Body Products

Tutor: Honorlea Mangion of Kakariki Natural Beauty

Learn how to make your very own Basic Natural Body Products. Come along and have some fun, there will be a demonstration showing people how to make your own Organic Lip balm, Organic Shea Body Butter, NZ clay Face masks and Bath salts using kits that are available for sale over the weekend at the Kākāriki Natural Beauty stall. Honorlea Massarella Mangion has been making her natural products for nearly 20 years and keen to show people how easy it can be!

Saturday, 30 March: 9.30am- 10.45am

Introduction to Biodynamics

Tutor: Malcolm Cooper

Biodynamics is about farming and producing healthy organic crops without the reliance on pesticides, fungicides and herbicides which in time destroy our soils. Come along to hear about biodynamics and learn why so many people choose to farm & garden using biodynamic principles.

Saturday, 30 March: 9.30am- 10.45am

Peruvian Potato Cooking Class

Tutor: Sally Huapaya

It's believed all potatoes originated in the Andes and Peru is home to over 2000 different types. Come along and learn about Peruvian potatoes and how they have made their way to New Zealand. Sally Huapaya, a native Peruvian will be running a cooking class demonstrating how to prepare a traditional potato dish known as 'Causa'. Causa – literally meaning "the cause" is an iconic dish of Peru with a story of national pride behind it. The goal when constructing causa is to create intricate layered potato cakes using spices, herbs and avocado, fish, meat or salads. Come and try your hand at the art of potato crafting.

Saturday, 30 March: 11.15am-12.30pm

Introduction to Beekeeping with Q & A

Tutors: Murray Christensen, Southland Bee Society

Learn how to get started, where to source information and how to find a mentor, the rules and regulations, hive equipment, how to source bees, and bee health. Murray Christensen is the Chairman of the Southland Bee Society and a commercial beekeeper. Murray has tutored the NZ Certificate in Apiculture for the past 3 years and is the AFB Pest Management Agency course trainer for Southland. He is passionate about bees and enjoys sharing his passion and experience to encourage others to take up beekeeping. The Southland Bee Society also has a stall site for both days, featuring observation hives, free seeds for bees and honey/mead tastings. Come along and talk bees with our beekeepers and taste some of the best honey in Southland.

Saturday, 30 March: 11.15am- 12.30pm

Sunday, 31 March: 1.15pm- 2.30pm

Foraging

Tutor: Peter Langlands

Peter is an expert forager and an author. He writes about how, where and why to forage, specialising in New Zealand's edible seaweeds. He'll show and tell us all

about the foods we can forage for free, the key aspects of their utilisation, and have on hand his guide to edible seaweeds of New Zealand. Sunday session will focus on inland foraging.

Saturday, 30 March: 11.15am- 12.30pm

Sunday, 31 March: 11.15am- 12.30pm

Interactive & Fun Children's Nature Crafts (Adults & Children)

Tutor: Michelle Nicolls

Interactive fun workshop for adults & children to do together, looking at the importance of doing seasonal activities with your child.

Saturday, 30 March: 11.15am- 12.30pm

Sunday, 31 March: 3.00pm- 4.15pm

Cooking with heritage Apples (Family Workshop)

Tutors: Anna, Gordon & Hannah Robertson

The Robertson family apple cooking workshop! Try your hand making heritage apples into delicious autumn treats. Anna, Gordon and Hannah returned to the deep south late last year from the Motueka Valley. Long-time organic/biodynamic gardeners, environmental gypsies, & tree huggers, they are currently planting out their Omaui block into a small forest garden in the hopes they will take root and stay. They enjoy family time together, gardening, gathering and cooking.

Saturday, 30 March: 11.15am- 12.30pm

Sunday, 31 March: 3.00pm- 4.15pm

Willow Weaving

Norman will talk about the traditional skill of weaving willows into baskets. He will share stories, images, and all that he has learned about this art in his travels & study. (This is not a hands-on workshop)

Saturday, 30 March: 1.15pm- 2.30pm

Home Healing from Your Herb Garden

Tutor: Sylvia Hughes

Improve your families health and well-being with common herbs from your home garden. Please note: if you are attending the workshop, can you please bring a tea strainer or tea ball.

Saturday, 30 March: 1.15pm- 2.30pm

Sunday, 31 March: 11.15am- 12.30pm

Start Your Own Home Seed Collection

Tutors: Joy Scott & Josie Blackshaw

Tips, tricks and techniques for successful saving seed for the home garden. Learn how to save and store your own seeds and also learn all about the heritage seed saving projects going on in Southland. Saving seeds saves you money while connecting you with a centuries old tradition of keeping the best seeds from your crops each year so the seed line adapts to your conditions. It is a vital way of keeping the diversity of varieties available in a time when seed sources are becoming increasingly commercialised and un-localised. You will take home a free seed selection and information to get you started and also learn all about the Heritage seed saving projects going on in Southland and how you can join.

Saturday, 30 March: 1.15pm- 2.30pm

Sunday, 31 March: 3.00pm- 4.15pm

Fermented Foods

Jane Murray

Jane Murray lives in Winton and has a background in teaching but now lives on a lifestyle block and tries to be as self-sufficient as possible. Ill health sent her on a journey of discovery. She found that what we eat is very important to heal our bodies and in particular healing the gut is crucial. She has been teaching others her valuable lessons for the last 10 or more years. At the Harvest Festival, Jane will be demonstrating how to make kombucha (a fermented drink), sauerkraut and fermented vegetables. Recipes are provided and scobies available to purchase. Jane guarantees you will leave feeling inspired with how amazing these foods are, how easy they are to make and really keen to get going and do it yourself.

Saturday, 30 March: 3.00pm- 4.15pm

Sunday, 31 March: 1.15pm- 2.30pm

Houseplants 101

Tutors: Carla de Boer & Briar Alexander – Horticulturalists at Dunedin Botanic Garden Propagation Facility

How to love your houseplants (and make them love you) Join us for a fast and fun workshop on how to care for and propagate your beloved houseplants. Get tips on potting, watering, placement, and environmental needs. Bring along your questions and any plants that you'd like to share (we'll bring some too!)

Saturday, 30 March: 3.00pm- 4.15pm

Setting up and caring for your Home Orchard

Tutor: Robyn Guyton

Robyn has more than 20 years' experience growing fruit trees and berries in Southland. She will share information on how to get your first orchard up and running, what varieties to grow, how to plant and care for them. She will also share some stories from the Open Orchard Project and the community orchards that have been established in many Southland towns.

Saturday, 30 March: 3.00pm- 4.30pm

Sunday, 31 March: 9.30am- 10.45am

Autumn Desserts – Ways with Rhubarb (Adults & Children Workshop)

Rural Women New Zealand

Rhubarb has been a much loved plant for as long as there have been desserts, growing in your garden, roadside and in hedgerows, there is always plenty of rhubarb around and so many wonderful recipes to make featuring this special plant. The New Zealand Rural Women are well known for being amazing cooks, and they will share many ways to make autumn desserts from rhubarb.

Sunday, 31 March: 11.15am- 12.30pm

Maca Masterclass – using Peruvian Maca to treat chronic/complex health conditions

Tutors: Sally Huapaya & Corin Storkey

For chronic fatigue, fibromyalgia, mental health, anxiety, depression, PMS, menopause, adrenal fatigue, addiction and Alzheimer's Maca is one of the world's most unique and powerful medicinal superfoods. It only grows above 3800m in the small region of Junin, Peru. As a medicinal it has been at the centre of Incan culture, history and spirituality for over 2000 years. Come and learn about the sacred traditions behind maca, how it is farmed, prepared, consumed and the new scientific studies substantiating the Incan claims. Learn about which maca is right for you and how to best consume it.

Sunday, 31 March: 11.15am- 12.30pm

Damsons

Lynda Hallinan

Lynda Hallinan loves plums; damson plums especially. New Zealand Gardener editor-at-large, Lynda Hallinan has been indulging in her passion for damsons for some time now; growing them, cooking them, bottling them, making heady

lacquers from them, and writing about them. Lynda is launching her latest book, "Damsons" very soon and is coming to the harvest festival to talk about it and the damsons themselves, at our harvest festival. She will present her always-entertaining adventures at a talk in the big tent at the festival and will also have table from which she will talk one to one about her life and times and the books she's travelling with, some of which will be available for sale.

Sunday, 31 March: 1.15pm- 2.30pm

Propagating

Robert Guyton

Can you multiply and divide? Plants that is; it's the secret to gardening without ending up in the poorhouse. Robert loves propagating plants and sharing the techniques he's learned with other keen gardeners. Grow peaches from pits, hosta from seed, currants from cuttings and just about everything else that can be multiplied for free!

Sunday, 31 March: 11.15pm- 2.30pm

Treedimensions

Dieter Proebst

Dieter Proebst is a forester, nurseryman, organic grower, land-use consultant, tutor & author. Treedimension (1982-2017) the story and the fruit variety collection. With a special focus on apples, Treedimensions, the Motueka organic orchard business was dedicated to preserving old and almost forgotten fruit varieties. Dieter spent more than 30 years collecting, research in and growing a vast array of fruit and supplied tens of thousands of trees to commercial and home growers from his small orchard on the west bank of the Motueka River. At one point growing an astonishing 750 varieties on his four-hectare orchard, including 235 apple and 80 pear types, many resurrected from home gardens or rescue from discontinued research programmes.

Sunday, 31 March: 3.00pm- 4.15pm

Alternative Healing with Plants and Herbs

Malcolm Cooper

Malcolm Cooper will talk about the many domestic beauty products and cleansers which contain harmful chemicals which we expose our bodies to daily and the natural alternatives. He will show that our environment has many plants and herbs that contain highly medicinal properties which can heal us naturally.

Sunday, 31 March: 9.30am to 10.45am

Foraging Pre-festival Foraging Trip

Peter Langlands

Canterbury forager and wild harvesting expert Peter will be taking a pre-festival foraging field trip around Southland, sharing in depth his knowledge and experiences foraging in New Zealand. Spaces are very limited, to book go to www.bookwhen.com/workshops-current

Friday, 29 March: 9am- 2pm

Food Forest Garden Tours

A guided tour with Robyn Guyton through the 25 year old forest garden. Cost \$12.50 per person (Children \$5) Registration Essential. Tours usually run for 1 ½ hours Children are welcome but must stay with caregivers at all times while on the property Tour dates are subject to host availability and extreme weather Wear sturdy shoes and warm clothes and bring a coat in case of rain.

Saturday, 30 March: 9.00am- 10.30am & 5.pm- 6.30pm

Sunday, 31 March: 9.00am- 10.30pm

OPEN TALKS

This year we will be featuring some of our special speakers in the festival tent. These are open talks, no cost, sit and listen or pop in. Questions and discussion especially welcomed in these talks!

Saturday 30 March

11am: Harvest Festival Opening & Blessing

A harvest blessing to welcome those from near and far and begin the 11th Heritage Harvest Festival!

1pm: Lynda Hallinan "Damsons"

How to preserve your garden's seasonal bounty in fun, fuss-free, flavoursome ways, with pantry-stocking hints and recipes for making the most of the autumn harvest.

2.30pm: Robert Guyton "How to get there"

Ideas on what to do in a world where pollution levels are rising, species of animals are disappearing fast and the climate is becoming unstable are something sought-after by many people. If you are thinking about these present-day problems, join Robert Guyton in an open discussion around what we can all do to ease, and perhaps solve, those challenges to the human race.

Sunday 31 March

11am:

1pm: Robyn Guyton “The Longwood Resilience Loop”

Join Robyn to hear about the proposed Western Southland loop around the Longwood Mountain Range that will pass by 15 small country towns with several more on the edges that can be worked in. A truck will pick up and drop off along that loop to each communities ‘depot’ or ‘trading post.’ Bottled milk, artisan bread, knitted socks, vegetables, fruit, handmade gifts, wooden spoons, weekly Western Southland Newspaper, chemist prescriptions, mail, cut flowers. This will create many opportunities for social enterprise and self-employment! All the while helping bolster our local communities.

2.30pm: Closing

Friday 29 March 7pm

Flecks Hall, Palmerston St Riverton

Harvest Potluck Feast

The official opening of the festival, bring a plate of food to share and celebrate the beginning of the 11th Harvest Festival!

\$5 entry covers hall hire, non-alcoholic drinks & pre-dinner nibbles. Please bring a plate of food to share and anything you would like to drink! **For more information please email hollie@sces.org.nz**

Saturday 30th March 7pm

Harvest Ceilidh Evening

Flecks Hall, Palmerston St Riverton

Come along and kick your heels up for an evening of music, singing, dancing & good company all in celebration of the harvest!! A night of dancing, music, and old fashioned cheer. Gary Elford will call traditional folk dances for all ages, there will be local celtic musicians performing, a Champion of the Harvest Competition and plenty of friendly folk. Suitable for all ages especially yours! Come dancing or if you're a sitter, bring a cushion and just enjoy the music.

Soup & bread will be available for purchase, and non-alcoholic drinks provided. For more information please email hollie@sces.org.nz