

WORKSHOP INFORMATION - 2019

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



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!



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.

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 advocado, fish, meat or salads. Come and try your hand at the art of potato crafting.



Introduction to Beekeeping with Q & A

Tutors: 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.

TUTORS: Murray Christensen - Southland Bee Society

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.



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.



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(ren)



Cooking with heritage Apples (Family Workshop)

Tutors: Anna, Gordon & Hannah Robertson

The Robertson family apple cooking workshop. 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:-)



Home Healing from Your Herb Garden

Tutor: Suzie Best

"Herbal Healing from your Home Garden"

Improve your families health and well-being with 10 common herbs from your home garden.



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.



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 this Riverton 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.



Houseplants 101

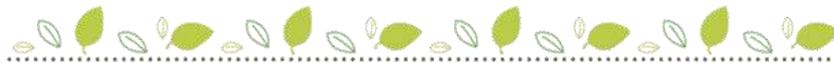
Tutors: Carla & Briar



Setting up and caring for Home Orchards

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.



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

MORE INFO TO COME...



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.



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.



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!



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.

