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# COASTLINE

Dec '19  
Jan '20

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## CToS Grant of \$36,000 Towards Electric Van for Longwood Loop

On November 21st, eight members of our Longwood Loop team presented to the Community Trust of Southland (CToS) board about the importance of the resilience project and about how having an electric freight van would enable the project to be low carbon / low cost and would give us a huge hand-up in the project.

Once the Western Southland 'Loop' is up and running, the model can be replicated in Central Southland and Northern Southland later next year, using Wreys Bush as the connection point for swapping between the three loops. The one van will eventually have two trips a week round the three loops and once a week linking up to Te Anau as well. That will mean re-localising half of Southland!

The CToS Board members were very impressed with both our application and presentation, and the project so it was a 'yes'! The decision was emailed to us the very next morning.

We immediately contacted the Govt. Energy Efficiency and Conservation Authority (EECA), which we applied to for EV co-funding, to advise we had our local 50% funding confirmed, as is required before the EECA will fund 50% for community groups. We are currently awaiting their decision. The EECA was due to meet that week so we missed the applications closure date for the current funding round therefore we may have to wait 6 months for the outcome of the next round of grants. The funds will also cover some charging stations for the first loop.

The latest unseasonably high rainfall resulted in the Rangitata River flooding south of Christchurch and thus our main food supply chain was broken once again. With Resilience Loops operating, our communities will be less vulnerable in the future!

**Thanks very much to the Community Trust of Southland for getting behind this very worthwhile community project**



### Dates to Diary:

|           |   |
|-----------|---|
| 2019 / 20 | Forest Garden Tours over the summer; details. on our Facebook page or email, <a href="mailto:education@sces.org.nz">education@sces.org.nz</a> |
| 2020      | Heritage Harvest Festival 28th 29th March   |

## The Season of Giving!!

Such great news to share - CToS approving 50% funding for Resilience Loop EV!!!. Very Well Done Robyn and Team members and THANKS CToS

And, we give to you a refreshing gift ideas handout, reminding us all that gifts are not about being bigger and better. Gifts need to be more about thoughtful, caring actions and genuinely meaningful offers. We hope you take a moment to reflect; see pgs 5 & 6.

This issue we welcome new contributor, Kathryn Shakespear, who educates us about Dr Price on the right - very informative, and tells us about Invers Crop Swap pg 8 plus Kereru Oils, pg 10. Thank You Kathryn!

One of the benefits of volunteering is that we learn so much, (experienced volunteer Lynore agrees - see *Our People*, pg 8) e.g. about *Neatplaces!* pg 3. New to me and if new to you, check out the web links or call into the Centre to pick up a free *Neatplace* fold-out pocket guide featuring 4 Riverton places.

We are pleased to have local resident, volunteer and marine biologist, Jean Win back this issue to tell us about *Undaria*, pg 4. Thank you Jean for sharing your expertise. Plus our newly retired chairperson and talented crafter Tanya Roberts shares *How To Dry Flowers*, pg 7. Hollie Guyton prompts us to prepare for the 2020 HHF, pg 9 and as usual Robert Guyton shares his thoughts in various articles. Thank you to all our 2019 contributors.

We hope you have enjoyed reading our Coastline Newsletter this year including this 2 month summer issue. Roll on Summer!! Season's Greetings to you all.

### Wendy Joy & Robyn Guyton Coastline Production Team

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

## Wise Traditions from Dr Weston A. Price

By Kathryn Shakespear

He's been called the 'Isaac Newton of Nutrition'.

So who is Dr Weston A Price?



He was a dentist from Cleveland, Ohio, who in the 1930's set out to find the causes of dental decay and physical degeneration that he was seeing in his practice and in surgery.

His research took him all around the world where he studied the Swiss, Gaelic, Eskimos, North American Indians, Melanesians, Polynesians, African Tribes, Aborigines, Torres Strait Islanders, Maori and Peruvians.



He found that these native cultures all had sound health, strong bodies, wide attractive faces, little to no tooth decay and produced healthy offspring for generations.

They thrived on simple traditional diets and had for the most part, not been introduced to industrial refined foods like flour, sugar and canned food.

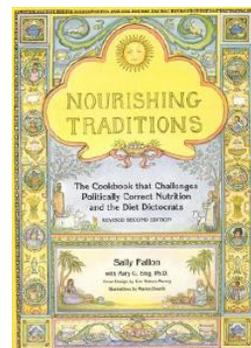
Dr Price found that even though the diets of the many cultures were highly varied, they contained the same factors that contributed to their sound health; namely vitamin A and D which is found abundantly in animal products and fats.

His work was collated into the book, *Nourishing Traditions* which covers traditional food preparation techniques like fermentation, how to properly prepare grains for easy digestion and has 773 recipes!

You can borrow both *Nourishing Traditions* and the Weston A. Price Foundation Journals through the Environment Centre library by becoming a member of the SCES, for an annual subscription of just \$20.

I highly recommend Dr Price's book and can share that my family's health has steadily improved from following the traditional food preparation principles.

The work of Dr Price is time honored and still relevant today.  
Kathryn



## December Gardening with Robert

It's been wet. And cold. And hot! And windy, still, cloudy and clear; we've had it all! Mostly, it's been mixed, this spring (is it summer yet? Who could tell?) The garden, depending upon what that means for you, has been...well-watered. We are not suffering drought here in Southland...for the moment anyway.



For the tree-cropper, conditions are perfect; we've been spared the golf-ball-sized hailstones that shredded crops in Timaru and Christchurch so our fruit-set has been pleasingly un-mashed.

The wood-pigeons/kereru in our forest-garden have taken their usual toll, but that's a drop in the bucket really, and won't be noticed come harvest-time.

The occasional hot day brings astonishing growth and that advantage is quickly taken-up by the famously-vigorous plants like bindweed and grass, so reigning those in has become a necessary task here in the south. The trampled/cut remains of those plants make excellent mulch that will ensure the plants we choose to favour; food producing plants generally, will do well, no matter what the weather ahead.

Our corn is aiming for elephant-eye-height and our pumpkins, a size that Peter, Peter might covet. I predict...a bountiful season and a heavy harvest. Mind you, I've been wrong before...

January will be hot, I'm hoping and expecting, so the growth that occurred in December as a result of the plentiful rain, will have to be maintained with irrigation, most likely. There will, however, be plenty of mulch available, so retaining the store of water that fell earlier, won't be too hard. Harvesting of berries will be well advanced, so long as the blackbirds leave us some!

## What Neatplaces Says About Our Centre

*In a historic brick building on Palmerston Street in Riverton you'll find the Environment Centre, a collective of community based groups all working to leverage and care for the lush landscape and friendly people of Southland.*

*The Environment Centre opened its doors in 1996 and eight different groups are represented, including organic gardeners, the Riverton Estuary Care group, a seed savers collective, a kids' conservation club and a not-for-profit shop, with volunteers present seven days a week.*

*It's the kind of place where you're welcome to stop in for a look, a chat about any and all things Southland, a quick stock up on healthy snacks or just a plain old fashioned visit. A wood burning stove, surrounded by an assembly of couche, and a kids' play corner make this a cosy and welcoming area to hang out in while learning a bit about what goes on in this unique community space.*

*The annual Riverton Heritage Harvest festival draws visitors from near and far each year in March, but even if you're not in town then, you can still get an in depth harvest experience at the Environment Centre. The staff are friendly and more than willing to answer questions about gardening, farming, Riverton's internationally recognised forest garden and Heritage Orchard Project, and Southland's larger landscape. If they don't have an answer to your query, chances are there is a book nearby that does. The centre is brimming with reading material, hand books, garden magazines, field guides and other helpful resources so grab a snack, stay a while and learn a new thing or two.* by Olivia Sisso

**Visit the Neatplaces website:**

<https://neatplaces.co.nz/places/southland/eat-drink>

**Also see the write up about Robyn and other 'Neat' people in Southland.**

*In the context of Robyn Guyton's work, "local vigor" refers to how well prepared a seed is to thrive in its planting environment. Put simply, a seed produced in Southland will grow best in Southland as it has specifically adapted to the region's soils and temperatures. Robyn has plenty 'local vigor' of her own which she uses to leverage and care for the lush landscapes and friendly people of Southland everyday.*

Read the full article

[:https://neatplaces.co.nz/people/green-fingers](https://neatplaces.co.nz/people/green-fingers)



## Plant of the Month

### Pinus Radiata

#### By Robert Guyton

The plant that's caught my attention this month is the pine tree!

Pinus radiata is not everyone's favourite conifer; familiarity breeds contempt, they say, but because it's in the news (farmers fear it) I'm thinking about its potential here in NZ. Plus, I have just planted some!

I plan to sell them next Christmas, for obvious reasons; Pinus radiata grow quickly and make perfect Christmas trees; why would anyone fear them?

The earth's climate is rapidly changing and tree-planting will be one way to slow that change. If corporations want to plant pines in NZ and leave them to mature and be replaced by natural processes with native trees, I say, bring it on!

As a nurse-crop, especially in wetter parts of the country, pines are as wonderful as gorse. We must get busy, re-establishing the forests of old, for the sake of all of us, and pine forests are a very good start.

There; controversial issue presented!

Robert



## Agricultural Innovation Symposium

### By Robert Guyton

At the beginning of this month I attended this Dunedin Symposium, which was an absolute cracker; 2 days of speakers, some provocative, some very provocative and all focused on possible futures for agriculture here in the south and in fact, right across the country.

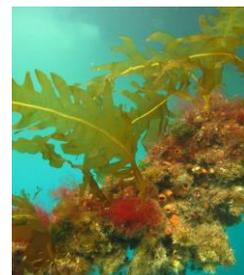
University professors spoke, learnedly, on their specialist topics; particularly scientific matters such as microbiology and its application to the challenge of greenhouse gas production by livestock.

The university hosted the event and surprised themselves with the numbers of attendees and the passion with which the two days evolved.

Industry, of the agricultural sort, were there, and played a visionary role, quite different from previous conferences of my experience, and there were powerful ideas floated and debated.

There were farmers there too, most interestingly, the "regenerative farming" people, who framed the discussions with their enthusiastic presentations.

It was a terrific couple of days and I believe some significant shifts of focus occurred amongst those attending.



## Creature of the Month:

### Undaria pinnatifida (Undaria) - an invasive seaweed

*Undaria* is an annual brown algae found in the intertidal to shallow subtidal (20m depth) that reaches up to 1m long at maturity. It has a distinctive midrib (spine up the middle) and smooth thin translucent blades with side lobes. It is native to the Sea of Japan where it is commercially farmed and harvested for food. People eat it as "wakame" in miso soup or seaweed salad.

*Undaria* was first sighted in Wellington Harbour in 1987 and is now present throughout almost all New Zealand's major ports and harbours. It grows on any hard surface and can easily hitch a ride on vessel hulls, fishing gear and moorings. *Undaria* reproduces prolifically and can quickly form dense stands that displace native species and foul underwater structures.

As we enter the high season for boating it is important to consider our impact as we visit new areas and tread lightly by following best practices for keeping our boat hulls clean.

To learn how to ID this species and prevent it from spreading further visit; <https://marinebiosecurity.niwa.co.nz/undaria-pinnatifida-harvey-suringar/>

Be sure to check out the clean vessel pass requirements if you plan to go boating in Fiordland. Visit; <https://www.es.govt.nz/environment/biosecurity-and-biodiversity/marine-biosecurity/fiordland-marine-pathway-plan#toc-link-6>.

NB; The Environment Centre stocks NZ Wakame, a health food high in nutrients, harvested from our southern coast and Stewart Island / Rakiura.



## Alternative Gift Ideas

**A gift is giving someone some 'good energy':**

- Spending time with someone, is a gift
- Helping someone, is a gift
- Making or baking for someone, is a gift
- Growing something for someone, is a gift



**A gift doesn't have to be expensive:**

Only in the last 50 years have '*bought gifts*' have become the easy, but expensive option that can put unnecessary stress on your budget.

The big shops want your money and advertise strongly, but most people prefer a smaller, useful gift.

Buy something made locally rather than something made from overseas.



Buy lasting gifts, not easily breakable plastic ones.



**Decide as a family to restrict the gift exchanges to:**

- Homemade / home grown
- Second hand (op shop / garage sales)
- or under \$10 cost



This will mean less stress on everyone.

**Or** Put the names of your family members in a box, then get each person (without looking) to take a name out of the box to buy a gift for. Instead of everyone getting lots of cheaper gifts, they get one more expensive, lasting gift.

**Plan ahead:**



In January make a list of those you want to give birthday and Christmas gifts to and start making and putting things away in a 'Treasure Box' throughout the year when things are on special or found in an op-shop. (This is also good if you need a gift in a hurry)



Leaving Christmas shopping until the last couple of weeks is stressful and you always end up spending much more than you intended.

## Spending Time / Helping

Give vouchers to offer to do something that is useful for someone, for example:

- Clean something e.g. their windows or their car, spring clean their house
- Read a book
- Take them to a park
- Give them a shoulder rub
- Take their dog for a walk
- Help with their garden
- Bring over a meal
- Tidy their garage
- Cut their hair

(Once a day, week, month or year)



Think what you can do that they may need help with, or, that they may have no time to do themselves.

## Making or Baking

There are so many ideas you can choose from:

- Get a book out of the library
- Look at things in shops and think, can I make that myself?
- Cakes, biscuits, jam, chutney and homemade sweets are popular
- Lip balms, hand creams and herbal oils are nice
- You can knit, sew, crochet something
- Paint a picture or paint up a plant pot
- Find some shells with holes in them and make a necklace



## Growing

An herb garden in a bucket is a nice gift.

Sow some extra flower and vegetable seeds this spring and you will have bunches of flowers and a box of vegetables ready for Christmas gifts, or give packets of seeds or plants to grow instead, and teach them how to garden.



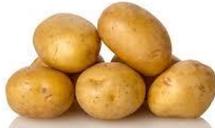
## Seasonal Recipe:

### New Potato, Broad Bean & Pea Salad with Mint

From *'Cook With What You Have'*  
by Nicola Sauce

A simple, fresh summer salad,  
good warm or at room temperature.  
Can add hard boiled eggs, tuna,  
other herbs, scallions, etc.  
Serves 4

5 medium-sized potatoes, scrubbed  
with skins left on  
1 1/2 cups podded broad beans  
1 cup podded peas  
10 or so mint leaves  
1/3 cup good olive oil  
2 tblspns red wine vinegar  
Generous sea salt  
Freshly ground pepper



Cover potatoes with cold water and bring to a boil.  
Reduce heat and simmer until just tender.  
Drain & cool a little then cut into bite sized pieces.

Cover broad beans with boiling water, add some salt,  
cook for 3-4 minutes.

Remove from water with slotted spoon and immediately  
run cold water over them to stop cooking.

Pinch skins to remove. Set aside.

Bring bean water back to the boil, add peas and cook  
for 2 minutes. Drain then run cold water over them .

Combine the broad beans, peas and potatoes.  
Tear up mint leaves and add to vegetables.  
Pour over olive oil & vinegar, add salt and pepper.  
Stir well and taste. Adjust salt, pepper, vinegar, and oil  
as desired.

Sugar snap peas, snow peas or sliced beans can be  
used to replace the peas. Enjoy!

## How to: *Dry flowers* By Tanya Roberts



When drying hydrangeas or lilacs  
stand them in a vase with 1-2 cm  
of water. Let the water evaporate  
and leave the flowers to dry out.



Dry edible flowers for later use – such as  
nasturtiums, viola, cornflowers, calendula and  
borage flowers.

For a naturally scented selection, try  
chamomile, roses, lavender, sweet pea,  
lemon thyme and rose geranium.



When drying individual flowers or leaves, ideally pick them on a dry  
day. You don't have to pick all at once. You can spread picking over  
a few days to keep adding to your collection when the flowers are at  
the right stage - normally when just coming up to fully open.

Spread out on some newspaper or put in a cardboard box or basket,  
out of the sun in a dry place and just stir or shake whenever you go  
past until they are dry.

You can of course hang things like lavender & herbs in bunches too.



## Our People Long Time Volunteer, Lynore McCabe

Lynore is one of our most dedicated volunteers, coming into the Centre most days to check if there is anything she can help with and to catch up with the various daily volunteers.

As a long time volunteer, Lynore has learnt a lot 'on the job' thus can answer most of the questions Centre personnel get asked. Lynore is responsible for ordering some major stock lines such as Wahi Bush oils, the bulk of the dried foods from Ceres wholesalers, Kings seeds and Nom shampoos. Lynore also maintains our upstairs storage area and makes up the bagging lists to keep all our shelves stocked. Lynore is responsible for generating and enacting on some of our new initiatives such as creating the sprouting jar kits, that make great gifts.

When not at the Centre Lynore works part time at the Museum, or is likely to be home enjoying working on obedience, agility and Rally-o training with her 3 Border Collies. Her youngest dog Lacy has been doing really well at the Southland events lately. Lynore also has a cat, Polly, and three hens, plus her garden of 12 fruit trees, lettuce and potatoes this season.

Lynore loves volunteering at the Centre with the welcoming atmosphere and being part of the friendly volunteer community. If you have some spare time and are bored with your own company, Lynore really recommends volunteering.

## Our Community Crop Swap, Invercargill

by Kathryn Shakespear

Are there any meet-ups for sharing excess produce I wondered as I stared at the big bag of juicy apples I'd been given. Wouldn't that be great! Less food wastage and sharing our backyard abundance as a way to strengthen our community.



A quick online search brought up [www.cropswap.co.nz](http://www.cropswap.co.nz). Aha! There are Crop Swaps scattered throughout the North Island but none in the South Island.....yet! After a great chat with Franziska who started Crop Swap in Taranaki and with support from Invercargill's South Alive, we launched our group in April 2018.

So what happens at Crop Swap? Familiar and new faces show up, we put our items on the table, have a cuppa and chat before the Swap is formally opened by sharing some of our values, one of which is to give generously and take mindfully so that everyone gets a 'piece of the pie', so to speak. And we clean-up together.

Crop Swap is a place where strangers become friends, gardening tips are shared and you go away with a bag of goodies and a good feeling to boot!

Crop Swaps are held monthly at The Pod in South City, where we swap produce, seedlings, seeds, flowers, eggs, worms, chutneys, kombucha, hazelnuts, baking and more.

If you feel inspired to start your own local Crop Swap, get in touch; <https://www.facebook.com/CropSwapInvercargill>

## Our Committee AGM

### SCES AGM and a New Young Chairperson

Our 2019 AGM, was held 19 November, with 25 year old Hollie Guyton being elected new chairperson, Karla Evans re-elected secretary and Russell Duthie elected new Treasurer. The Society has joined the trend we are seeing in NZ society of young females increasingly taking on leadership roles. It is great to have an office bearer team of mixed ages, genders, skills and experience.

We celebrated the very busy year that we have had and wonder now how we fitted everything in! We also looked forward to the next 12 months and the new exciting developments planned for our 2020 projects such as the Longwood Loop and the Heritage Fruit Research!

We are very proud of our team, our volunteers and the many people who are involved in the many projects, as we work to make a real difference on this part of our planet.

# Start Planning Now for the 12th Heritage Harvest Festival, 28 & 29 March 2020

The Twelfth Heritage Harvest Festival will be a time to share stories of the struggles and the successes of the year, to share fruits, vegetables, seeds and good food, and to share in the company of friends from near and far.

Spring has been hard this year, and the Harvest Festival will be a place where we can gather and celebrate what we have achieved and grown, and look forward to, hopefully, a mild winter.

At our 2020 Harvest Festival, local farmers, growers, bakers and crafts-folk will be there displaying their goods, there will be a variety of educational and hands-on workshops on harvest and homesteading topics, there will be open talks in the festival marquee amongst musical performances, and there will be plenty of good folk to talk to, learn from and share your knowledge with.

The Country Mouse Market will be there, with a great number of pinecones, acorns, wheat stalks, and crab apples that children can fill their baskets with.

The 2020 Harvest Festival competitions include something for all ages: create an artwork for the Thirteenth Heritage Harvest Festival poster. The winning artist will have their art work on all 2021 Harvest Festival posters!

The Harvest Pot-luck Dinner will be a cosy event on the Friday evening of the festival, and the Harvest Barn Dance on Saturday night will be wholesome fun for all ages.

Begin to plan now for setting aside the best of your harvest to display at the Harvest Festival, and fill a basket with your harvest if you would like to enter into the competition for the Champion of the Harvest!

If you would like to be a part of the festival team, as a volunteer, workshop tutor, speaker, or organiser, please email [hollie@sces.org.nz](mailto:hollie@sces.org.nz), we'd love to have you! join us!



Always colourful displays of harvest diversity and action



*Wishing you...*

*Peace,  
Joy and  
Love...*

*This Holiday Season  
and throughout the  
New Year!*

## Environment Centre Stocks Kereru Essential Oils

We stock a wide range of Kereru Essential Oils, including Lavender Intermedia. It's more floral and sweeter than traditional Lavender and can be described as a 'fresh from the garden' scent.

Kereru states it's excellent for burns, scalds and insect bites, chilblains, acne, tension headaches, insomnia, nervous, exhaustion, depression and is a natural antiseptic.



Please send in your Readers Patch contributions by the first 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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