



Phone/Fax: (03) 234-8717
 E-mail: coastline@sces.org.nz
www.sces.org.nz

COASTLINE Sept 2019

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Gore Food Co-op's Farewell Gift

A couple of years after the Riverton Organic Food Co-op started up,, the Gore Organic Food Co-op was born. In those early days we were learning together, finding and sharing new suppliers, learning from each others mistakes and successes while evolving in our own unique ways to suit our different communities. Over the years we would catch up and share our journeys, ideas and problems.

Gore Co-op members, Anna and Glenda, visited us last week to advise that after 25 years their Co-op was closing. The very long term dedicated volunteers were not being replaced by young vibrant folk and activity at their Co-op had been declining for some time.

We enjoyed afternoon tea together sharing memories and valuing the efforts of volunteers with a touch of sadness for the end of an era.

Before leaving they gifted us \$3,500, their Co-ops remaining funds, to thank us for our help over the years. It was a lovely surprise!



We have decided to put the money towards a hot water califont and a water purifier in the Centre kitchen. We will have a plaque to thank the Gore Team and acknowledge the huge effort they made supporting organic growers and consumers for quarter of a Century!

Dates to Dairy

Sunday 22 September	Seed Saving Workshop with Josie Blackshaw 1.30-4.30pm
Monday 23 September	Rag Rug Making Environment Centre with Tanya 7pm
Tuesday 8 October	South Coast Environment Societies Monthly Meeting 7pm
Monday 28 October	Full Day of Gardening Workshops with the Guyton's.

There Is So Much Happening....

SCES volunteers have been super busy already this spring.

The Orchard Project Heritage Fruit Trees have been being going out to buyers throughout the South Island; there's been pruning and planting going on in several of the community heritage orchard parks and 130 early settlers scion wood cuttings, which were collected in winter then refrigerated until now, have been couriered around NZ to share widely with enthusiasts helping ensure the survival and long term viability of the special old varieties.

Plus there's plenty going on progressing the planning and development of the Longwood Loop, more info page 7.

Workshops are being planned, both gardening - check out page 4 and a crocheted rag rug evening next week; be sure to consider enhancing your skills; see page 6 for more info.

And Environment Centre visitor numbers have been steady over the last few months with people seeking information, advice and organic produce.

It's great to welcome new contributors to the Coastline like volunteers Anna and Jean; thank you to you both.

We hope you enjoy our September edition.

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

Marine Spotlight by Jean Win

What's in your fish and chips?



Have you ever wondered whether the seafood you eat is sustainable? Think about this next time you're in line for fish and chips.

Most of us know that seafood is good to eat and full of healthy fats and proteins. In Southland we are blessed with an abundance of seafood that can be harvested locally. But not all fish is harvested the same way and some species are less resilient to fishing than others. Some commercial fishing practices, like bottom trawling and longlining, can have harmful effects on the environment through damage to the seafloor or bycatch of sensitive species like mammals and birds.

To decide whether a fish is sustainable to eat, it helps to look at how it is caught and to know a little about its biology. In Southland for example, commercially taken Blue Cod is caught in small pots and traps that have a relatively low impact on the seafloor and little bycatch of other species, with Blue Cod making up 99% of the catch.

From a biological perspective, some fish are resilient to high levels of harvest, while others face serious declines. Fish that are slow to mature are often harvested before they have a chance to reproduce, so the population can't keep up.

Blue Cod are relatively resilient in that respect, since they mature at 6 years old in Southland waters, which is fairly early compared to other species like Orange Roughy that don't reach maturity until around 30 years old! Blue Cod can be vulnerable to localized depletion though, since they don't move very far during their lifetimes. So it is also important to know where your seafood is harvested from, since some fish populations can be healthier than others.

Although it might take a little extra thought, being an informed consumer means we can all keep enjoying fish well into the future!

Check out NZ Forest & Bird's 'Best Fish Guide' (<https://www.forestandbird.org.nz/campaigns/best-fish-guide>) for help on deciding which fish are the most sustainable to eat throughout New Zealand.

Lucky for Southlanders, the local paua, blue cod, kina and oysters are all fine choices.

Jean

September Gardening with Robert

There's so much that can be done now and plenty that should be if you are to enjoy a good harvest later on. Annual vegetables such as lettuce and kale can be planted out now; the soil is almost warm enough, over 10 degrees. If you have a tunnel house with enough room to spare for a crop other than tomatoes, sow seed directly into there.



It is a wise idea to sow a few seeds of each vegetable each month for a reliable supply, as with Murphy's Law if you rely on one big planting for the season, something is sure to go wrong with the weather that month!

I'm spending much of my time attending to the pots in my nursery, many of which seem empty aside from the weedy cress that's doing just fine in the rich potting soil. I know though, that underneath there are the promises of shrubs and trees, sown as seed in autumn, along with perennials such as hosta that hide their heads until round about now, when the warm weather draws them out.

Fruit Tree Sale and Orchard Park News

Cooking Apple Trees For Sale

We advertised this years sale lightly because in 2018 we sold out of all trees in 4 days, to everyone's disappointment. This year after a week we had only apple and pear trees left and now we still have a good range of the best Southland heritage cooking apple trees left. So, late comers, you can still get a heritage fruit tree to take home; \$35 each for 2 years old or \$25 each for 1 year old trees. Latest list on our website. www.sces.org.nz. **Sale ends 30th September.**

More Orchard Parks!

With much surprise, we are delighted to have more permanent homes for more of the early settler trees we have saved.

New orchard parks have popped up everywhere; Waikaia, Riversdale and Balfour now have their early settlers trees planted in their own parks. We will put their signs up in spring at the grand openings!



Nightcaps has found a site behind the old miners cottage museum for their early settler trees and they have bought some more trees from our sale to plant at each of the 2 schools sites and in the township playground.

Invercargill Parks and Reserves Department is going to find a more suitable public site in 2020, for the Invercargill Park. Currently it is located behind a locked gate at the 'Crops for Southland' site which hasn't been successful.

A huge thank you to Geoff Genge for hosting all the trees on his property for many years until permanent homes have been found for the precious collections.

Visit From a Pear Scientist

Lee Boyd, Research Associate for NZ Plant and Food Research called in to meet Robyn and hear about our Open Orchard Project. She was very impressed with our project and is keen to work with us to share resources and knowledge for mutual benefits, especially swapping varieties of early settler pears to spread the diversity. Robyn is hoping to meet her at the NZ pear research base in Nelson and also go to the apple research base in Hawkes Bay when she will be in the North Island in early October.



Plant of the Month



Willows

Willows are everywhere and the pussies that line the new growth twigs on every sort of willow, are out now for all to see.

Pussy-willows, and there are a number of willows that are called that, are displaying their catkins right now and luring bees to do their pollinating work.

The most beautiful of the pussy willows is the Violet Willow, a very attractive variety that has deep purple twigs and the most vivid white/silver pussies of any willow. If you can find some, well done; take them home and put them in a waterless vase where they will remain sound and bright for the following 12 months till the new crop is formed on the mother tree.

Creature of the Month:

Whitebait



Whitebait are under the gun; or rather the microscope at the moment as questions about their survival as a fishery are debated. Recreational whitebaiters believe they are doing no harm, and I believe they are almost right in that.

Habitat destruction and poor water quality are playing a bigger part in the reduction of whitebait numbers but that's not the only threat to the little native fishes, in my opinion. Commercial baiters, catching large amounts of whitebait and selling them, tax-free to restaurants "elsewhere" north of here, are causing harm by the very nature of their activity and the vigour with which they pursue the significant profits that flow from it.

Save the whitebait, I say, practice catch and release!
Robert

Herb of the Month



CORIANDER / CILANTRO

Coriander is a member of the parsley (Apiaceae) family. It's an annual plant that grows on slender green stems. It can grow up to three feet tall with the leaves resembling parsley leaves. The coriander produces white flowers, with a hint of purple, and round, light brown seeds.

CILANTRO vs. CORIANDER

Cilantro & coriander are different parts of the same plant.

Cilantro, *Coriandrum sativum*, usually refers to the leaves of the plant, which are used as a herb. This describes the vegetative stage of the plant's life cycle.

Coriander refers to the seeds, which are typically ground and used as a spice. This happens after the plant flowers and develops seeds.

LITTLE KNOWN FACT

Coriander is thought to symbolise hidden worth.



Does coriander/cilantro taste like soap?

Folks occasionally report a strong dislike for the flavour, claiming it tastes like soap. Some studies show that this reaction may be influenced by genetics, while others propose that the taste is due to a molecule called aldehyde, which occurs naturally in cilantro, but is also used in some soaps. Does cilantro taste like soap to you?

Anna

Upcoming Gardening Workshops Book by emailing us or go to [bookwhen](http://bookwhen.com). Max 10 ppl.

Seed Saving Workshop with Josie Blackshaw this Sunday 22nd September

Whether you would like to save seed to grow at home or to give to a seed bank or library, Josie will give you the skills and understanding you need to get started. If fine, the workshop will include a tour of the forest garden.

1.30pm to 4.30pm, Sliding scale \$5 - \$30 Please bring warm layers, a raincoat, boots, and note-taking equipment.

Full Day of Gardening Workshops on Monday 28th October with the Guyton's.

Celebrate Labour Weekend with a day of gardening workshops. Details still to be determined. Sure to be a fun day with instruction that could include planning and nourishing your garden, basic plant physiology, beginner seed saving, and plant propagation. There will be 3 or 4 different workshops on the day, at \$15 per workshop per person.

Seasonal Recipe

Carrot & Coriander Soup



Ingredients:

1kg carrots peeled & chopped (home grown for flavour)
2 tsp oil
1 tbsp coriander seeds
1 small clove of garlic crushed
1.5 litres (6 cups) of chicken or vegetable stock (homemade if possible)
Handful of fresh coriander chopped (in season) and light sour cream to serve

Method:

- 1) Dry roast coriander seeds in a small frying pan over a medium heat for 1-2 minutes. Transfer to a pestle & mortar and crush.
- 2) In a large pan heat 2 tsp of oil, add carrots, garlic, coriander seeds, cook on a low heat for 5-10 minutes.
- 3) Add stock and bring to the boil.
- 4) Reduce heat, simmer for 15-20 minutes, until carrots are soft.
- 5) Remove from heat and blend

Serve with sour cream and fresh coriander when in season. Delish!

Anna

From Our Library:

The Seed Underground: A Growing Revolution to Save Food

In this colourful, interwoven, autobiography, Janisse Ray paints the history of seed saving and those who have dedicated their lives to saving seeds. The story follows her life, the life of cowpeas, climbing beans, watermelons, and all manner of seeds with long and sacred histories. Janisse gives a good introduction to the practical side of saving seed and many reasons to practice this art.

She describes many different seed saving vaults around the world, but emphasizes the importance of a living seed community. It is not just the seeds that need to be saved; it is the culture that surrounds them, the stories and practices that communicates the knowledge of how to grow them, that needs to be preserved.

This is a great book for beginner seed savers and anyone interested in where our food comes from and how it got here. It is very easy to read, and full of stories, keeping the reader engaged from start to finish. It will make you want to quit your day job and dedicate your life to the holy seed. I also recommend watching *Seed: The Untold Story*, the two complement each other perfectly. Hollie

How To:

Felting Made Easy

Felting supplies

- Carded wool (roving) of any breed
- Liquid soap or wool wash
- Delicates or vege bag or piece of net curtaining
- Needle and thread

Washing machine

How much wool roving you need depends on the size of the piece of felt you want to make; start small and experiment. Your final piece will be much smaller than the original layout of wool, usually by around 25 – 30%.

Take a piece of the roving (carded wool) and pull thin tufts from one end laying the wool tufts in a row, overlapping each other by about 2.5cm. Make sure all the fibres are in the same direction.

Create a second row alongside, again overlapping the fibres about 2.5cm and overlapping the rows, until your piece is about 30% larger than the final size you want, to allow for shrinkage.

Repeat the above for a minimum of 4 layers to create a grid, i.e. each layer to be perpendicular to the last, creating an interlocked pattern.

The more layers, the thicker the final piece of felt.

To retain its shape lie flat in a delicates bag, and sew loosely using large easily removed stitches over the entire bag.

Submerge the bag in warm water and add some soap.

Transfer to your top or front load washing machine, select warm to hot cycle, with minimum water. Add liquid soap and press go!

When the cycle is finished, remove from the bag, dry flat in shape and enjoy your newly created soft and warming piece of felt.

So many unlimited uses; e.g. Shoe/boot insoles, wallet/purse, clothing, slippers, cushions etc. If you have questions - contact Anna 0220 730 167.



Our People

Jean Win - New Riverton Resident and Volunteer

The Environment Centre is pleased to introduce Jean who has recently joined our valuable volunteer team. We thank Jean for being both our September guest writer, page 2 and sharing a little about herself here.;

'I am a marine biologist who studies fish biology and ecology. I grew up in the smallest US state (Rhode Island) and my passion for the ocean (and surfing) lead me to pursue a career in marine biology. I went to uni in southern California and moved to New Zealand and Australia for post-graduate work, completing an MSc at the University of Otago and a PhD at Griffith University, Queensland.

My family recently relocated to Riverton from California as my kiwi partner (also a marine scientist) accepted a job with Environment Southland.

I started volunteering at the centre this August and look forward to sharing more marine tidbits in the future.' Jean Win

Our Community

Aparima College Treemendous Tree Planting

The sun shone kindly on more than a hundred young and old recently, while planting trees at Aparima College The day was a happy one with students, parents, teachers, and community members planting more than 450 native trees to create an outdoor teaching space and habitat for all kinds of growth.



The newly created outdoor area will be a place where students will learn about their natural environment, how it is affected by them, and how they can interact with it in a way that builds on its diversity and vitality. A heritage fruit tree orchard was donated by the Open Orchard Project, including pears, apples, and five of Captain Howell's Trees that are very special to the Riverton area.

Students are now designing a charming wooden shelter to be constructed, that will provide opportunities for all weather teaching in the native tree area. I'm sure many are excited for the spring weather to arrive to begin exploring their new classroom.

Congratulations to Lynne Grove, Cameron Davis and all of the students at Aparima College for their hard work that made this amazing project happen! The new area will be a treasure to be enjoyed by both the Riverton Community and the Students of Aparima College!

Hollie

Upcoming Craft Workshop

Rag Rug Making at the Environment Centre with Tanya

7pm Monday 23rd September

Brighten up your home; learn this simple new craft.

Just bring along yourself and prepare to cosy up in front of the fire to do some crochet rug making

Just \$10 per person with everything supplied

Get in touch with us if you are keen to do workshops that we don't already have scheduled. If there are enough people interested we will put one together!



Visit our [website](#) to see the workshops we have on offer.

Longwood Resilience Loop to be Showcased in Wellington

Another SCES Project Leading the Way

On 8 October Robyn will be on stage at the Michael Fowler Centre Wellington, as part of the Fintech Demo Day, telling NZ about our Western Southland resilience project. There will be 300-400 people in the auditorium including members of the general public, investors, local and regional government and financial institution representatives and more!

For every reason, NZ, and the world, need to localise our growers, producers and essential services to:

- Build community connections
- Lower our carbon footprint
- Reduce time and travel cost to get to a supermarket
- Diversify rural land use
- Buffer us from natural and man made disasters
- Save money and reduce waste
- Reduce CO2 in the atmosphere
- Give people a purpose
- Build local economies
- Promote healthy eating local fresh fruit and vegetables
- Promote real food grown in orchards gardens and paddocks
- Reduce the consumption of factory made “food like products”
- Increase food security



Western Southland is the first rural community in NZ to design a rural trading loop. Last week the SCES applied for funding from two sources to purchase an electric delivery van.

We are designing a software platform that is a ‘Virtual Village’ market place that will be open for just Western Southland residents to register and begin trading instantly.

Local producers and growers can fill the virtual shop shelves with what they have to sell and residents can fill their virtual shopping basket and pay online. Then the items will be dropped off at the local hub ready for pick-up.

Buyers will be able to watch the van travel from hub to hub around the Longwood mountain by way of GPS.

Once we have got the system perfected for Western Southland we can offer it to groups around NZ and then the world!

Looking back in history 100 years from now:

‘In the 19th Century the biggest impact on the world was **Industrialisation**.

In the 20th Century the biggest impact on the world was internet enabled **Globalisation**.

In the 21st Century the biggest impact on the world was internet enabled **Relocalisation**

that saved the world from the brink of disaster....when and where did it begin?

In **Western Southland in 2019!!!**’

If there is a disaster there is only 3 days of food in the supermarkets as almost all stock comes through Christchurch.

We need to prepare to be more self-sufficient in Southland now!

Readers' Patch

This space is for you to comment, advertise or connect - share a tip, idea or advertise an item or service. If relevant to our local community / environment / sustainability and space is available, we will happily include your item. If you successfully sell an item or service, a donation to the SCES would be greatly appreciated.

HOUSE SITTER Required Next Month

We are needing someone to house sit from 8th to 19 October at Omaui beach. Animals to care for - 1 jack russell, 2 cats and hens. Please contact Anna 0220 730 167.

Farm Fresh South RAW MILK to Riverton

This new delivery service will continue if there is adequate demand so get your orders in with Farm Fresh South now; <https://farmfreshsouth.nz/>

TREE COSY YURTS For Sale

made by Adam & Shelley, View in Dunedin now.

<https://www.facebook.com/search/top/?q=Tree%20Cosy%20Yurts>

Environment Centre Stocks New Plastic Free Deodorants Made in NZ

Excellent quality sticks in cardboard containers

Small \$7.80 Large \$14.50



Surprise Delivery

We accidentally ordered 12 crates of cauliflowers, instead of the anticipated 1 crate of 12 caulis. Our mistake; your gain. Thanks to all the buyers, we sold them all! Hope you enjoyed the beautiful fresh organic caulis that went out at less than cost price! **Thanks for Your Support**



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>

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
Opening hours are:

- Monday - Friday: 10:00am - 4:30pm
- Saturday: 10:30am - 4:30pm
- Sunday: 1:30pm - 4:30pm



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