

COASTLINE

AUTUMN 2023

SUCCESSFUL FESTIVAL

The 2023 Heritage Harvest Festival celebrated the close of one of Southland's longest, warmest growing seasons of recent years - the festival hall full of Southland grown apples and pears was testament to that!

Attendees from near and far, welcomed in the weekend Festival on the Friday evening with a community pot-luck meal in a cheerily adorned tent. The dessert table was especially impressive – laden with all sorts of apple baking - strudels, crumbles and cobblers to name a few!

The apple press chopped all weekend, thanks to Mark, with cups of amber apple juice a plenty.

Thanks to Vanya, Gaylene, Brit & Rebecca, mounds of carrot cakes and cinnamon oysters were enjoyed with cups of tea. And warming harvest pot pies and soups, were keeping everyone well fed and well happy.

A brilliant group of tutors ran a wide variety of very popular workshops resulting in the highest number of fully-booked sessions, before the festival weekend began!

Peter Langlands came down from Ōtautahi Christchurch to lead some great foraging workshops, including a full day around the town on the sunny, clear Friday. Some new tutors this year included, Kairaranga Des Cooper from Manapouri, Herbalist Stephen Parker from Ōtepoti Dunedin, and Fermenter Evita Shen from Tuatapere. Thanks to all the tutors for bringing along such rich knowledge of all things growing, cooking, preserving, and sharing plants and food.

A huge thank you too to everyone who booked in for the workshops - the geographical spread of attendees was amazing; from as far as Tāmaki Makaurau Auckland!

The Saturday night dinner of breads, soups and crumbles was perfectly warming; a happy evening, by candlelight and with fiddle music, was had by all.

Thank you to everyone who came along to be a part of this year's Heritage Harvest Festival! It was very special to be back together again in person, and to celebrate our bountiful harvest the good old fashioned way!

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DATES TO DIARY:

Fri 26 May, 10am – 12.30 pm	Repair Café 'Repair and Re-wear' Riverton Environment Centre. All Welcome!
Fri 26th May, 4:30pm	A Cuppa over Moon Cups: eco-friendly menstrual products. Riverton Environment Centre, All Welcome!
Sat 27th May, 2:00 - 4:00pm	Composting Workshop: Gap Road West Winton, Booking Essential. Info on Workshops and Activities

APOLOGIES FOR LATENESS

Our Seasonal Coastline is certainly no longer a quick read! We have so much to share relating to our very busy organisation and community.

My sincere apologies for the delay getting out our Autumn issue. Sometimes there's so much going on in life that volunteer roles tend to slip a little in the priority list.

We have a good mix of content. You'll see that the Longwood Loop is humming along, Aparima College has been actively learning about local historical and current day food sources, and the southern Future Whenua charity has been actively promoting sustainability and caring for our environment for future generations, including with our centre manager Robyn's input.

You can keep up with developments regarding local Repair Cafes being established, and planning is underway for a community composting to be setup. Locals, Teoti shares why he's had a change of heart about managing his lawn, plus Pleasance shares her thoughts about a couple of significant international and national matters of late.

Robert and Nick update us about education matters – very important aspect of the work of the SCES and Hollie, SCES Chairperson, briefs us about committee matters. Plus there's more!

As I work through the editing process, I learn and get inspired as I hope you do while reading our Coastline. Next week I plan to be prepping the garden and planting for winter. I'm looking forward to early spring home-grown bounty to enjoy. And I hope to enhance my composting skills by attending an SCES workshop in a few days.

Please relax, read and enjoy, either online or hard copies are available for \$2, from the Riverton Environment Centre.

Look out for our winter issue in about 6 weeks.

Wendy Joy
Editor



RIVERTON TO SOUTH KOREA

A 4-man television crew: director, cameraman, front-person, and Interpreter, from a major South Korean television company spent 4 days in Riverton recently making what will be a 55 minute television programme to be aired next month, across South Korea, about Riverton's forest garden and the couple who live in it.



The filming timetable was intense: early morning starts to late night finishes - even a time-lapse capture of a night-times worth of starry sky. The technology used was very sophisticated: state-of-the-art drones, tracks along which cameras slid smoothly, and underwater cameras to capture scenes of the native fish in the creek; all sorts of technological wonders!

Interest in natural environments and people creating and living in them is burgeoning in South Korea. A trip across the world is just part of providing the Korean people with what they dream about.

The film crew also captured the other eco-friendly projects Riverton is known for: the community forest garden and heritage orchard, the Longwood Loop "mobile farmers market" and the Environment Centre including the many projects that operate out of the Centre.

Everyone involved with the filming was tired-out by the end of the 4-days and in need of a good rest before looking forward to watching the programme, which we will be sent a copy of in due course.

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.

NGAHURU (AUTUMN) GARDENING WITH NICK

Within Te Ao Māori, soil is seen as a living entity, meaning we should focus on elevating its mana and enhancing its mauri [health and vitality]¹. One way many gardeners do this at this time of year is to 'put the garden to bed' for winter, by mulching heavily with manure, straw, seaweed, compost and / or covering it with plastic. This is fine if you don't want to be gardening when it's cold and wet, but it misses a couple of key opportunities:

1. Winter is the most important time to have access to fresh vegetables, as our bodies tend to be under greater stress, and it's when fresh food is typically at its most expensive!
2. Soil health is enhanced more effectively through plants actively feeding soil microorganisms via root exudates (substances put into soil by plant roots) than by the addition of dead organic material².



From left to right: Lupins growing under netting (to stop birds scratching them out), mixed green crop three weeks after sowing, a green crop two months after sowing, black plastic used to kill off grass - when removed (after 6 months) a green crop will be sown.

References:

1. Elevating the Mana of Soil through the Hua Parakore Framework: Jessica Hutchings, Jo Smith, Garth Harmsworth 2018 (https://www.journal.mai.ac.nz/sites/default/files/MAIJrnl_7_1_Hutchings_02.pdf)
2. DIY Soil Health Assessments: Zespri Group Limited 2023 (https://www.wai-kokopu.org.nz/site_files/26842/upload_files/DIY-Soil-Health-Assessment-Guide.pdf?dl=1)

So that suggests two possibilities:

1. Plant winter-hardy vegetables (broccoli, cabbage, kale, leeks etc.) in late summer / early autumn, or fast-growing cold-hardy salads like chicory, endive, rocket, mizuna and some lettuce varieties, which you can sow into empty beds now and will grow over the next few months, providing a cut-and-come-again salad harvest over winter (often you can buy these seeds as 'mesclun' - 'a mix').
2. Sow a 'green crop', consisting of annual grasses (usually oats, rye or barley), legumes (like lupins, vetch or peas) and other herbaceous plants (like phacelia), which will actively grow through winter and can be cut to the ground in spring. Of course you can always get the best of both worlds by planting broad beans - they build wonderful soil!

If you don't want to be out picking fresh kai in winter, a green crop is the best thing you can do to support your soil, so get sowing!

PROJECT UPDATE:

Longwood Loop – Fresh is Best!

The Longwood Loop has been operating now for 20 months. In that time funds totalling over \$50,000 have been returned to gardeners in our Western Southland communities.

So how does the Loop work?

Founder Robyn Guyton says, "Each week buyers go online and order from a list which includes fruit, vegetables, meat and plants. On Thursdays our electric van delivers to our customers."

We'd love more local growers to come on board. You can't beat freshly picked produce straight from Southland soil".

A new supplier this season comments:

"It is good for us as gardeners to sell our surplus to those who want and presumably value it for its same day harvest, minimal to no chemical use, low food miles and reasonable cost.

Our goal when we became suppliers was to enable us to cover the cost of our seed and garden consumables.

The Loop has more than met our expectations – we have sold hundreds of dollars worth in our first season. It doesn't return an hourly rate as you spend quite a bit of time harvesting and packing - not to mention all the hours gardening.

However, we are doing the garden work anyway because we enjoy it. We want to be as self-sufficient as possible as well as eating fresh and knowing there is minimal to no chemicals in our food production.

It's refreshing to have the same customers continue to buy – presumably they think the vegetables are value for money."

"This is a trading loop," says Robyn, "and people all over New Zealand are copying it as a way to rebuild our rural economy. It has economic, social and environmental benefits."

Vanya

OUR COMMUNITY

Riverton Repair Cafes Update

In our Summer 22/23 Issue, Carlyne introduced herself and the concept of Repair Cafes. Since then Carlyne has been very busy and now updates us about the progress made and initial plans for local Repair Cafes.

A 'Sign-up Sheet' was available at the Heritage Harvest Festival resulting in a core group of committed volunteers and interested people being identified who are willing to be fix-it experts on Repair Cafe days.

Exploring with Aparima College collaborating for bike repairs and mending needing sewing machines using their facilities and working with the students on those repair projects once a month.

Talks underway with Menz Shed Riverton for tool repair and sharpening events.

Interest has been received from other Southland towns and hoping to support them to hold their own community pop-up events.

Repair Café Aotearoa and Wastebuster Repair Revolution Wanaka have shared their administrative resources so Health and Safety and volunteer agreements will be covered.

Our first event, 'Repair and Re-wear' will be held Friday, 26th May, 10am – 12.30pm at the Riverton Environment Centre, then ongoing every 4th Friday of each month for the remainder of the year.

This will be a hand-stitching and mending Repair Café. I'll be sharing how to repair using needle felting for woollen clothes and blankets. People are welcome to bring along their own projects and work on them alongside the group, enjoy the company and a cuppa. We will create some flyers and put them up around town to advertise this.

We are working on plans to hold Saturdays Repair Cafes, as multi-station events repairing a variety of items from jewellery to small appliances. Once venues and dates are confirmed, we will promote through Facebook and flyers.

Anyone interested to help or who has any questions please get in touch with Carlyne by email; carolyne.repaircafes@gmail.com



**Note Repair Cafés are free pop-up events where local people bring in their broken or damaged belongings and local volunteer experts do their best to repair them, while educating the owner*

so they can do future repairs themselves. The aim is to reduce landfill and foster a culture of Repair. For more information, check out Wastebusters Wanaka: www.wastebusters.co.nz/2020/11/16/wastebusters-repair-revolution/

Carlyne

3rd Annual Future Whenua Summit 17th -19th March 2023



The Future Whenua Initiative is a charitable trust developing a rural innovation and biodiversity hub in Southland.

Their website states: 'It is for us to care for and look after the environment to ensure its wellbeing, in doing so we ensure our own wellbeing and that of our future generations.'

'We hope that in gathering rural leaders as well as those on the cutting edge, that strong and prosperous connections will be made and this important message will be amplified.'

The 2023 Future Whenua Summit, an innovative 3-day educational event, was held on the banks of the Maitai River on the family sheep farm, The Montana Flat.

The weekend started with a tour of the Montana Flat farm with farm manager Ryan Burns highlighting the regenerative practices used on the farm.

Over the next two days there were lots of experienced

people from around NZ presenting on a wide variety of related topics:

Saturday: Native regeneration, Future farming, Earth building, & Good Road Food Map

Sunday: Solution sessions, Energy systems, & How to make change.

I spoke in the first Sunday morning slot about the Longwood Loop, a food resilience solution. My talk was very well received with our solution being seen as not only a wonderful innovative solution, but one that is able to be replicated around NZ.

Most excited were the folk who are needing a solution to distributing food from a large urban market garden. These people followed me around for the rest of the day asking me questions!

<https://futurewhenua.co.nz/youtube/> Link to the videos of the 2023 talks.

Check out: <https://futurewhenua.co.nz/fws2023/> and come along next year!

Robyn

LOCAL KAI FOCUS AT COLLEGE

Lynne Grove, Head of English Department, Aparima College

At Aparima College we have had a whole-school focus on local natural resources. In Term 1, Years 9 and 10 English looked at local kai. We are so fortunate to have bountiful wild kai available to us in this region.

Kōrero with Mr Neville Wilson during a visit to Kohikohi's Cottage revealed that Riverton-Aparima has been a kai hub for centuries, and that there was a Whata food-platform and an umu oven in the place where our school hall now stands, as well as māra kai for vegetables and multiple sites for collecting mahika kai.

Old texts about the Aparima kaik described how shag, kereru, titi, kaio (sea tulips), carageen seaweed and tukituki (fuschia berries) were all staples of the diet. We learned how kupu kai (Māori words about food) is an integral part of tikanga (customary practices) such as Pōwhiri and hui, for example, kaikaraka, kaikarakia, kaikōrero, kairikawera and kaiawhina.

Our students researched and mapped the multiple varieties of wild kai that can be hunted, foraged and fished.



We watched Cookery videos and created recipes that highlighted the look and taste of local kai.

We investigated the numerous regional festivals that celebrate kai, including our own Heritage Harvest Festival, and recognised the responsibility we share to sustain these food sources through responsible practices and adherence to regulations.

Naku te rourou nau te rourou, ka ora ai te iwi

With your basket and my basket, the people will thrive

WHAT A TREAT!

The seemingly endless summer and autumn, we're likely at the tail-end of, have been something to see and enjoy, for sure!

How fortunate we were in Southland, to find ourselves experiencing what was, reportedly, the best summer and autumn season ever; temperatures were high, skies were blue, winds were absent and the ocean was almost a bath.

Of course there were rougher, colder days sprinkled into the warm mix, but very few, especially by comparison with the north.

Fruit weighed-down branches, vegetables grew like Topsy, birds plumped-up, Southlanders smiled a lot, especially those who enjoy water sports.

There were some downsides; actually, there weren't. It was a delightful double-season and no one complained, at least within my hearing. Except the scientists who study the ocean. And those who make invasive insects and diseases their life work. And alpine plants. And glaciers.

Those folk were less comfortable about the warming environment.

For the rest of us, it's been a treat!

2023 FRUIT TREE SALE UPDATE

Our Annual Fundraiser will be back at the beginning of August.

We email out the Fruit Tree List to SCES Members, so make sure you [subscribe](#).

[Members](#) get to order one week earlier than the general public!

Sharing Environmental Learnings

We are well aware of how popular the **Guyton's Riverton Forest Garden** is, with locals and out-of-towners alike. Summer is an especially busy time for Forest Garden tours - well over 100 people traipsed through the verdant, productive wilderness in the last few months, some of them travelling a long way for this unique Riverton experience and many leaving inspired to "plant everything, everywhere, now" as Robert might say.



Over the last few months we have also had the great privilege of **hosting several enthusiastic groups** from a range of local learning institutions undertaking educational visits to the Forrest Garden, Environment Centre and the Community Garden. We had a delegation of 30 students and 10 adults from Blue Mountain College, 40 students plus helpers from Enrich@ILT, 10 students and their tutor from the Southern Institute of Technology's Environmental Management programme and the whole of Thornbury School - more than 60 children and adults!

These visits were prompted by programme leaders desire for young people (and of course their lucky parent helpers) to experience ways of producing food that are different to what we might consider the 'mainstream'. Learners have the opportunity to be immersed in a system that not only produces a lot of high-quality fresh food but that also supports an incredible amount of biodiversity, sequesters carbon, produces oxygen, enhances the mana of soil and has innumerable human wellbeing benefits. It is impossible to walk around Robyn's and Robert's amazing garden without expressions of wonder and happiness pouring out. Seeing young people in this environment is truly a joy.



Photos: Students, teachers and parents from Thornbury School enjoy their picnic lunch amongst the trees in the Forest Garden.

Nick Kiddey Education and Projects Facilitator Riverton Environment Centre

Forest Garden School

For several weeks now, 15 students from Aparima College have spent their Fridays in our forest-garden, learning about life in a quiet, green, productive space that's quite unlike a regular classroom. Together, we've woven cabbage tree leaves and papery-bark from native trees, made bricks and marbles from clay dug on-site, harvest fruit, baked berry pies, cooked damper on an open fire and a host of other forest-suitable activities the students have greatly enjoyed.

Lunch-time has been spent lounging in hammocks under the plum trees, resting on pillows in the yurt, or sitting around a crackling fire in the clay-circle, chatting, mucking-about or just enjoying the environment.

We've planted all sorts of trees, flowers and vegetables here and around the local community. Our final day or two will be spent making compost and pressing apples into juice using the Environment Centre's wonderful apple press.

The students have requested a marshmallow toasting session around a woodier, so that'll pretty much wrap up a very enjoyable, constructive series of learning activities, all under the cover of the canopy of the forest garden.

Thanks, Southland, for the incredible run of warm, sunny weather - we couldn't have done it without it! **Robert**



OUR PEOPLE

Introducing Teoti:

Teoti swapped pottery for poetry in 2010. He has always been connected to te Taiao / the natural world and has been iwi representative on the Canterbury Aoraki Conservation Board for six years. Teoti moved south and has been living in Riverton for about five years. He shares with us now, his revised lawn management strategy.

WHY I STOPPED MOWING MY LAWN

It wasn't because I'm lazy, poor, or a criminal. Although I had been taught to think that people who don't mow their lawns must be poor, lazy or criminal. Hell, no one wants to be seen in that light.

I stopped mowing my lawn, because in the Winter of 2020 I read "Love your Lawn, Don't Mow It". It also had links to confirm that a mown lawn gives off carbon and a long grass lawn absorbs carbon. That was good enough for me! That's why I stopped mowing my lawn.

As the spring growth arrived, the grasses raised their head; for the first time in their lives they were allowed to be themselves. I was visited by these embedded prejudices, saw them for what they were, and saw them off.

It was a joy to see five different types of grasses, waving their seed heads in the breeze. Their wellbeing nourished my wellbeing.

I can appreciate why people see my lawn through prejudicial eyes. I was embracing having a long grass lawn, yet my embedded prejudicial attitudes were still present.

I can see now how mitigating the effects of Climate Change through action also requires a change of attitude.

Wouldn't it be lovely if neighbours, seeing your long grass lawn gave you a thumbs up. "Good on ya mate, your Great Grand Children will thank you."

Teoti Jardine

WE'RE HIRING!

We're looking for a Financial Manager to join our team and support our projects as they grow!

www.sces.org.nz/jobs Ph 03 234 8717

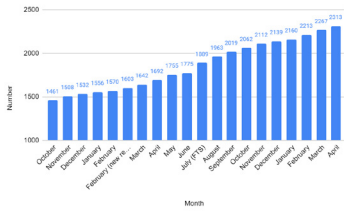
OUR ORGANISATION

Our Data tells a story...

The picture painted by the data we collect shows a constant increase in interest in our mahi when comparing annual month-on-month stats. Our website has experienced a consistent increase in unique visits from October 2021 (when we started collecting this information) - there are clear 'pulses' of interest, especially correlated with our annual Fruit Tree Sale (July) and the Heritage Harvest Festival (March - note, there was no Festival in 2022). It is gratifying to know that our website is being utilised and is a good way to connect with our community.

Our email subscriptions show a similar trend - a constant

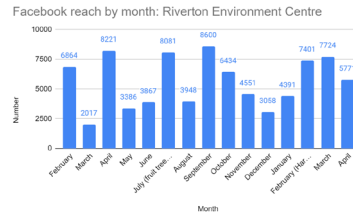
Email contacts October 2021 - April 2023



increase in interest! We have had a 58% increase in subscribers since October 2022 and gain on average 46 new subscribers per month.



We also reach an average of 5600 people every month through our Facebook site. We use this to update people on our projects, advertise workshops and share items of interest and success stories.



We know our work is valued and sought-after. These data serve to highlight just how many people we connect with.

Our Strategic Plan

Progress is being made regarding our proposed Composting project.

SCES was recently involved in organising a Composting Hui for Southland. Healthy Families Invercargill did the heavy lifting (wizards that they are!) and the Murihiku Kai Collective umbrellaed the event, which saw up to a hundred people come along to share ideas, learn what they can do and begin the creation of a pathway forward to ensure that all organic 'wastes' produced by our communities are converted into forms that will enhance the mana of soil and enrich our communities.



Bryan Clearwater, from SCES (Left) with Richard and Tim from CarbonCycle

Following on from this (such perfect timing!) Bryan Clearwater, SCES Committee member and I met with some local decision-makers to discuss what we could be doing here in Riverton. There was strong interest in establishing a 'community composting' programme as a pilot for Southland, as a way of avoiding the cost and environmental effects of the ten tonnes of kitchen waste that goes from Southland District into our regional landfill every week. It was acknowledged that there were many community benefits that could be gained from such a programme. We have been wanting to move forward on this project for years, so it is extremely gratifying to have such positive momentum.

Bryan, Jewel, (new committee members) and I also had the pleasure of attending the launch of a new CarbonCycle food waste composting system at Te Murunga a Rangi Aurora College. The bins were set up

by Richard and Tim from CarbonCycle, who also paid a visit at Riverton Environment Centre. The system will allow for the composting of up to 20 tonnes of food waste per year if managed right, and they only take up about five square metres and look great! We watch this project with interest and look forward to trying something similar here in Riverton.

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The CarbonCycle bins being set up at Te Murunga a Rangi Aurora College. Bryan looks on eagerly.



Some of the big crowd that turned out on a cold Monday night to get enthused about composting.

Nick

From the 'Chair'

It has been a busy autumn for our South Coast Environment Society Committee. The Heritage Harvest Festival is now behind us so we are looking forward to winter where we will spend some time looking at our goals and strategic plan while catching up in-person with plenty of cups of tea and cake; we have to make up for all those in-person meetings we missed while we were meeting only on Zoom!

We are excited to have Jewel Robinson and Bryan Clearwater join our committee this month. We're pleased they have each chosen to move into our local community and look forward to them enriching our organisation by their positivity and great ideas.

We have received a very welcome increase in funding from the Lotteries Community Fund to support the work SCES is doing to build food resilience in Southland along with other projects. This funding will be a huge boost to our society. We hope it will enable us to scale up some of our projects and expand the reach of our workshops and educational opportunities.

To support our society as we grow, we are seeking a financial management guru with practical experience to join our team working a few hours per week - if this is you, or someone you know - please get in touch! **Hollie, Chairperson**

Neighbourly Visit to Attend EHA Hui



**ENVIRONMENT
HUBS AOTEAROA**
Collaboration for local solutions

Committee member, Rebecca, and I travelled to Timaru recently to attend the South Island Hui for Environment Hubs Aotearoa (EHA). The weekend-long event was hosted by the South Canterbury Eco Centre, in their lovely new recycled building. It was great to have the opportunity to spend some time with our nearest Environment Centre neighbour, to learn more about their Eco Centre, and to see the results of all of the hard work of their

team; Bryan, Rhys, Kylee, and other the Trustees.

The Eco-Centre has a wonderful educator Alice, who brings school groups to their centre for all kinds of environmental learning. The space is also made available to a great number of community groups. The Eco-Centre is sat on an old dump site. The team has big plans for all sorts of planting including fruit trees and land-regeneration, which they are now looking towards with their building work well done.

EHA is a national umbrella organisation for the 22 Environment Centres network throughout New Zealand. The EHA mission is to support community-led solutions that empower regeneration and resilience. It is responsible for distributing the Ministry for Environment funds amongst its member centres.

Rebecca and I enjoyed meeting the EHA team of 5, and learning more about their roles and what they are working on including an interactive map of Environment Centres and associated organisations across the country, and building new partnerships with funders to continue to support the work of their member Centres.

Representatives from the other 4 South Island Centres also attended, Christchurch Enviro-Hub, Nelson Environment Centre, WAI Wanaka, and the Marlborough Enviro Hub. It was great to meet the folk from all the Centres, doing some great work across the South Island. I'm looking forward to seeing some familiar faces over the next few weeks as I take part in Te Tiriti o Waitangi & Governance trainings that EHA is running for us. **Hollie**

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.

www.sces.org.nz/about/donate Ph 03 234 8717

HOW TO – USE FALLEN CABBAGE TREE LEAVES

1. Admire them. They're tougher than flax leaves and resist rotting for years and years. Plait them into ropes and tie young fruit trees to their stakes with them, secure in the knowledge that they'll last and last.
2. Make a rope from them that's strong enough not to break under huge pressure. Tie your fishing boat with it and save the embarrassment of an estuary-rescue.
3. Weave a fish-net from tii kouka (cabbage tree) leaves and sweep the estuary mouth for flounder. Your net will last as long as you do.
4. Twist several dry leaves into a knot and use the result as a fire-starter.
5. Weave a protective sleeve from cabbage tree leaves and protect your newly-planted trees from rabbit-attack.
6. Leave them where they fall. If you've grown a forest-garden, they'll add to the richness of the forest-floor.
7. If you have manicured lawn and they land on that, you have a problem!



Robert

SEASONAL HERBS WITH HOLLIE



Wormwood is also known by its more glamorous name, Artemisa, after the Greek goddess of the moon, wild animals and hunting. But 'Wormwood' feels so practical and reliable and not at all self-important, that I love that name most of all.

It is known for being a woman's herb, with the many uses there are for women's health. Women wear garlands of wormwood during the Festival of Salt in Mexico and wormwood was dried, ground and used in ancient love charms for foreseeing who young women might marry.

Wormwood is often used to repel insects. It can be dried and kept in clothes drawers to keep away moths, or in animal's sleeping spots and chicken nesting boxes to keep away fleas. It is known as a bitter herb, and has many medicinal uses. It has most commonly been used medicinally as an upper digestive tract tonic, and also to make all manner of liqueurs, absinthe being its most notorious. Wormwood is a powerful herb, and so should only be taken internally with great care.

This lovely, tall, silver grey herb with silky leaves loves to protect more delicate herbs in gardens from the wind. If you have a wormwood in your garden, now is the time to trim back its foliage growth, and tuck into your drawers to keep the winter moths away.

Hollie

ROBERT'S SPECIAL PLANTS

It's difficult for someone obsessed with plants, especially newly unearthed ones: plants that the obsessor has never grown before, to choose just one plant to write about.

I am toying with trying to grow several fascinating plants just now and despite them all being subtropical and unlikely to grow here in Riverton, I'm filled with hope and anticipation that I'll strike it lucky and they'll like it here in the cooler south.

The first is jaboticaba, a South American tree that produces fruit along its trunk, at least the on-line photos show that it happens in South America; my Riverton examples are only 2cm tall and have far to go before fruiting.

The second apple-of-my-eye is a banana, or rather, not a banana. Hailing from Abyssinia. The Abyssinian banana is a member of a slightly-separated branch of the Must family, and while it does produce a banana-ry fruit, they are not at all edible and are full of hard seeds. The plant, under ideal conditions, grows huge. The one I've planted in my tunnel house may not grow at all, given winter is approaching, but again, I'm hopeful.

The third plant I'm cooing over, was purchased from a nursery in town, so ought to be suitable for growing down here, but I think the nursery is pushing the limits with the White Bird of Paradise. It's looking comfortable where I've planted it, but hasn't experienced a run of cold nights yet. We shall see.

Robert

IN MY VIEW

Earlier this year, two very significant events occurred – one at the international level, and the other at the national level.

Papal Bulls – Doctrine of Discovery



On 30th of March 2023, Pope Francis rescinded the “Doctrine of Discovery”, which had been legitimized in three Papal Bulls dating back to the 15th century (1452, 1456

and 1493). Essentially this allowed for the conquest of lands, in the name of the church, where Indigenous Peoples had lived for centuries – across all the Americas, and Africa. It also set the stage for further colonization around the world.

The significance of the Statement and the rescinding of these Papal Bulls cannot be understated: this is the first time the Catholic Church has formally recognised that their teachings and doctrines in relation to millions of colonized people across the world have caused harm. In his Statement, the Pope said this theory is no longer part of Catholic teaching and ‘did not adequately reflect the equal dignity and rights of the Indigenous Peoples’. It’s a significant breakthrough, which needs to be acknowledged and celebrated.

Tax Report

Here in NZ, on the day after Anzac Day, the day where we recognise so many of our people who lost their lives fighting for a better world, David Parker, the Revenue Minister released a Taxation Report from the IRD showing that the wealthiest people in NZ (311 of them) pay less than 9% tax, compared to most NZ householders – which pay, on average about 25%. It confirms something many of us have suspected for a while – that without a Capital Gains Tax for instance, the wealthy continue to get wealthier, and pay less tax, while those that work hard to support families and households bear the greater burden of paying taxes in this country. The implications are clear: those who can afford to pay the most tax don’t do so, while those for whom it is a burden bear the heaviest weight. The level of inequality is startling. There is clearly something wrong with this picture.

So, what happens next, following the release of this report? The Good News is that we now have firm data and statistics that can be used to better inform and shape a fairer government tax policy in the future. But in the meantime, there’s an election coming up. Ask questions of your local politicians and party candidates, to find out what each Party intends to do about this. My thoughts are that we need to know!

Pleasance Hansen

PUMPKIN PANCAKES

It’s the time for enjoying the pumpkin harvest. You may have done so already in a sweet pie, (delish!) but what about in pancakes! Give them a try; very simple and also delish!



1. Roast enough pumpkin to make 1 cup of puree, perhaps doing some extra when cooking dinner. Then remove skin and puree. (If not making the pancakes same day, you could chill and refrigerate the roasted pumpkin for a day or two, then warm before using)
2. Make the sweet pumpkin mix:
1 cup warm pumpkin puree
1 tsp vanilla essence
½ cup raw sugar
3. Beat together
2 large or 3 small eggs
1 ½ cups milk
4 Tbs melted butter or sunflower oil
Stir in the pumpkin puree mix
4. Mix together the dry ingredients:
3 tsp Baking Powder
2 cups flour
Pinch of salt
1 ½ tsp ground Cinnamon
½ tsp ground Ginger
½ tsp ground Nutmeg
5. Add dry ingredients mix to the liquid mixture; stir in only until blended (don’t over mix)
6. Set aside for 5 minutes while warming the oiled pan to medium temperature
7. Pour in 1/3 cup of batter for each pancake
8. Cook until bubbles appear on the surface then turn over; take out 3-4 minutes later.

Serve with whipped cream, maple syrup or your choice of toppings. Enjoy!

HENRY HARRINGTON'S, WORDS OF WISDOM, PART 4 (ABRIDGED INTRO)

Henry was a dedicated seed-saver long-time seed-saving master who retired to Ohai. Before Henry passed away in 2010 he recorded his experiences of living through the Depression Years, when recycling was simply the way of life. We are sharing sections of his writings over several Coastline issues. Thank you Henry Harrington. (Full Intro in June/July Coastline).

There wasn't refrigeration in those days and most country people didn't have electricity. Everyone had a safe on the cold side of the house to keep milk, butter, meat, and leftovers from the previous meal. The safe was made with mesh on all sides to allow air in and keep flies out. Some people built quite elaborate safes; one that I remember well was about three feet off the ground and fine mesh on the door, both sides, bottom and top, and a wide pipe from the top to above the roof of the house. This created a draft when the wind blew and the contents of the safe were quite cold; a lot of thought went into building that one.

Shoes and boots; the uppers and soles of footwear in those days were all leather, and when they were worn through leaving a bare patch under the ball of foot, the sole was removed from the toe to the instep and a half sole was put on to replace it. Most families knew how to replace their own footwear soles. Hob nails were driven in to the leather soles of boots, to slow the wear, and protectors were driven in to the soles of shoes. Heels were repaired and heel and toe plates were put onto shoes to prevent them wearing out so fast. Some of these repairs were so expertly done that you couldn't tell they weren't new shoes when they were being worn.

As there wasn't refrigeration in those days, it was difficult to keep meat, so when a sheep was killed, some went to their neighbours, who returned the favour when they killed one. Some of the meat was pickled in a large stone crock, with salt and water and used when nothing else was available.

Everyone else kept fowls for eggs and meat and when there was a shortage of meat, one of the fowls lost its head and ended up in the cooking pot. Most families reared their own chickens and as half a batch of chickens could be expected to be roosters; there was a never ending supply of meat. Again some was pickled in a large stone crock with salt and water, and used when nothing else was available.

At times there were excess roosters these were fattened up killed, pickled for future use. The same went for ducks which are delicious pickled. Geese were also kept on the farms and were another source of meat. The goslings were at their best about Easter time and were often taken alive to friends in town as an Easter present which were very much appreciated. The breeding geese were put back onto their own territory and the goslings were shifted closer to home where they could be easily caught when needed.

A pig was usually kept over the summer months when there was skimmed milk to feed them and Jerusalem artichokes grown to keep as feed for early winter before it was killed for bacon and ham. Most people cured their own hams and bacon with salt, sugar and a little saltpetre; this kept well and was used all through the year until another pig was killed. The hams and bacon were hung up in an airy place until needed.



TRADE AID WINDOW DISPLAY

Check out our Trade Aid window display to see the delightful range of products and gifts you can purchase from all around the world. New wooden products have arrived – rolling pins, scoops and spoons. Everyone loves the coffee and chocolate!

VISIT THE ENVIRONMENT CENTRE

The South Coast Environment Centre is situated on the main street of Riverton on the Southern Scenic Route.

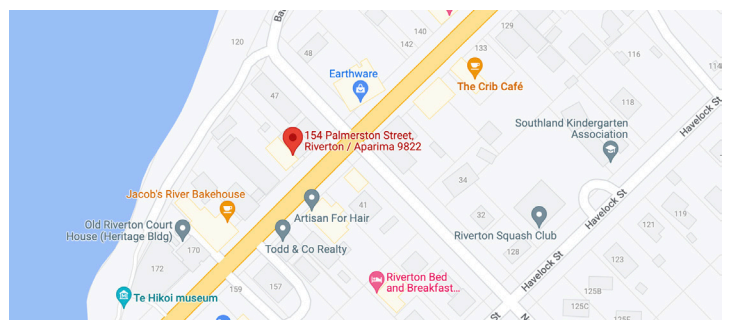
Phone: 03 234 8717, **Email:** office@sces.org.nz

Opening hours are:

Monday - Friday: 10:00am - 4:30pm

Saturday: 10:30am - 4:30pm

Sunday: 1:30pm - 4:30pm



www.sces.org.nz



@rivertonenvironmentcentre