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COASTLINE March 2019

Special Visitors Coming To Riverton

The Heritage Harvest Festival and the National Permaculture Hui, being held between 30 March and 7 April, have attracted some very inspiring presenters to head to our town. To name just a few:

- Lynda Hallinan** Auckland Region - Damson plums
- Peter Langlands** Christchurch - Foraging wild food
- Karl Russell** Temuka - Waters of Te Wai Pounamu
- Nandor Tanczos** Waikato - NZ Permaculture past, present, future
- Jason Ross** Waitati - Wild vegetable growing using perennials
- Trish Allen** Coromandel - A Study, Permaculture Farm Succession
- Robin McCurdy** Takaka - Building Community from Ground Up
- Rory Harding** Dunedin - George St Community Orchard

For more information about each of our visiting presenters, check out the websites; [Heritage Harvest Festival](#) ; [Permaculture hui](#), There are also many just as inspiring local presenters covering a wide range of topics, to share with all who come. The 120 Hui attendees are coming from all over New Zealand and for many it will be their first time south of Nelson.

Check out the programmes for both events on the websites and take advantage of these amazing opportunities!

Dates to Diary:

Mar 28th	Thursday, Bat Spotting Adventure in the Longwoods 7pm, see pg 8
Mar 29th	Friday night: Heritage Harvest Festival Potluck Feast, 7pm
Mar 30/31st	Sat & Sun Heritage Harvest Festival Displays & Workshops, 10-4 daily
Mar 30th	Harvest Celebration: Music, Dance & 'Harvest Champion' Comp. 7 pm
31/1st	Sun/Mon, Longwood Loop Tour (1) See pg 4
Apr 4-7th	Thurs to Sun, The 2019 NZ Permaculture Hui in Riverton!
Apr 7th/8th	Sun/Mon, Longwood Loop Tour (2) See pg 4
Apr 7th	Sun, Electric Vehicle Display Event 10am-2pm Blackmount, see pg 3 ¹

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March is Action Month

It's all go on the home front - garden is producing prolifically and at the Environment Centre where the team is very busy preparing for the Heritage Harvest Festival and the hosting of the National Permaculture Hui.

In this issue we have some of our regular features and some changes to allow a greater focus on the end-of-month Harvest Festival, one of the major annual events for the SCES.

Our guest writer, Nathan Macnamara, begins to share his family journey of establishing their large home garden, by trialling various tools and technologies that have been developed to add efficiencies to age-old agriculture methods. His 3-part story will continue over the next 2 months. On page 6, Tamsin McCall, who we introduced last July, provides an update on the development of her large family garden. Both Nathan and Tamsin are committed to organically growing a range of quality produce suited to their locations and family needs.

The ethos of the SCES continues to be spread far and wide. This month Robert Guyton summarises a recent visit he and Robyn made to Central Otago and preparation being undertaken for a visit by a large group of American organic farmers. Plus, Arrowtown school children have visited the Centre.

There is always plenty going on, especially during this next few weeks. We hope you can join in some of these inspirational events..

Wendy Joy

Coastline Production Co-ordinator



Macnamara's Garden and their Planet Junior 2 Wheel Hoe

Our Family Homestead Adventure

by Nathan Macnamara, SCES Member

Our journey began late 2013 when we left our cosy Invercargill quarter acre for more elbow room and fresh air in Taramoa.

Fast forwarding to mid 2017 with a few trees cleared, fences moved and our 5th child on the way, a loose plan was developing around establishing a large vege garden.

After 3 hours behind my father's old Morrison rotary hoe pulverizing a tiny patch of dirt and bringing all manner of dormant weed seeds back to life, my whole body told me I needed a new plan. I guess this was the moment I finally listened to my wife, Kylie who had been reading JM Fortier's book 'The Market Gardener' through her pregnancy, and I'd fobbed it off at every turn as I'd been focused on house renovations.

When finally finished, the day before our wee fella was born, I had a some time to consider a more practical way of producing food for our growing family and potentially beyond.

It's a bit of a blur since then.... but being from a mechanical background I became hooked in by the new technologies being used as a means of applying greater efficiencies to old agricultural practices. Perhaps what surprised me the most is how fast this method of small scale regenerative farming is spreading worldwide. To be fair, it's nothing new – really just centuries old practices adapted for our modern age.

In the ensuing months I read as much as I could and watched hours and hours of Youtube clips and tool supplier videos on various methods and techniques that other farmers use and share freely. I highly recommend Eliot Coleman, JM Fortier and Richard Perkins various approaches to introduce efficiency in production and soil regeneration. And if you can handle it, 6 hours on garden tools by Joel at Earthtools in Kentucky, USA (who we've since purchased from)!

By this point my head was spinning with permanent beds, walking tractors, silage tarps and broadforks and how to bring it all together in our south coast context. Eventually this did start to happen Nov '17 to Jan '18. By this point my plan had taken more shape and things were seeming possible... until realising accessing the main tools is a battle in itself in NZ.

Then, by chance there was a walking tractor available in Christchurch, with the specs we needed as well as the rotary plow attachment to get us cracking. So on May 2, 2018 we got to plowing our first trial bed straight from pasture.....satisfying..... but still so much to learn for the next stage cont'd next month

This Month with Robert - Sharing the Messages

American Organic Farmers Heading Our Way

This month, in the Kelvin Hotel, Invercargill, I'll be speaking to an audience of 40 American organic farmers here on a New Zealand farm tour.

The tour organisers hope I'll be able to provide some insight as a local regional councillor. I certainly will include observations made during my time considering farm consents and beating out policy around the council chamber, but I'm, also intending to offer views from further out on the political spectrum with an opinion from outside of the industry. Robyn is involved too, as organiser of the organic produce for the meal the farmers will be served. The group, along with associates from Southland, will be visiting organic farms here and will tour our Riverton forest garden as well; something I'm betting they'll be quite unprepared for.

We Went to Visit Alexandra Gardeners

The climate, soils and geography of Alexandra; dry, thin and moon-like, are very different from those of Riverton on the moist, loamy coast so it was with some surprise that we found ourselves invited to advise growers in Alexandra about gardening and how to establish a forest garden. We didn't hesitate though, as a change of scenery is as good as a holiday for Robyn and me, so we went and had a great time including enjoying looking around our hosts Colin and Shona's garden - photo to the right.



It was hot, very hot, and dry too, but not unexpectedly. We were able to meet with several groups over the two days of our stay and talk about how we went about growing our forest garden and orchards. The need for irrigation in Central Otago is much greater than here in Riverton, but aside from that, and some difference in crops, we had much in common. Their forest garden in the town has started well, but the dryness has slowed its progress lately, and we were able to suggest some approaches to address that; less dry mulch, more living plant ground cover, to help retain moisture and progress plant growth; at least, we think so.

Arrowtown School Children Came to Visit Us

Arrowtown Primary School students were required by their teachers and the curriculum to find out "What is sustainability?". To help do so, they travelled to Riverton to explore various opportunities here including visiting the Environment Centre. We talked with them about the ways we practice sustainability here in our village; growing and eating organic food, from local gardens and community orchards; drinking clean water, getting plenty of sleep, the sorts of things the children hopefully can choose to do for themselves. We explored the Community Forest Garden and discovered fresh fruit, tasting it as we went. We shared our knowledge and the resources on offer here in the Environment Centre, to enable the children to have every chance to learn what sustainability means in everyday practise so they went away fully briefed, we hope.

SUNDAY 7 APRIL 10 AM – 2 PM

BLACKMOUNT

MANGAPIRI DOWNS ORGANIC STUD FARM

Indie Folk and Blues artists:
Paul Ubana Jones & Lachie Hayes

Curious About Electric Cars?
The #LeadingTheCharge Road Trip promotes electric vehicles as a sustainable transport option for NZ. Mangapiri Downs Farm has invited the Road Trip along to their Open Day so that locals can learn about EV.

Sustainable Farming & Concert



LeadingTheCharge
2019 GREAT EV ROAD TRIP

Organic Farming
EV Display
Music

Do click here for
[More info](#)
about this event

Plant of the Month

Apples Rule, OK?

They do here in Riverton at this time of the year, anyway! This is apple country and this is apple season.



For those who would like to see what we can grow here; and we enjoy an extraordinary range of heritage apples here in Southland, thanks to our settler forebears and the Open Orchard project, come to the Heritage Harvest Festival and see for yourself just what marvels we do have; e.g. Peasgood Nonsuch, Merton Russet, Early Julienne, Norfolk Greening, Kennish Fillbasket, Keswick Codlin, Belle de Boskoop, Black Prince, Worcestershire Pearmain, Rhode Island Greening, to name a few.

Apples ripen from late January to July with the later ones keeping for 4-5 months. The best keeper of all is one recently identified as the 'Cornish Longkeeping' which keeps until late January!

There are cooking, eating and cider apples. Some are dual purpose and can be used in a variety of ways. Some cookers quickly turn into a fluffy pulp, others keep their shape so are suited to decorating desserts.

Best of all, heritage apples are naturally more nutritious; 'an apple a day keeps the doctor away' was the old time saying. Unfortunately modern apples are bred to look and store well but are less nutritious. You need to eat a few to gain the same health giving properties of the heritage varieties..

Become a 'friend' of one of the Heritage Orchard Parks and you will be invited to seasonal working bees. Email openorchard@sces.org.nz

Creature of the Month: Guinea Pig Anyone?

One of the Harvest Festival 2019 workshops features vegetables from South America and the tuber most familiar to us is the potato. It's amazing just how many varieties of spud there are and how many we have available here in Southland. Originally from South America, there is a multitude of varieties there not yet been seen in NZ.

Cooking and presenting them is what the workshop, presented by an expert in the field, is all about but it begs the question; what would you have with them, if you were cooking a traditional Sunday roast in South America? The answer, of course, is Guinea Pig and while that's going to cause anyone here who's kept the charming little mammals as pets to choke on their smoothie or coffee as they read this, it does make sense; meat and veg, after all, is something most New Zealanders were raised on, only we ate lamb rather than Guinea pig. They're great little fellows, these wee pigs; cute as can be and useful for keeping the lawn trimmed, quietly.

Travellers who've spent time in the higher reaches of the South American countries report that roast Guinea Pig is not too bad a tidbit and complements the potato well, especially when you're very hungry and tired, perhaps suffering a little altitude sickness as well.

Herb of the Month



Lemon Verbena

LEMON VERBENA (*Lippia citriodora*)

Lemon Verbena makes a lovely refreshing herbal tea that is just as nice as an iced tea. It is also a beautiful bath herb, richly fragrant and one of the few herbs that never loses its fragrance when dried.

Lemon verbena can be used as a pore stimulant by making a strong tea, of 500mls (2 cups) lemon verbena leaves added to 1 litre (4 cups) boiling water and poured into your bath. This strong version of the tea can also be used on your skin as a natural insect repellent.

This plant is a deciduous shrub that is one of the last plants to grow its new leaves in spring and lose its leaves in autumn.

Pick the leaves now and they almost dry overnight in a shallow tray or basket and they store very well.

Longwood Loop Trips x 2

These are guided road trips of our proposed Resilience Loop with little detours along the way to beaches, townships and Heritage Orchard parks.

You can either travel after the Festival or Hui and stay the night at Last Light Lodge camping or in a cabin and have a fabulous restaurant meal, mainly from their own organic garden. Or start early the next day to travel the same first leg in time to meet up at Last Light Lodge at 10am for a tour of their organic gardens. Then spend the rest of the day touring and back to Riverton by 4pm .

Please email Robyn if you intend to come and for accommodation, meal or carpooling robyn@sces.org.nz

Seasonal Zucchini Recipe

You may have a bountiful supply of the versatile zucchini ready for harvesting right now. They're great for salads, quick cooking with onions and tomatoes, oven baking, marinating and cooking on the bbq plate, pickling or making chutneys.

Have you tried baking with them?

If not try Tanya's simple, delicious, moist cake recipe.

Chocolate Zucchini Cake

Cream together

125g butter

1 ½ cups brown sugar

Beat in

3 eggs, one at a time

Mix in

3 cups grated zucchini

½ cup yoghurt

1 teaspoon vanilla essence.



Sift together then fold into wet mixture, taking care not to over mix;

2 cups flour

¼ cup cocoa

2 teaspoons baking soda

1 teaspoon cinnamon

½ teaspoon mixed spice

Bake at 170 F or 360 C for around 45 mins.

Test with a skewer or however you normally do.

Serve warm with cream or ice when cold.

This cake is even better the next day.

It's even a great way to use up large marrows!

And a great way to get kids to eat a vegetable!

Harvest Festival Preparations

The preparations for the 11th Heritage Harvest Festival are well under way! It's looking like it'll be a special year, with new local organic farmers, traditional craftspeople, and permaculturalists from all over New Zealand coming to Riverton to celebrate the harvest with us.

We have been thinking of how we can make the festival even more magical and fill it with more traditions and stories. We've been studying old harvest festivals and different harvest traditions and finding so many lovely stories. Can we do a maypole in Autumn? We need to find a wonderful corn grower in Southland so that we can make corn dollies!

There are so many traditions from so many countries, all celebrating the special time that is the harvest. It has been fun finding the ones that are perfect for our seasons & community.

We are excited to be having an old-fashioned ceilidh dance in the community hall on Saturday night, with soup and bread to feed hungry dancers. It should be a fun family night, with Gary Elford calling the dances, so there is no experience needed, at all!

This year we will also have special "open talks" in the festival marquee with some of our more popular speakers & tutors. So if their workshops are full you still get to hear them talk.

If you would like to help by crafting beautiful festival things like decorations, signage, art or food, please get in touch and come along to one of our festival working bees!

Hollie Guyton - Festival Organiser

The UN Sustainable Development Goals Explained

Last month we introduced the UN Goals supported by the NZ Government. Pleasance Hansen helps us to understand them

The Goal I've chosen for this month is # 15, LIFE ON LAND. The intention of this goal is to: *protect, restore and promote sustainable use of terrestrial ecosystems, sustainably manage forests, combat desertification, and halt and reverse land degradation and halt biodiversity loss.*

I've chosen to start with this goal as it is an area where the Riverton Environment Centre excels. This is seen in the Centre's commitment to reforestation with the planting of heritage orchards and annual fruit tree sale, saving and protecting the Riverton estuarine wetland ecosystem, cultivating living seed collections to bring back virulent heritage varieties that will withstand climate changes and impacts and mentoring other groups undertaking similar projects..

Here at the Environment Centre, the group recognised the value of biodiversity before its importance was fully appreciated in the wider world and now Riverton showcases NZ's oldest Food Forest.

Right now Riverton is about to host the National Permaculture Hui, where passionate people from around NZ will be sharing ideas and resources to improve human's relationships with the land. What will be happening at that Hui, and the ongoing work of the Centre, demonstrate commitment to protecting, restoring and promoting ways of making life on earth better for our future generations, as per this goal.

Our People Committee Member Tamsin's Garden Progress

My husband and I embarked on our ambitious project last October, to turn some of our paddock into productive food growing space; one of my favourite things to do! He got to try his hand at ploughing for the first time, and after a few hiccoughs (the plough falling over sideways) and assistance from a friendly neighbour; with just one plough-head he carved some meticulously neat curves around the contours of our north-facing slope.

I then promptly got to work, adding some compost and seed spuds to get things going, later (painstakingly) topping up the soil levels with (stony) topsoil taken from our new driveway. Pumpkins, nasturtiums, yams, radishes and an assortment of cruciferous vegetables were added to the furrows, as time with a toddler allowed, with mixed results; surprisingly the pumpkins are looking pretty impressive despite the lack of nurturing they've had and the wind that's howled across the paddock this growing season.



Adding seaweed to the growing compost pile



The curved productive rows

The potatoes however are full of wireworm (apparently to be expected on paddock that's been grazed by cattle) but I have some strategies up my sleeve for next growing season including; marigolds; sweet corn; seaweed; mustard; and soil improvement. We're learning lots, there's plenty to challenge us and it's so good to sit down to a meal knowing exactly how it's been grown. Watch this space

Our Community 'Locals' Presenting at the National Hui



The Needs & Wants of a Thriving Local Food System - Ella Lawton

Ella spent her childhood in Invercargill before moving to Dunedin to attend university. Ella will be discussing strengthening local food economies as a practical way to lower a community's ecological footprint whilst increasing social and economic well-being. The Otago Food Economy Project she is now involved in, has provided insights into the needs and wants of producers, consumers and everyone in between, highlighting opportunities for ramping up production. Such learning can be applied across NZ.



Changing the Face of Farming – David Diprose

David is a Southland Farmer with a vision that will resonate with permaculturalists who see a place for livestock in their systems. Coming from a conservative farming background, David has thought his way through to the cutting-edge of land management that has at its heart, environmental health. His talk will explore the pathway he found himself taking through farmed lands and the destination he and his fellow-farmers hope to someday to reach

Harvest Festival 30/31 March Workshops

The cost is \$12.50 per workshop - book early to get a 10% early bird discount and get a further 10% discount when booking 4 or more workshops (not including food forest tours). Book now online at [Bookwhen](#)

SATURDAY SESSIONS			
Time	Session	Topic	Presented By
9.00am-10.30am	TOUR	Food Forest Garden Tour	Robert Guyton
Session 1 9.30am – 10.30am	SAT1A	Preserving Your Harvest- Jams, Jellies & Preserves	Rural Women New Zealand
	SAT1B	Heritage Tomato Growing	Carla & Wendy de Boer
	SAT1C	Making Natural Body Products	Honorlea Mangion
	SAT1D	Introduction to Biodynamics	Malcolm Cooper
Session 2 11.15am – 12.30pm	SAT2A	Peruvian Potato Cooking Class	Sally Huapaya
	SAT2B	Introduction to Beekeeping with Q & A	Southland Bee Society
	SAT2C	Foraging	Peter Langlands
	SAT2D	Children's Nature Crafts (Family workshop)	Michelle Nicol
Session 3 1.15pm-2.30pm	SAT3A	Cooking with Apples (Family Workshop)	Robertson Family
	SAT3B	Introduction to Willow Weaving	Norman Blakely
	SAT3C	Home Healing from your Herb Garden	Suzie Best
	SAT3D	Start your own Home Seed Collection	Joy Scott & Josie Blackshaw
Session 4 3.00pm – 4.15pm	SAT4A	Fermented Foods	Jane Murray
	SAT4B	Houseplants 101	Carla de Boer & Briar Alexander
	SAT4C	Setting up & Caring for your Home Orchard	Robyn Guyton
5pm-6.30pm	TOUR	Food Forest Garden Tour	Robert Guyton
SUNDAY SESSIONS			
Time	Session	Topic	Presented By
9.00am-10.30am	TOUR	Food Forest Garden Tour	Robert Guyton
Session 1 9.30am – 10.30am	SUN1B	Alternative Healing with Plants and Herbs	Malcolm Cooper
	SUN1C	Setting up & Caring for your Home Orchard	Robyn Guyton
	SUN1D	Heritage Tomato Growing	Carla & Wendy de Boer
Session 2 11.15am – 12.30pm	SUN2A	Autumn Desserts – Ways with Rhubarb (Family Workshop)	Rural Women New Zealand
	SUN2B	Foraging	Peter Langlands
	SUN2C	Maca Masterclass	Sally Huapaya & Corin Storkey
	SUN2D	Home Healing from your Herb Garden	Suzie Best
Session 3 1.15pm-2.30pm	SUN3A	Fermented Foods	Jane Murray
	SUN3B	Introduction to Beekeeping with Q & A	Southland Bee Society
	SUN3C	Damsons	Lynda Hallinan
	SUN3D	Propagating	Robert Guyton
Session 4 3.00pm – 4.15pm	SUN4A	Cooking with Apples (Family Workshop)	Robertson Family
	SUN4B	Children's Nature Crafts (Family workshop)	Michelle Nicol
	SUN4C	Treedimensions	Dieter Proebst
	SUN4D	Start your own Home Seed Collection	Joy Scott & Josie Blackshaw

Readers' Patch

Is there something you would like to Buy, Sell, Swap or you have a Service to offer? Any burning questions? Maybe a Hint, Tip or Idea to share or Feedback on a previous article? Get in touch with us.

Bat Spotting:

Thursday 28 March 7pm. Meet at the Environment Centre to car pool and drive up to the forested section in the Pourakino Valley. Sunset is 7.45pm which works out well.

Our bat expert will talk a bit about bats, what to expect, how to use a detector etc. We won't walk far (if at all) so encourage all of the family to come (and maybe bring a chair!) All safety (hi viz) equipment items are provided but please wear warm clothes, firm footwear and do bring a torch.

NOTE: this is subject to reasonable weather so if looking doubtful, check earlier in the day by calling the Enviro Centre, on 03 234 8717.

Environment Centre Produce For Sale

The autumn harvest is colourfully arriving into the Co-op daily. Make the most of this wonderful diversity.



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>

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

Opening hours are:

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



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