



CANTERBURY ORGANIC NEWSLETTER

May/June 2017

This edition is full to the brim with upcoming events, exciting employment opportunities and news.

Canterbury Organic's Key Event for 2017:

Mark Christensen – Presenting 'Food As Medicine' on July 2nd. Come hear Mark speak about the amazing benefits and varieties of Heirloom Apples and Tomatoes. Keep reading for more details and how to register.

We are also holding our 16th AGM following this event. All are welcome to join.

Harbour Co-op Birthday Celebrations

As you may or may not know, the Harbour Co-op has two rather large milestones coming up very soon - the 5th anniversary of our conversion to a Co-op in June and the 10th anniversary of the founding of LyttelPiko in August! We are proud of our time working for the community both as a Co-operative, and alongside our sisters and pioneers Piko, to support Christchurch's vegetarian and vegan community and Lyttelton locals, keeping up a supply of tasty local fare even after the earthquakes closed our local supermarket.

Like all 5 and 10 year olds, we love a good party and are planning lots of in-store events and specials in celebration of these two birthdays. We plan to thank our loyal members and customers with discounts, prizes and deals that reflect our core values – providing environmental friendly products, keeping our carbon footprint low, supporting ethical practices and communities both locally and abroad, making sure we source the best quality organic foods and wholefoods wherever possible, and educating and giving our customers options that they may not be able to source elsewhere.

All shoppers who join us in our 3 month celebration will get a birthday present from us - spend over \$30 and receive 3% off your shop (members - 6%), \$50 get 5% off (members - 8%), \$100 get 7% off (members - 10%)!

We will be updating information on our celebrations on our Facebook, Twitter and Instagram pages so make sure to follow us for the latest news

MARK CHRISTENSEN 'FOOD AS MEDICINE'

Come hear Mark speak about the amazing benefits and varieties of Heirloom Apples and Tomatoes.

Monty's Surprise apple trees available to purchase on the day! Free heirloom seeds plus... Question & Answer Session.

SUNDAY 2ND JULY 2017 11.15 – 12.45PM **Canterbury Organic AGM 1pm – All Welcome**



Te Hapua Halswell Centre Hao Room

341 Halswell Road Christchurch

Bookings Essential

Cost: \$20 Early bird (before 15th June)

\$25 (after 15th June)

To Register contact: admin@canterburyorganic.org.nz or call Nicky O'Sullivan 0274904325

Mark Christensen is a Trustee and Research Director at the Heritage Food Crops Research Trust. In 2003 he began coordinating research on the potential for heritage apple varieties to prevent cancer. This research discovered the Monty's Surprise high health apple and also prompted research into the benefits of heirloom tomato varieties.

In 2006, Mark received the Dr Don McKenzie award from the NZTCA in recognition of his research efforts. In 2007 he was voted the Gardener of the Year for the Whanganui/Manawatu area by the New Zealand Gardener magazine. Mark, along with a dedicated group of volunteers nurture a five acre garden and orchard where many of the Trust's plant trials are conducted.

Mark was recently featured in the Lifestyle Block Magazine - March 2017

Composting Workshop

KoruKai Herb Farm, Pigeon Bay, Banks Peninsula

28th May, 1-4pm.

Every organic garden needs a heart to pump nutrients through its veins. Composting is essential to recycle nutrients, build soil, feed the soil microorganisms and to grow healthy vegetables high in nutrients and without pest and disease problems. Come along for a hands-on workshop helping you grow better food.

This is an action packed afternoon learning how to make a proper hot compost heap. You will be introduced to composting and will learn why things are done a certain way. To deepen this knowledge we will be building a layered heap right on the day.

Cornelia will also introduce you to a simple way of composting your household food scraps and how to make an effective liquid fertiliser.

Come along to our stunning place in Pigeon Bay and bring all your questions in regard to composting.

Topics:

- benefits of compost
- science of compost making
- building a layered, hot compost heap using leaves, grass clippings, seaweed, manures and other additives and activators
- bokashi composting
- setting up a worm farm
- homemade organic liquid fertilisers using aged compost, worm casting, manures, seaweed and fish

\$ 35 (incl. afternoon tea)

For more info and to book, visit: www.korukai.co.nz

Also coming up: Fermentation Workshop on the 2nd July

Ruminations: News and Events from the NZ Biodynamic Assoc

Biodynamic Conference – Growing the Future, Ellerslie 19th - 21st May. This conference focuses on biodynamic growing of interest to city people and small block holders. With key note speaker Diane Watkin from Biodynamics Sydney. Other speakers include Andy Black (greenhouses), Gary Williams (water), Marinus La Rooij (soil minerals) and Sarah Smuts-Kennedy (bees in the city). Workshops include planting and sowing, art, wine comparison, planting by the moon. With field trips to gardens and local enterprises. [Register here](#) by 8th May for best price

Otago Biodynamics Community hosts two events in May. There's an [evening with Isla Burgess](#) on Thursday 25th May at Cromwell. Isla is director of the International College of Herbal Medicine and will share her knowledge of plant traditions and practice. The following day there's a preparation

making day(Friday 26th) at Lowburn. Further information from Su Hoskin s.hoskin@xtra.co.nz or via [Facebook](#).

Biodynamic introductory workshop [Bringing Life to Urban Gardens](#) on 18th and 19th May in Ellerslie, immediately before the biodynamic conference. Tutors Rachel Pomeroy (columnist for OrganicNZ) and Colin Ross (former biodynamic vineyard manager). No previous knowledge necessary. Book your place [here](#).

[Organic and Biodynamic Winegrowing Conference](#) runs from 26th -28th June in Marlborough.

News from the Top of the South

Families from over 7 Certified Organic Farms from Golden Bay, Nelson and Tasman Regions had an autumnal gathering recently. A great opportunity to shares stories, ideas and great food. There are lots of social and economic benefits to farmers by working together as opposed to competing in isolation and the organic community might be small but is strong and growing in the Top of the South. A big thanks to Lucy, from Fresh2U Organic Food Delivery, for organising the day and we look forward to upcoming events, collaborations and new ventures.



Employment Opportunities Available:

Canterbury Organic Administrator. Part time - Start June 2017

An exciting role is now available. We are looking for an outgoing person who has Word processing and Excel experience, good filing systems, enthusiasm & passion for organics and communicating with others. Applicants for this position should have NZ residency or a valid NZ work visa

For more information & a job description please contact: admin@canterburyorganic.org.nz

Cultivate Christchurch Ltd – Urban Farm Technician Permanent Part-time role

Must have working knowledge and qualifications or similar experience of organic market gardening / horticulture / agriculture;

Excellent work ethic, committed, reliable and highly motivated;

Able to work independently and ask for the right help when needed to complete a task;

Positive and empowering communication skills - e.g. good at conveying practical information to unskilled workers or volunteers in positive ways.

Happy working with others - good people skills important / a sociable team player;

Be physically fit with a positive attitude;

Comfortable completing menial tasks such as weeding as well as embracing the challenge of unique farm establishment tasks in our dynamic work environment; **This person must have the following attributes: Ideally capable with construction and handyperson type odd-jobs;**

Full NZ drivers license; Willing to learn and develop personally and professionally. Applicants for this position should have NZ residency or a valid NZ work visa.

Cultivate Christchurch Ltd: Business Administrator - Part time Permanent Role

This person must have the following attributes:

Excellent work ethic, committed, reliable and highly motivated with self-management skills;

Understanding and experience with working in a social enterprise or similar charitable / 'for common profit' / NGO organisation that utilises a Limited Liability Company structure;

Capable of developing and implementing information systems that capture critical information for monitoring and reporting on key performance indicators - including how they relate to social and environmental impact;

Experience with budgeting, accounting and payroll software (e.g. Xero, ThankYou Payroll);

Experience and success with securing grant funding, finance, sponsorship, donations, goods and services in-kind; HR knowledge relevant to fast-growing small businesses and change management processes.

Please contact: bailey@cultivate.org.nz for more information about both Cultivate positions.

SUPPORTING CANTERBURY ORGANIC

If you or a friend are interested in joining Canterbury Organic as a Supporter Member, the cost is \$30 per year (Students - \$20)

We are a non-profit organisation and this fee assists us in organising workshops/field days and contributes towards organisational costs. You will receive bi-monthly newsletters about Canterbury Organic and OFNZ as well as a discounted rate to our workshops and field days (4 held per year) You can also join in at our AGM and pod meetings.

We appreciate your support! For more information -
Contact: Nicky: admin@canterburyorganic.org.nz or 0274904325



LEARN FROM THE EXPERTS Start a career in organics. Reduce your footprint and produce a regular supply of your own fruit and vegetables.	COURSES (All fees under \$500)	
	Year 1 Introduction to Organics 44 weeks Starts August 2017 (Lincoln campus)	Year 2 Applied Organics 46 weeks Starts August 2017 (Lincoln campus)

Programme information
college@bhu.org.nz | 03 325 3684 | www.bhu.org.nz



BIOLOGICAL HUSBANDRY UNIT
Hosted by Lincoln University



Lincoln University
Te Whare Wānanga o Ōtago
ŌTEAROA - NEW ZEALAND
New Zealand's specialist land-based university

BHU Organic Horticulture Courses beginning 31st July. For information on the courses see bhu.org.nz or contact admin@bhu.org.nz

MESH COVER CROPS

The BHU Future Farming Centre has mesh crop covers for sale. These are a humane/non-lethal pest control for outdoor crops for home gardeners, life style blockers and market gardeners.

For more detail see their website: <http://www.bhu.org.nz/future-farming-centre>



Comparative yield of Moonlight potatoes grown under mesh (left) and without mesh (right) at the BHU in 2015/16

FOR SALE

20 standard bales of organically grown (non certified) shed stored clover/lucerne hay. Pick up near Tai Tapu. \$15 per bale. Contact Thea: misstheahewitt@gmail.com

That's all for now! We hope you can join us for the events mentioned in this newsletter and you keep warm over the coming months. If you have anything to add to our next edition July/August please be in contact admin@canterburyorganic.org.nz

Warm Regards

Nicky O'Sullivan