



## CANTERBURY ORGANIC NEWSLETTER

July/August 2017

Welcome to this edition of Canterbury Organics Newsletter.

I would like to start by introducing myself, I am Julie Powell-Booth and have joined the great team at Canterbury Organics taking over from Nicky as administrator. It is a little daunting taking over from Nicky as she has done such a wonderful job but I will do my best. Nicky is still on the committee for Canterbury Organics which is great and I will be pestering her no doubt for a few months until I get settled in. My background in brief: I come from the UK, married a kiwi and moved to NZ 18 years ago with our 3 children who have now all flown the nest and working and playing in different parts of the world. I trained as a Cordon Bleu Chef and worked throughout the UK and Europe which led to working in the world of PR, Marketing, Funding and Sponsorship which are skills I hope to bring to Canterbury Organics. Being involved with food, it has always been important for me to know where it comes from and I have always had a garden which has been run on organic/permaculture principles. I now have two acres which is constantly evolving.

I look forward to meeting you in due course and encourage you to email me with any information that may be suitable for the newsletter, for general interest or if I can help you with other information you may require.

### AGM 2017

The following were elected officers for the following year:

Chairman	-	Gianni Prencipi
Secretary	-	Loraine Liddle
Treasurer	-	Janna Fitzsimmons
NCC Rep	-	Alvina Murphy
CO Staff	-	Julie Powell-Booth (Admin) & Jeanne Larkin (Certification Mgr.)

## Canterbury Organic's Key Event for 2017:

On July 2nd, we were delighted to host Mark Christensen – Presenting 'Food as Medicine'. Mark joined us to give a talk about the amazing benefits and varieties of heirloom apples and tomatoes. It was wonderful to host Mark and listen to his very interesting talk and I think we all learned a great deal. Many took up the opportunity to purchase the Monty's Surprise Apple Trees and also took advantage of obtaining some free seeds Mark had brought down with him to give away. It will be interesting to see pictures later in the year of everyone's beans, tomatoes and apple trees.



Moonglow Tomatoes

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 such as Golden Orange. For more information go to [www.heritagefoodcrops.org.nz](http://www.heritagefoodcrops.org.nz)

## **New Zealand's Largest Sustainable Lifestyle Show!**

This event is being held at Wigram Air Force Museum with FREE tickets available up to 1<sup>st</sup> August - <http://www.gogreenexpo.co.nz/christchurch/>



Covering a wide range of categories from Eco Home & Living to Household Products, Health & Beauty to Food & Beverages, ethical investments to Electric Bikes and Cars and even Pets!

The Go Green Expo is your one-stop “shop” for everything you need for sustainable living.

You will find a large range of diverse companies, brands and services at the show – the expo is dedicated to supporting green businesses across NZ, from new products to household names.

### **Cabbages Required!**

Matt Morris from The Urban Monk needs your help!

#### **WANTED URGENTLY:**

Certified organic cabbages for local sauerkraut processor.

Matt Morris from the Urban Monk Ltd is in urgent need of cabbages for his organic sauerkraut business. If anyone has any, or knows someone who does, please call Matt on 0210386638, or email [monks@theurbanmonk.co.nz](mailto:monks@theurbanmonk.co.nz)

### **Property for Sale**

Valmai Becker of Phyto Farm has a property for sale suitable for organic horticulture/bee keeping – contact Valmai directly [valmai@phytofarm.co.nz](mailto:valmai@phytofarm.co.nz)

## SEVEN RIVERS WALKING FILM

A RAYNBIRD and WICKCANDLE Co-production

Directed by Gaylene Barnes and Kathleen Gallagher



Gaylene Barnes has advised of the film she has made -

There will be a screening of a feature film - **Seven Rivers Walking | Haere Mārire** - which will premiere at the NZIFF (New Zealand International Film Festival) in Christchurch on August 19<sup>th</sup> and then the following Thursday in Timaru.

<https://www.nziff.co.nz/2017/christchurch/seven-rivers-walking-haere-marire/>

In this 84min feature documentary we travel several Canterbury rivers from the high country to the plains. We talk with low-intensive farmers, regenerative agricultural farmers, organic dairy farmers - and discuss the implications of high-intensive 'hydroponics on gravel' to the biodiversity, soil biology and especially - the waterways and rivers - in our region.

Gaylene's family farm heritage potatoes on the banks of the Rakaia - [gaylene@raynbird.com](mailto:gaylene@raynbird.com)

### Farm Placement Hosts

Raphael House Rudolf Steiner School in Tirohanga, Lower Hutt are seeking farm placements for students for a two-week farm experience throughout New Zealand ideally on mostly biodynamic, organic or similar farms. This year the farm placement dates are Sunday 10th September to Friday 22nd September which includes travel days. Please contact coordinator John Wraight via email or on 0274412103.

## **Cornelia Holten - Composting Workshop**

### **KoruKai Herb Farm, Pigeon Bay, Banks Peninsula**

### **17th September, 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
- art 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](http://www.korukai.co.nz)



## Other Workshops

Lincoln Envirotown Trust have a few workshops coming up

### Don't Treat Your Soil Like Dirt!

**A workshop on the key characteristics, their importance and the maintenance of healthy garden soil**

**Saturday 19th August, from 10.00 to 11.30am**

The soil is the foundation of a healthy garden, whether it is a lawn, a vegetable garden or a simple flower garden.

Roger McLenaghan and Judith van Dijk of Lincoln University will present the workshop at the Lincoln Envirotown Community Gardens. Roger and Judith are tutors in the Soil Science Department. They run soil science laboratories for undergraduate classes, and Roger lectures to Diploma students. They will focus on: soil types in our area, soil structure and texture, and the importance of soil pH, organic matter and fertilisers to successful gardening.

The workshop is part of Lincoln Community Care's "Plot to Pot" programme

### Starting and Maintaining a Worm Farm

**Saturday 16<sup>th</sup> September from 10.00 to 11.30am at the Lincoln Envirotown Community Gardens**

*Worm farming is a fun way to turn your organic waste, such as kitchen scraps, into rich fertiliser for your garden in the form of worm castings and worm tea.*

Our presenter, **Sharon Breakwell**, has been involved with the Wastebusters Trust in Ashburton for 18 years, with the last six years as Manager. A key part of Sharon's job is to deliver waste education to schools in the Selwyn area. She is committed to giving children as much information as possible on ways of reducing the amount of waste going to landfill, whether it is through reusing, recycling, composting or worm farms.



*Lincoln Envirotown Community Gardens are located on James St, behind the Maternity Hospital. Please park on the street. Gold coin donation appreciated to support the Community Gardens. For more information, contact the Coordinator, Ruth Wood (Phone: 325 2193, Email: [ruth.wood@xtra.co.nz](mailto:ruth.wood@xtra.co.nz) [www.lincolnenvirotown.org.nz](http://www.lincolnenvirotown.org.nz)*

That's all for now! I hope I have remembered to put everything in I was supposed to, if not there is always the next newsletter! As my snowdrops and daffodils are starting to appear it must mean that spring is on its way, although I think we will need to keep the fires burning a little while longer. Stay safe and keep warm, spring will soon be here and then how busy will we be! If you have anything to add to our next edition please contact me at [admin@canterburyorganic.org.nz](mailto:admin@canterburyorganic.org.nz)

With Regards

Julie Powell-Booth