



The Organics Networker

No 37 Winter 2008

Greetings to all members during this wet, wet winter.

The overcast skies and recurring "mizzle" remind me of winters in Scotland. Yet the news from my friend in England is that they haven't had summer temperatures, yet. She reports overcast skies and much more rain than usual. So I guess we can't complain on our own.

This newsletter is just to keep you in touch – our next field day is in October, with plans underway for venue and speaker. We also introduce another of our new committee members:

HETTY McCLURE

I was born in Dorset, England, to parents who were really keen on growing flowers, vegetables and every type of fruit that was available in the U.K. We had hot houses and used to grow cinerarias in pots for the local market!

My father was one of the first to grow full-sized yellow tomatoes, and as a child, I remember pollinating plants in the hot house with a rabbits tail.

I left school at 18, went nursing, though not for long, then sold fashion jewellery at Harrods, then came secretarial school and working as a legal secretary.

After that came marriage, a daughter and moving to New Zealand. I lived in West Auckland until I moved to the north in 2004. Whilst in Auckland, I brought up my daughter and worked for Corbans in the vineyards. I found I had to remove myself when the spraying was in operation – yuk!

Then it was onto managing a wine shop for 9 years in Newmarket. Eventually I became a "flower fiddler extraordinaire" and started a flower and craft shop. I also sold "Hetty's Confetti" made from dried rose petals. After numerous trips to Kaitaia to chill out, I decided to move up here to paradise where I operate a spray-free garden, and try to care for my environment. This is a great place to relax in, so if you have time call in for a chat.

Hetty lives on South Rd, Kaitaia

OANZ NEWSLETTERS

These are sent out every two weeks. It contains the latest news and information about what is

happening in the organics sector in NZ and overseas.

You can subscribe free on-line by contacting gavin.middleton@oanz.org.nz.

KAIKOHE MARKET DAY

To coincide with their sale day each first Wednesday of the month, a Kaikohe market has been instigated for those mornings. It is being organized by the Mid North Pride Lions, and will be promoted by the Northern news / Bay Chronicle.

The facilitators envisage a version of the Otara market in Auckland with colour, life and sound. Stall fees will go towards a community Fireworks Display in November, in an attempt to reduce individual purchases (and ensuing upsets) in the area.

It will be held in the Kaikohe Memorial Hall wet or shine from 8.30am – 12.00 noon.

If you are interested, please contact 09 405 2040 for a registration form, or collect one from the Northern news office at 60 Broadway, or the FNDC offices in Kaikohe.

They would like to have fruit and vegetable growers, specialty foods (e.g. wine, cheese, organic meat), clubs and organizations, artists / artisans, craft people, individuals (garage sales), Buskers outside.

LIBRARY

Please don't forget that we have a small but good library. These books are available at any time, or at field days. Please contact the secretary for any you would like to borrow. We are also purchasing Tina Verkade's book on Homeopathics for Animals, and a similar book from the Bio Dynamic perspective that has been recommended. A list of books is on page 4.

SEED BANK

Discussion re our seed bank and the continuing existence of quality and heritage seeds is an on-going topic at field days. Most of you will know that Peter Harrison is our FNOG curator, but may be unaware of the varied collection he has available.

But they will stay viable only if we continue to plant and re-seed



them. Even if you don't want the produce from these seeds, would you be prepared to set aside a small plot (free from contamination of other like species) to germinate some of what we have and let it go to seed again? Maybe you might like a small plot that would cross contaminate with any of your species to produce a new stronger seed for yourself?

FIELD DAY SUNDAY 18TH MAY AT TAHEKE FALLS TREE FARM

purchased by Miriam Tyler and her late husband Jim in 1981. Set up on permaculture principles, the property is successfully growing avocados and persimmons. All up there are 10,000 trees on their 13 ha., including mature woodlots of Black Walnut & Chestnut trees, plus a stunning eco-friendly passive solar house built from local materials & natural products including a real cellar we all drooled over. Miriam and her new partner Kevin are moving into conversion with OrganicFarmNZ, propagating & grafting avocado seedlings for selling.



We started the morning with our meeting, kept brief, leaving more time to allow Don and Rosemary Cave from Kaiwaka to explain the use of Effective Micro-organisms and GEM which uses the Japanese EM-Bokashi system of using your kitchen waste to make compost and organic fertilisers. No surprise there, with rapidly growing interest in a disposal system that involves no more than a couple of buckets: a simple way of getting rid of kitchen scraps with no smell, no mice. Kitchen waste can stay right there in the kitchen until ready to be used around veges, trees, shrubs, the liquid being an additional fertiliser.

All this is done with a bucket with drainage holes inside an outer bucket with an airtight lid - simple.

It is all to do with being an anaerobic fermentation process and decomposes rapidly once buried. Meaning you can plant

on top of the buried waste. The liquid contains nutrients from the food scraps and beneficial microbes, and can be diluted with water to use as a fertiliser spray.

After a sumptuous shared lunch, including Miriam's huge pot of tasty & nourishing soup, we continued with discussing the use of EM and then what we can do to boost our seed-saving. Then we walked the property, taking in the



unforgettable view of the Punakitere River's thunderous waterfalls.

Living with Nature rather than against proves time and time again it is the way for a happy and healthy lifestyle and outlook. Taheke Falls Tree Farm is vibrant with life.

Our next field-day will be around the 2nd week in October in our northern region.

Kris Khaine



ORGANIC FARM NZ ANNUAL GENERAL MEETING

11am, Saturday 2nd August 2008

Downes Room, Civic Centre,
Harstonge Ave, Mosgiel (Dunedin)

Main items on the agenda:

Chair Report
Reports from the Regions
Financial Report
Voting on the OFNZ Standards
Auditor Manual, Training and
Accreditation
Region-by-Region Audit
General Business

CERTIFICATION MANAGER'S REPORT

Already we are halfway through 2008, where'd 2007 go ??

The Certification process is gaining momentum with two new producers coming on board, making 32 all up, remembering we split and left several of our producers to the Central North OFNZ group.

It is a requirement that the Property Management Plan is completed with as many details as possible, making the process easier for the Certification Committee and of course, the Certification Manager. Remember that our work is mostly voluntary and your completed Plans (i.e. including being signed and dated) make our job much easier.

Page 14, 7.7.1 *Please don't put N/A if your answer to 7.8 gives a list of contractors.*

Clean Down It is only N/A if you don't get any outside machinery coming onto your property, **not** forgetting your neighbours quad that has just been through his property then in to yours.....

It is easier for all involved if you have a washdown area, and mention it in your Plan, whether you get to use it or not. Most of the Producers find they have to use the washdown at some stage for incoming deliveries etc

Certification Manager Manual Pg 10 (9)

QUOTE: "Please avoid using "N/A" (not applicable) as usually the answer requires a Yes or No answer. If "N/A" is used, please give comments as to why."

The Committee does read your Plan & attachments, so, *descriptive answers make the job of the CM and the Certification Committee much smoother.*

You get three months to fill out your Plan, therefore they should be completed – signed and dated – cheque included and sent off in time for the Cert. Manager to complete the template for the Auditor, the audit, the Certification Committee to discuss your audit – then a Certificate issued **before** your expiry date.

Producers should mark on their calendars when their expiry date is and not wait for a Plan to be posted to them. If you can print off your own Plan and get it back to your Cert. Manager - then go for it – only, **please let the CM know you have a copy and you are getting on with it.** **Please try to get your PMP back to me within the first month of receiving it, this makes it easier for us all and certificates get issued on time.**

- If you plan to make compost for selling, then please follow the Compost Requirements.
- **Also**, it is important that you keep a list of the Off Farm Inputs and know the status of them. It is not our job to be telling you every year what the status is of your inputs.
- **Also**, on your Location Map, please give your Rapid Rural number to make things easier for the auditor. There are **new auditors** in training who don't know you or your location.

Not too often (thankfully) we have to spend a long time over an audit, which may be lacking in information, inconsistent and/or confusing, making it look like the Producer hasn't read the Standards & the Compliance Procedures, so, again, a reminder here that the Cert. Committee meets on a voluntary basis.

As you all know, if you're confused about anything please let us know via phone or email, and, any good ideas about changes or alterations to the system are always discussed.

On the whole, our Producers are doing a wonderful job and it is delightful visiting their beautiful and inspiring production areas. As it is becoming more and more obvious that conventionally produced food has questionable ingredients, Certified Organic is looking more and more desirable for a truly sustainable future.

K. Khaine

Kris's (fail proof) Carrot Cake

2 cups wholemeal flour
2 cups sugar
2 tsp Baking Soda
¼ tsp Salt
2 tsp Cinnamon
1 cup light oil
4 Eggs
3 cups Grated Carrots
(I also add some chopped apricots
or our dried persimmons)



Mix the dry ingredients.
Add Oil, Eggs and Carrots.
Mix thoroughly.

Bake 180 degrees for 1 hour.

Icing: 125 g Cream Chees
2 oz butter
2 cups Icing Sugar
1 tsp Vanilla
Cream together – sprinkle with chopped nuts

From the Backyard.....

The Life and Times of Kauri Peak Farm – another story

It has rained only once here this year. It started on January 15th and hasn't bloody stopped! We will be glad when summer comes and then I can complain about the heat and dry. A typical farmer: every weather condition has a "too" in front of it - too hot, too cold, too wet, too dry!

The meteorological people say it was the worst storm in over 10 years, the worst in living memory in some areas. This last one was the seventh "100 year storm" we have had in three years. The wind was so strong (140kph). I had to go to the hen house and turn one of the chooks around because she laid the same egg three times!

As the storm abated, the necessity to check and move the yearling steers to fresh pasture was on my mind. They were at the very back of the farm, 1.5 kms as the quad bike flies. To get there, I had to ride across the concrete ford in the stream. The water was flowing too fast to walk across, with about a six foot drop off the edge onto rocks. With a bit of nervousness I aimed upstream with the bike and gunned it across. The front wheels gripped as the back was getting buoyant. Yippee for a 4 wheel drive, Honda with good tyres! When I stopped at the top of the rather steep slippery hill that was the next obstacle, my knees were like jelly and my bum

was stuck to the bike seat, like a paua on a rock. I had difficulty getting off.

Walking along the farm track to find the steers, I found some were there to greet me, and with a bit of calling the others emerged from the bush frolicking around and pushing each other playfully.



Trying to move these friendly idiots can be a task because they have been hand reared and I don't have a cattle dog. After a couple of them coming and having a sniff at this person in an oilskin raincoat looking like the man from Snowy River, and licking my hand, they decided to follow me to the front paddock of about 30 acres. This will probably do them for about another four weeks.

If you've done it once, you can do it again – so back across the stream with less intrepidation this time. Called the sheep and gave them some bread, then back home to check the leg of wild pork roasting in the wood stove.



Saturday night was spent with gaslights and supplying the immediate neighbours with hot water and food. They couldn't even shower or flush the toilet.

P.S. The Conservation Department is monitoring some kiwi nesting on the slopes of Kauri Peak. I'll keep you posted on that.

Kind regards and Health Living
Grant and Janice Fallon

And then there's the story about the hen, the nest, the dog and the cat.....

WWW.TRANSITIONTOWNS.ORG.NZ

Is a site worth looking at. In these times of fuel shortage, we need to look at regional and local area resources, and how they can be managed. It also looks at the rebuilding of communities, self-supporting issues etc. This sort of planning will also benefit Civil Defense in case of any Great Event that may bring about a situation where an area becomes isolated for a time.

YOUR LOCAL AREA

Following on from that topic, there is a list attached showing all the folk in your local area. How well do you know them? How about having a few around for a coffee, a glass of wine, or a pot-luck meal? Many members never get to a field day, or to get to know many others when they do attend. We have several new members, and this might be a welcoming gesture to them –

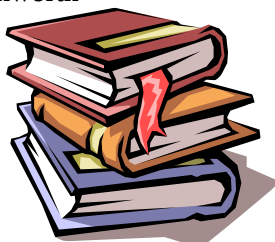
and another way for us all to support each other in our local area.

CAR POOLING

And following on from that – how about car pooling for shared interests and field days?

LIBRARY BOOKS

- Organic Gardening, A guide by Organic NZ
- Resource Guide S & H Assn
- Wetland Restoration, A beginner's guide NRC
- Trees For the Land, Trees for Northland NRC
- Plastics are Fantastic, Using Plastic bottles for a Greenhouse, Sustainable Communities Initiative Scotland
- Seed to Seed, Suzanne Ashworth
- Organic Avocado
- Organic Pastoral
- Organic Citrus
- Organic Summerfruit
- Animal Health
- The Environment
- Natural Farming
- Practical Organic for NZ farms
- Organic Futures



Win trips to Amazing Places in
Northland
by participating in the
Northland Conservation
Management Strategy Review !!

Tena koutou katoa

**Have your say about the places
you value in the Northland
Conservation Management
Strategy Review**

**By completing the Specific
Places Survey form on the
website at**

**[www.doc.govt.nz/northlandcms
review](http://www.doc.govt.nz/northlandcms/review),**

**or by attending a meeting or
hui on the review and having
your name and address
recorded**

**or by returning a survey form
to**

CMS Review

**PO Box 842 Whangarei
by 1 October 2008**

**you go into the draw for one of
four trips to an amazing place
in Northland**

- **A day at North Cape**
- **A weekend at
Mimiwhangata**
- **An evening in Waipoua
Forest**
- **A day on a "marine
mammal patrol' in the Bay
of Islands**

**Go on, have your say about the
places you value.**

**Piet Nieuwland | Kaihono Mahere
Ahuwhenua | Te Tari A Rohe
Northland | Te Papa Atawhai |**

| Community Relations Officer
(Management Planning) | Northland
Conservancy | DoC

Direct 09 470 3326 | **VPN** 7226 |
Email pnieuwland@doc.govt.nz |
PO Box 842 | Whangarei 0140 |
Aotearoa New Zealand |

protect, enjoy, be involved:
tiakina, hakinakinatia,
whakauru.

www.doc.govt.nz/northlandcms
[review](#)

WINTER = TAMARILLOS

Tamarillo Casserole

500 grams pork or veal pieces
1 onion
4 tamarillos
1 cup water
1/5 cup soy sauce

1 tablespoon brown sugar

Toss meat in flour and brown.
Add chopped onion and peeled and chopped
tamarillos.
Heat sugar, sauce, water.
Pour over meat.
Bake 1 ½ hours at 150 C or up to 2 hours.

Sausage, Kumara and Tamarillo Bake

8 pork sausages
1 onion
500g kumara
4 tamarillos
¾ cup water
3 tablespoons brown sugar
1 tablespoon soy sauce
1 tablespoon vinegar
¾ teaspoon salt
1/8 teaspoon ground pepper

Prick sausages and brown lightly.
Drain, place in 8 cup dish. Peel and slice onion,
fry gently till clear. Cut up kumara and
tamarillos.
Place over sausages with onions.

Combine water, brown sugar, cornflour, soy
sauce, vinegar, salt & pepper.
Pour into pan, bring to the boil while stirring.
Pour into casserole.
Cover and bake at 180 C for 1 hour or until
kumaras are cooked.

If using frozen or bottled tamarillos, use less
sugar in the sauce.

N.B. if you've never done it before, to peel
tamarillos, pour boiling
water over them, let stand
for a few minutes. The
skins should then peel off
easily.



Tamarillos are also delicious peeled, chopped,
add sugar, some water. Gently stir. Leave to
stand. Eat with your breakfast cereal or hot
custard.

The correspondence has been replied to and if anyone wishes to read the Koanga responses and our reply, the FNOG secretary will forward them to you.
helenguthrie@ihug.co.nz

We will be discussing why the association was formed
and how we can assist you and your business
through local field days and mentorships
For more information, please contact:
Esther Dijkstra
Tel : 06 379 8340
Mobile : 021 222 0617
Email : esther@ecoagrilogic.co.nz

Far North Organic Growers & Producers Society (Inc.)
FNOG - P.O. Box 157 Kaitaia 0441

Publisher for the Networker:

Chairman: Terry Higginson

155 Wells Rd

R D 2

Kaitaia

09 4084212 krisnterry@orcon.net.nz

Helen Guthrie

Secretary/Treasurer: Helen Guthrie

138 Showgrounds Rd

Waimate North

R D 2 Kaikohe

09 4059927 helenguthrie@ihug.co.nz

Mission statement of *The Organics Networker* :

To gather and seek information pertinent to the organics movement

To publish this information for the benefit of growers and producers of organic food and related products

To be a forum, a community and a marketplace for organic growers and producers and their supporters

To present this knowledge and information in a professional and impartial manner

The Organics Networker is usually published four times a year.

While every effort has been made to ensure the accuracy of information, neither *The Organics Networker* nor the Far North Organic Growers and Producers Association accepts any responsibility for errors or omissions or for any consequences arising from reliance on information published. The opinions expressed in *The Organics Networker* are not necessarily the opinions of, or endorsed by, the editor or the publisher unless otherwise specified.

The author(s) of articles hold the copyright for their articles and should be approached for any other intended publishing.



SENDER: Far North Organic Growers & Producers Society Inc
PO Box 157, Kaitaia 0441