



The Organics Networker

WELCOME TO OUR FIELD DAY
SUNDAY 13th JUNE

MAHINGA ORANGA with ROB DOWNING and PAMELA BAKER
68Whakataha Rd - WAIMATE NORTH

See details this page and last page for how to get there!

No 44 Summer 2010

Greetings to you all

I hope you survived the hot dry summer and that your plants are enjoying the recent rain. Wow what a summer! We lost a few plants and the bush was really crying out. I can see some recovery now thank goodness for the rain.

Regarding FNOG - Well we survived! The committee survived the last AGM and now has enough members to continue - for the moment anyway! We are not out of the woods yet though and any help would be appreciated.

Many thanks to the current committee and welcome to our new members Jim Valley and Murray Russell see below for the new committee structure.

I am taking some time out from my secretary role to complete my studies and my final year in Herbal Medicine. Having passed my exams, I am now able to do my supervised clinical practice and would very much appreciate your help in completing my 500 hours of supervised clinical practice - see my advertisement in this newsletter.

Meanwhile, have a fabulous autumn; we look forward to seeing you all at the field day.

Warm regards,
Jesse

FIELD DAY 13th JUNE with Rob and Pamela .
We will start at around 10.00 hrs with the official meeting, which we will close as soon as possible. Then there will probably be some interesting speaker(s) to enlighten us on their specific field of knowledge.

Please bring something nice for the shared lunch we plan at around 12.00 hrs.

After the lunch Rob and Pamela will show us around on their property, which according to Rob has changed considerably. So having been there a few years back is a right reason to come again and see the changes for your selves.

At 15.00hrs we close the gathering.

(We have asked for a nice and sunny winter day but bring some rain gear for the worse case scenario)

Message from Rob and Pamela

Our property is a small scale vegetable growing operation that presents as a model for other would be life stylers. 5 acres in total. Pamela carries out her Psychotherapy practise from our home and this property is well situated for people to travel to from the wider community. The property is fully certified now, for 6 years, and has been a huge project to get the balance right. The greatest challenge to this operation is the protection of the land against severe weather conditions that has wrecked many crops and

equipment over the last 5 years. I have changed the initial purpose / direction slightly due to my ageing back problem and I am now preparing the property as a model teaching environment. It is hoped that this teaching get underway either spring this year or early 2011.

Pamela and I wanted to develop this property to reflect healing on all levels hence the name Mahinga Oranga (garden of wellbeing) Come see and feel some of this special land. I shall walk those field day visitors around the property and explain some of the methods I have adopted over the last 11 years answering questions along the way.

Jesse, I hope this gives the readers some insight. I hope this field day will be the first of many occasions where FNOG and TOPIS can unite in one common cause.

Cheers Rob

Dear organic growers,

We have been through a very dry spring and summer and I sincerely hope that all your growing effort have survived the drought. Personally I have been manually watering the 150 recently planted trees to let them survive the drought. (A quick calculation indicates that I watered around 30,000liter to the trees) I was lucky to loose only 6 trees. The properly mulched young trees planted in previous years survived the drought even without watering, which shows the resilience build into our plants by the organic management.

Resilience is what the organized organic growers have to show as well in these financial hard times. Support given to the organic producers by umbrella organization is under pressure, due to the cut-backs in finances made by the current government. We should not be surprised when the regional organizations have to fall back on their own finances. FNOG has never depended on external financing for the day to day running of the organization and therefore does not have to fear finances for it continuation. At the latest AGM we have been able to get a new Committee together to run the organization for at least one more year. The only position we still have open

is for the secretary. If there is anybody interested in filling this position, please do not hesitate and give one of us a call.

Over the past year we have had some members resigning for reason of financial difficulties. We regret to see them leaving the certification schemes, but trust that they will continue to be active organic growers. On the other hand we are glad to welcome new members which will contribute over time to the availability of healthy good tasting organic produce for those who appreciate it.

I hope to see you all again at Rob Downing place for a very interesting field day.

Jan Arie Kamsteeg

CERTIFICATION MANAGER'S REPORT 2010

To date everything is still ticking along – with 18 OFNZ certificated properties and one new one to come on board, 6 FNOG certificated properties with a new one also in the wings.

At our last Certification Committee Meeting (14/05/10) at Wai Wurri Organics we put forward a motion - new certifiers need to take note

Motion: To bring FNOG into line with BioGro and other certification bodeis we will no longer allow CO prodcers to sell product when in conversion (with reference to Organic Certification). Reference to be certified organic begins in C1.

Moved Jan Arie Kamsteeg/Sheree Nilson carried.

Eventually when we have time to meet, Rob Downing will look at taking over the FNOG certifications in order to get a handle on the process before graduating to OFNZ certifications, then I can hand over the whole filing cabinet if he is still willing to be Certification Manager for FNOG.

We audited a Central North property at Maungaturoto recently to enable them to keep on track with the certification process, and in turn Central North processes the paperwork for Wai Wurri Organics every year.

There are no hiccups within the system at present and everything is flowing nicely.

Kris Khaine

The Committee members are currently as follows:

Chairperson	Jan Arie Kamsteeg
Treasurer:	Peter Brake
Vice Chair:	Murray Russell
Auditors:	Terry Higginson)
	Jan Arie Kamsteeg
Secretary:	open
Certification Manger:	Kristen Khaine (with Rob taking over some time soon
Networker Coordinator	Jesse Summers
Librarian:	Peter Brake
Financial auditor:	Peter Brake
Members:	Terry Higginson
	Jim Valley
	Rob Downing

ARE YOU

READY FOR A HEALTHY CHANGE?

INTERN HERBALIST and NATURAL THERAPIST AVAILABLE



If you have a health problem and want to treat it in a natural way, try natural therapies, herbal medicine and nutrition – it can work wonders!

Call Jesse at Hokianga Herb Farm
09 4055598 for a consultation

Cost: Koha
Plus the cost of the herbal medicine

Native and local organic
plants used where possible

SEED BANK



Michelle Mitcalfe will make these available on the field days. SO plant more seeds in now, 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?

Here is the current list of seeds that are available in our seed bank from Michelle

Oats

Jarrandale Pumpkin, Butternut, Kamo Kamo, Coriander

Yellow watermelon, Oak Leaf Lettuce

Black boy Peach,

Kakano,

Corn,

Kowhai

Borlotti Bean, Merlins Runner Beans, Red Kidney Beans,

Fennel, Clary Sage, Curly Parsley,

Woad Seeds,

Multiplying Silverbeet,

Multiplying Onion

Yarrow,

Rocket,

Red Mustard, Sunflower'

Zambo Seed, Zucchini,

Port Albert Cucumber,

Amaranth,

Chinese cabbage,

Parsnip.

These are all of the seed savers seeds.

Michelle also stocks Kings Seeds of Organic and Heirloom origins and can order any seeds in as requested from Kings Catalogue they pay the freight, which makes them a better buy for our customers.

Regards, Michele Mitcalfe

Ph: 09 4082937
021 1652130

OANZ NEWSLETTERS

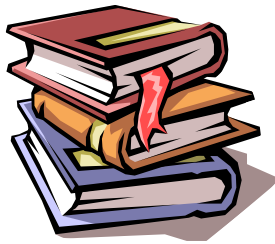
These are sent out every two weeks. It contains the latest news and information about what is happening in the organics sector in NZ and overseas. You can subscribe free on-line by contacting gavin.middleton@oanz.org.nz .

LIBRARY

We have a small but good library which is now located at the accountants office of Peter Brake along Highway 1 in Awanui. These books are available at any time, or at field days. Please contact Peter Brake on (09) 408 7979 if you would like to borrow any of the following books.

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



Library rules:

Books can be collected and returned on Field-days or the AGM. Books can be sent after payment for the cost of mailing and have to be returned within 6 months, either at a field-day or by mail to the FNOG postal address. In case of loss the borrower will either replace the book or pay FNOG for the book.

Contact Peter Brake or see him at the field day



THE WONDERS OF GARLIC!

This is an excerpt from healthiertalk@healthiertalk.com

When 107 year old Frances Asher met with President Obama recently she claimed that the key to her good health and longevity is a spoonful of garlic a day.

While “a spoonful of garlic makes your cancer risk go down” isn’t nearly as catchy a tune as the Mary Poppins original, experts say that Frances might really be onto something.

A new urine test, demonstrated at Ohio University’s Comprehensive Cancer Center, demonstrated that the more garlic a person consumes the lower their risk of cancer. Researchers had study participants eat a diet that lacked any cancer causing nitrates or garlic for a week. They were then given a non-toxic dose of sodium nitrate. Followed by seven days of either garlic or Vitamin C.

The new urine test clearly showed that the garlic eaters had lower levels of carcinogens in their bodies. Even more exciting, those who ate just a few extra grams saw their carcinogen levels drop even further.

Participants who took vitamin C saw a similar effect.

Researchers theorise that similar to vitamin C there are nutrients in garlic that act as antioxidants fighting off the cancer causing nitrates (and vampires of course).

You can follow Frances’ lead and down a spoonful of garlic every day. Or for a milder version of the sharp spice it can be stirred into some of your favourite dishes from salad dressings to meatloaf. The majority of experts agree that lightly cooked garlic retains most of its health benefits so add it towards the end when including it in a cooked dish.

Just be sure to crush garlic at room temperature and allow it to sit about 15 minutes before cooking. This allows time for an enzyme reaction that boosts the benefits of garlic. Take advantage of the 2 for 1 and fighting off cancer AND vampires !!
(Guess who grows and sells garlic !!?)



Krissie

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.

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