



## The Organics Networker

### Sunday 29 May 2011 10am Field Day at Kris and Terry's Place

SPEAKER: ANDREAS KURMANN, SOIL SCIENTIST

**Bring a friend and lunch to share**

#### No 47 Autumn 2011

Welcome to another Networker! ☺ Below you will find more info on the Field day as well as our new Chairperson's report and other news. Enjoy!

Our autumn field day this year is at Kris and Terry's place: they will share stories with you.

**Andreas Kurmann**, Director, Far North Envirolab Ltd. Will talk about

- Organic fertilizers in comparison with artificial fertilizers,
- General problems for the environment
- Phosphate and nitrate Leaching into your Waterways
- Waste material which could be used as an organic Fertilizer
- Base saturation
- Custom made fertilizer blends according to the soil analysis
- New Projects for recycling organic waste and reuse it as an energy and fertilizer source

#### **More info about the field day venue, from Krissie!**

We established "Wai Wurri Organics" in 1987 when we put down the concrete floor of a workshop in November 1988 - we are still living in it! We have planted nut trees, fruit trees and

supplied the locals, friends and family for over 2 decades. Our intensive vegetable cropping is now reducing, and more time is needed to concentrate on less energetic activities.

Half of the 38 ha is under Open Space Covenant and has been trapped since about 1990. Some of the land is flood prone so it's difficult to use for horticulture.

Intensive commercial bee-keeping in the Kaitaia area has unfortunately robbed our bees of their/our honey and twice they've been starved out and died. Starting over has been exasperating and tested our patience over the years.

We are passionate about conservation and Terry has negotiated with Northland Regional Council to provide traps for our FNOG members – these will be available on the day.

#### ***Directions to the Field Day***

From Kaitaia go south 10kms on S.H.1 - turn left into Fairburn Rd, go 12.5km & turn right into Wells Rd. We are 20 km from Taipa staying on the Oruru Road then Peria/Fairburn Rd, turn left into Wells Rd. Property 1.5kms down on the left, look for red banner.

Coming from Mangamuka ranges, after Pamapurua School turn right into Fairburn Road, go 12.5 km and turn right into Wells Road. Property 1.5kms down on the left, look for red

banner; for more info and map see <http://fnog.richardc.net/events/2.htm>,

## Chairperson's report May 2011

Greetings to all the members, supporters and interest groups of Far north Organic Growers and Producers Soc Inc. Recently we held our AGM at Gijis and Trishes property Waiare Rd Kaeo. Apart from being treated by such great hospitality by our hosts we had an encouraging turnout of members and interested folk.

Elections for committee positions were held and as a result we have the following members as our current committee

Committee members with positions

Rob Downing - Chairperson

Helen Guthrie - Secretary

Jan Arie Kamsteeg – Treasurer and Auditor

Terry Higginson- Auditor

Krissy Khaine – Certification Manager

(Jesse Summers - Networker)

Committee Members without positions

Gijis Veling

Richard Collins

Tony Achtzehner

Pamela Baker

Jim Valley

A healthy robust team all sharing the same passion, beyond survival for FNOG.

I would like to thank Jan Arie for his past Chairmanship and the secretary/ treasurer roles he undertook during the last year. As you may know we nearly had to close shop due to lack of committee members just over a year ago. However, I am pleased to tell you that this new committee has a range of skills and shared passion that should see our organization not only sustain the membership but actually grow it. You may ask how will we do this?

Well that's where the work starts. Essentially apart from the "business as usual approach", such as supporting our growers and gardeners in the Far north, we see it like this: our life

blood for our FNOG is membership. This is both numbers of members and what is on offer for being a member.

My initial work as your newly elected chairman will be in drafting a planning and implementation strategy of direction targeting members and what we can offer. This will be discussed and agreed on over the coming months. Essentially marketing, profile and purpose is what I shall focus on in the draft.

FNOG has built a sound base over the last twenty years, thanks to Krissie and Terry, together with many wonderful helpers who have held the organisation together, at times against all odds. So, I hope we can fulfill the goals of being around for many years to come.

Rob Downing, Chairperson



Jesse at Blue Mountain Retreat Herb Gardens

## Herb of the Month

As Hippocrates says: "Your food is your medicine and your medicine is your food!"

As winter is coming on you will no doubt want to ward off colds and flu and boost your immune system.

One herb that will help is Garlic. You probably still have some left from the garlic harvest, if not get ready to plant again on the shortest day!

*Allium Sativum – Garlic*

Used daily, this herb acts like no other herb! It acts on bacteria, viruses and alimentary parasites! It is also used in bronchitis, catarrh,

colds and influenza as well as whooping cough and asthma. But wait there's more!

It stabilises blood sugar, stimulates the gall bladder (so if you have Pancreatitis you may not want to use it – ask me!). It is anti-septic (intestinal and pulmonary), anti-viral and anti-microbial. It helps to reduce high temperatures, stimulates bile and therefore is good for digestion. It can also help to reduce blood pressure, and blood clots (it's so powerful that you need to talk to your Registered Medicinal Herbalist if you are on Warfarin or Aspirin medicinally) It is also said to have anti-tumor and anti-inflammatory, hypotensive, anti-spasmodic, and anti-thrombotic abilities; lowers cholesterol, reduces clotting. It is an expectorant, anti-histaminic (reduces histamine), good for the circulation, treats worms, helps reduce toxins in the liver and traditionally has been used as a diuretic.

It is a key herb for the cardiovascular system and is used for hypertension and high cholesterol.

Garlic also binds with mercury in the body and is said to help remove this toxin.

Caution with people on Warfarin or medicinal Aspirin.

For more information on herbal medicine talk to your Registered Medical Herbalist

Jesse Summers 09 405 5598

Blue Mountain Retreat Herb Gardens  
[herbgardensretreat@gmail.com](mailto:herbgardensretreat@gmail.com)



#### SEED BANK

Michelle Mitcalfe will make these available on the field days. So, plant more seeds 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  
Amaranth,  
Blackboy Peach,  
Borlotti Bean, Merlins Runner Beans, Red Kidney Beans,  
Chinese cabbage,  
Coriander  
Corn,  
Fennel, Clary Sage, Curly Parsley,  
Kakano,  
Kowhai  
Multiplying Onion  
Multiplying Silver beet,  
Parsnip  
Port Albert Cucumber,  
Pumpkin Jarrandale, Butternut, Kamo Kamo,  
Red Mustard, Sunflower'  
Rocket,  
Woad Seeds,  
Yarrow,  
Yellow watermelon, Oak Leaf Lettuce  
Zambo Seed, Zucchini,

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.

Michele Mitcalfe  
Ph: 09 408 2937  
021 165 2130

#### MARAWHENUA NURSERY, KAITAIA

Specialise in Heritage and Native trees organically grown, not certified.

SPECIAL PRICE FOR APPLE TREES to FNOG members of \$100 for 6 trees i.e. \$20 each  
Contact Chris or Brit on 09 408 5443 or email [tastytrees@gmail.com](mailto:tastytrees@gmail.com) for stock list

## OANZ NEWSLETTERS

This is 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](mailto:gavin.middleton@oanz.org.nz)

### 100% Natural Soil Enhancer - FODDA

FODDA feeds the earth and is a totally natural and eco-friendly new product for busy gardeners that feeds the earth, repels slugs and snails and even diverts waste from landfill.

We produce an organic certified Soil Enhancer and General Fertilizer. These products come in retail bags (2kg and 4kg). We can also blend larger orders from 25kg to 1 ton or more if required. We also have 25kg bags of ROK Solid and 25kg bags of calcium carbonates.

Size: 4kg General Fertiliser is \$16.50 incl GST  
25kg bags are \$40.50 incl GST. For the larger quantities we will advise on price. The products are a mix of organic cert (Fair Trade) coffee grounds, charcoal, sawdust, marine products & phosphate rock.

Delivery, \$8 - Up to 10 Bags  
Andreas or Dianne

**Tuturu Products Ltd Kerikeri**

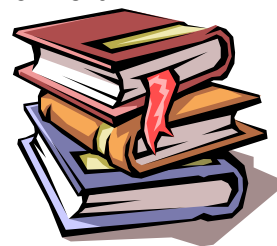
**Phone 021 402 084**

**Website: [www.tuturu.co.nz](http://www.tuturu.co.nz)**

## 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 see below. In case of loss the borrower will either replace the book or pay FNOG for the book.

Peter Brake has the library in his office at Awanui. 09 40877979 P O Box 131, Awanui  
[Peter-brake@hotmail.com](mailto:Peter-brake@hotmail.com)

## CURRENT FNOG COMMITTEE

Committee members with positions

Rob Downing - Chairperson

Helen Guthrie - Secretary

Jan Arie Kamsteeg – Treasurer and OFNZ Auditor

Terry Higginson- OFNZ Auditor

Krissy Khaine – Certification Manager

Committee Members without positions

Gijis Veling

Richard Collins

Tony Achtzehner

Pamela Baker

Jim Valley

Jesse Summers Networker

## 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.

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