

THE ORGANICS NETWORKER

Far North Organic Growers & Producers Society (Inc)

Issue 52 – Summer 2014



AGM / Field Day

Details for the next FNOG AGM & Field Day:

Sunday, 16 Feb 2014
@ Krissie & Terry's
Property – Wai Wurri

Address:

155 Wells Road, Fairburn

Bring a friend and lunch to share.

See you there! ☺

Agenda:

10:00am Cuppa

10:30am Meeting & Election of Officers

11:00am Guest Speaker - Shelley Rademacher

Lunch (Shared)

Tour Of Property

Directions to the property:

From Kaitia go Sth on S.H.1 - turn left into Fairburn Rd, at 12.5km turn right into Wells Rd. 20km from Taipa.

Stay on Oruru Rd, then Peria/Fairburn Rd then Wells Road.

Mangamukas, heading Nth, go past Pamapurua School, next on right is Fairburn Rd.

Go 12.5 km to Wells Road on your right.

We are #155. Plenty of parking on site.

[Here is a link to the Google map](#)

Guest Speaker Topics

Our speaker after the meeting will be Shelley Rademacher, Homeopath/Naturopath. Covering the following topics:

- update on chlorpyrifos (an insecticide) in our food and linked to chronic fatigue and low hormone levels
- latest on glyphosate (a herbicide/roundup)
- alternative organic sprays
- signs of high copper levels
- town water and asthma link
- kind sources of protein
- common diseases in gardeners
- eggs and glue ear - Shelley will do muscle testing
- our minds and emotions including a short earth healing meditation

****We ask for members to bring along & donate some produce from their garden or honey or the like, in order to make a gift basket as a thank you to her.****





Submitted by Rolf & Inge from Ora Ora Orchard

We created raised beds from our "stony acre" some time ago:

Using the rocks to build walls around the piled up top-soil to catch more warmth and to hold the clay soil in place, at the same time creating good draining. The soil and all the weed seeds solarized for a year under black agricultural plastic and on 4th June 2013 we planted 11 kg of organic garlic cloves on a bed of 10m length and 1.5m height. We did not water or weed, but applied preparations 500, a bit of rock dust, and a thin solution (1:100) of fish and seaweed fertiliser. On 4th January 2014 we harvested 60 kg, which is now drying, after being cleaned up. Market research is on-going, but we decided we need 30 kg for planting in 3 raised beds by middle of this year, and about 15 kg for our own consumption.

So the 15 kg for sale will only go to the highest bidder! We saw retail price for organic garlic at \$40, and most of that is not even from New Zealand!



January 2014: What's new from Wai Wurri

Since October, life has been non-stop with activities here.

Trying to deal with four unwanted cattle beasts eating the best fruit trees, vegetables and natives, busting up the gardens and getting lost in 38ha for 3 days and nights, plus uncooperative owners, was, well, say no more!

Then the debacle of trapping so many stoats and weasels and dealing with an over population of rats. The best catch of course was Terry, inventing the ultimate trap, "The Hand Trap."

Here's me in the shower, granddaughter waiting her turn, when "Krissie, get out here and get this thing off my thumb!". On goes bath towel, I grab a hunk of kindling, (the closest tool,) and try to open the stoats mouth to release a bleeding damaged thumb!! Silly little animal was rolling a fresh duck egg across the lawn in broad daylight, when Mr Trapper spied it and grabbed it, but Mr Stoat got the other thumb that was nice and close!! Talk about laugh. It was a large male stoat that had been making the nesting birds around here very jittery. One of six caught here since Christmas. The DOC200 traps are brilliant. (His mate reckoned it was a trick to get me out there in the nude!!)

It has been an interesting growing season. The garlic being one of the best harvests, in quality not quantity, despite the cattle. The potatoes are producing buckets & buckets for everyone and the macadamias received a high- quality remark from the processor.

To top off, there's the grandchildren antics. My little Ivy has gone to Australia with her parents, finding gecko's and bats and spiders & insects she'd never dreamt of. One gecko was given a Barbie outfit!! In her place my 14 yr old granddaughter came fishing with us and saw close up a 2m+ snake eel, frightening the pants off us girls!! It had a mouth like a little croc. and was quickly returned to the sea after she filmed it, giving her Mum and sisters a close-up of Far North fishing antics. Straight after that, up came a huge stingray with the longest tail. So beautiful, and given it's freedom to frighten someone else! So, why go on holiday when it's all happening at home??

Krissie

We have at present 6 FNOG and 12 OFNZ certified properties with two others in the wings wishing to sign up for certification. A huge decrease since we started all this.

Historically there has been the large amount of time that I spend discussing all the issues with landowners who wish to sign up, many emails, documents posted, phone calls and then silence.

I guess working to a Standard wasn't part of their plan, but at least they have all the docs to guide them along.

My intention is to encourage as many as possible to grow their own clean food.

It would help though, if those who have been part of our process could inform us that they wish to quit, or are moving on. It just helps keep the National Office records in order when they know how many they are dealing with for the issuing of certificates (and I can decrease the pressure on the filing cabinet.)

Otherwise, the Certification Manager's job is still up for grabs.

Krissie



*"Hope is the lesson Nature
keeps teaching me.
She keeps producing.
She recovers.
She creates beauty
out of loss.
She forgives us our
impatience and frustration
and insistence that things
turn out
the way we planned.
They don't.
They turn out the
way she planned.
We need to be willing to
sacrifice control to learn
adaptation."*

**By: Joan Gussow, from *Growing,
Older: A Chronicle of Death,
Life, and Vegetables***



(Source: [BBC News website](#) – 24 Jan 2014)

Genetically-modified purple tomatoes heading for shops

The prospect of genetically modified purple tomatoes reaching the shelves has come a step closer. Their dark pigment is intended to give tomatoes the same potential health benefits as fruit such as blueberries.

Developed in Britain, large-scale production is now under way in Canada with the first 1,200 litres of purple tomato juice ready for shipping. The pigment, known as anthocyanin, is an antioxidant which studies on animals show could help fight cancer.

"With these purple tomatoes you can get the same compounds that are present in blueberries and cranberries that give them their health benefits - but you can apply them to foods that people actually eat in significant amounts and are reasonably affordable," she said.

More food for thought....

"Three quarters of all the soybeans that [China] consumes are genetically modified ones from the United States,"

Source: [China's 'father of hybrid rice' says genetically modified foods are the future](#)

"New test can reveal GMO's in food - The monitoring of genetically modified organisms (GMOs) is a primary step of GMO regulation. Source: <http://digitaljournal.com/life/food/new-test-can-reveal-gmo-s-in-food/article/367193>

"Industrial agriculture has reached its 'peak,' say scientists; time for a return to small-scale organics"
Source: [naturalnews.com](#)

"US government might deregulate corn, soybean seeds. Farmers have been eager for a new generation of herbicide-resistant seeds because of the prevalence of weeds that have become immune to Monsanto's Roundup." Source: http://www.nzherald.co.nz/business/news/article.cfm?c_id=3&objectid=11181360

Tomatoes are an implausibly versatile food. They contain Vitamin C and therefore help in increasing one's immunity. Not just this, tomatoes also contain several other vitamins, magnesium, phosphorus, copper and dietary fibres all of which are necessary for good health.

Here are few reasons as to why eating tomatoes is an excellent option:

- Tomatoes confer protection against high cholesterol, strokes and heart disease.
- Tomatoes basically have an anti-ageing affect on our body as they contain antioxidant lycopene which is easily absorbed by our body thereby leaving you with a healthy skin and hair.
- Since tomatoes are a rich source of antioxidants such as vitamin C and Vitamin A, these vitamins help in preventing DNA damage from free radicals.
- Due to the presence of Lycopene, they are a natural source of fighting against several cancers, including prostate, cervical, stomach, colon, rectal, prostate and ovarian cancer.
- Tomatoes help in keeping blood sugar in balance.

(so why go changing it?)



KNOWLEDGE is knowing a tomato is a fruit
WISDOM is not putting it in fruit salad

OR another interpretation

"Knowledge is knowing a tomato is a fruit
WISDOM is growing your own tomatoes and blueberries organically"



Surplus supply of tomatoes?

Source: <http://foodhub.co.nz/recipe/1440/Tomato-kasundi/>

Make Tomato Kasundi

Kasundi is a tomato chutney with cumin, mustard seeds, chilli and turmeric which adds rich Indian flavours. This tomato kasundi will keep for two months.

50 ml	Vegetable oil
3 tsp	Black mustard seeds
2 tsp	Ground turmeric
2 tsp	Cumin seeds
3 tsp	Chilli powder
¼ cup	Fresh ginger, (peeled and grated)
3 cloves	Garlic, (peeled and crushed)
1	Red chilli, (deseeded and finely chopped)
2 kg	large ripe tomatoes, (blanched, deseeded and chopped)
½ cup	Brown sugar
2 tbsp	Salt
½ cup	Cider vinegar

DIRECTIONS

1. Heat the oil then add the mustard seeds, when they begin to pop add the turmeric, cumin and chilli. Cook for a few minutes while stirring.
2. Add the ginger, garlic, fresh chilli, tomatoes, sugar, salt and vinegar. Stir to combine.
3. Simmer the relish for 1 hour while stirring occasionally.
4. The relish is ready when the oil comes out on top.
5. Spoon into sterilised jars and refrigerate.



Spuds take over as favourite veg

Source: NZFarmer.co.nz

Potatoes have nudged out tomatoes as the favourite vegetable in the shopping aisles.

Kiwis bought more than \$119 million worth of potatoes in the year to June 2013, according to a household survey by Statistics New Zealand - just ahead of the \$118.7m spent on tomatoes.

Tomatoes had been at the top of the favourite vegetables list for at least 10 years.

Technically speaking, tomatoes are fruit, but Statistics NZ, Horticulture New Zealand (HortNZ) and most shoppers consider them to be a vegetable.

Potatoes and tomatoes have grown in popularity, with spending on both increasing by more than \$10m since the last survey, in 2010.

TOP 5 VEGES

- 1) Potatoes, \$119.1m (2nd in 2010)
- 2) Tomatoes, \$118.6 (1st)
- 3) Lettuce, \$66.2m (4th)
- 4) Mushrooms, \$65m (3rd)
- 5) Kumara, \$49.6m (8th)

TOP 5 FRUITS

- 1) Bananas, \$143.5m (1st in 2010)
- 2) Apples, \$106.7m (2nd)
- 3) Grapes, \$51.4m (5th)
- 4) Mandarins, \$47.8m (4th)
- 5) Oranges, \$41.5m (3rd)

If it came from a plant, eat it; if it was made in a plant, don't.

— Michael Pollan

"[Government] regulation is an imperfect substitute for the accountability, and trust, built into a market in which food producers meet the gaze of eaters and vice versa."

— Michael Pollan, In Defense of Food

"We ask for too much salvation by legislation. All we need to do is empower individuals with the right philosophy and the right information to opt out en masse. (quoting Joel Salatin)"

JYOTHI CLINIC

Shelley Rademacher
Local Homeopath/Naturopath
Tel: (09) 406 1198

FNOG COMMITTEE 2013

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NOTICE BOARD

Do you need or know of someone who needs planter bags and pots to get started with propagation? All sorts at Wai Wurri to give away, just ask Krissie at the AGM

Have you thought about a new website or does your current website need some attention? Web Design, Search Engine Optimisation and Online Marketing Services & Advice available. Affordable & Local. Contact Vivian - Tel: 09 408 5497 info@webformation.co.nz

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- 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

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