



THE ORGANICS NETWORKER

Far North Organic Growers & Producers Society (Inc)

Issue 62 – Autumn 2017

Details for the next FNOG Field Day ...

Sunday, 28th May 2017

Erwin Czutta & Elfrie Patek

93 Lakeland Lane

Pakaraka

(Please bring a chair and shared lunch)

And also please bring along something to donate for a raffle

e.g. produce, honey, preserves etc.

And of course some loose coins.

How to find us:

93 Lakeland Lane, this is a brand new address, so if you look at Google map or any other app please try our old address: 267 Ludbrook Road, Pakaraka.

How to get there:

Go to Pakaraka junction, this is the junction where the SH1 and SH10 meet.

If you come from Kaikohe you pass the old church and turn right just before the junction.

If you come from Kerikeri you turn right at the junction and left after approx. 150 metre into Ludbrook Road (if you pass the old church you have gone too far).

Follow Ludbrook Road for approx. 2.5 km and you will find on the left a wooden sign "Lakeland" with lots of letterboxes on top. Turn left and follow Lakeland Lane until 93, there is a yellow sign next to the gate.

Kuklando

There is a little place, hidden in the middle of northland where the food grows on trees, the bushes and on the ground, which we named Kuklando – the Esperanto term for “Land of Plenty”

Welcome!

We purchased this place just before the millennium and started in autumn 2000 to plant our first 100 fruit trees, the beginning of our fruit forest. From there onwards we kept on doing this and except from a few hedge plants, natives and things we and the bees like. We mainly planted plants with some culinary use, which is now the theme of the property. The goal would be to have everything in edibles.. and fruits all year round, which is coming along nicely.

We also have some unusual trees growing, which are fun to show off, but we are always looking for edible plants we don't have, that would grow and fruit up here. In 2003 we started planting our orchard. We planted the first part in macadamias, which are now slowly growing in a direction how we want them. Other plantings of small quantities of fruit trees e.g. 300 oranges 120 Apples and 70 pears followed. With a few hundred trees to be planted this autumn our place will be fully planted.

Since 2008 this place is certified organic and even it is hard work it will stay that way. It is nice to be in the position to enjoy the fruit and vegetables when they are ripe and full of flavour.

We invite you to our property on the 28th of May, at the FNOG Field Day.

The property can get very wet and gumboots are recommended.

We do have limited parking on our property and please bring your own chair, thank you.



Lemon Myrtle in flower with bee



Rose Apple flower



Inga Cream Bean pods



Agenda for Field Day

10:30 Cuppa

11am Meeting

11:30 Speakers Neil and Trish will introduce us to the world of Gans – Mehran Keshe, a nuclear engineer, has come up with plasma tech being used and researched by thousands around the world through the production of Gans. Gans contains the energy of plasma that makes all life and we will bring a few samples. We will briefly introduce how this will cause a huge change in most aspects of society including organic agriculture.

Around midday Shared lunch

After lunch we get to take a wander around Kuklando



A WORD FROM THE CHAIR

Hello all.

It seems just the other day, I was writing a comment for the FNOG Networker, as we prepared for the up coming AGM, to be held at Ake Ake vineyard Waimate North Kerikeri owned and loved by John & Ansley. Many thanks to John & Ansley for allowing the group to enjoy the setting they have created, and then giving us a tour of the vineyard with the vines laden with near ripe grapes one could sense the anticipation of the harvest to come and what it would reveal. The AGM was well attended with new people and current members, thanks for the effort put in by the committee and group members to making this another successful year, and Jose for getting our presence on Facebook making it easier for people to know about the group. Please keep your photos and articles of interest coming in, and don't forget to click on share and like to extend the coverage.

With our up coming meeting at Pakaraka – Kuklando, I look forward to our produce table overflowing with goodies for sale and sharing from the harvest and meeting the new people you bring to the group.

Take care see you soon cheers Alan



Wai Wurri Update – May 2017

Last night, being the 1st of May, I actually finally, felt cold, it was **wonderful**. The heat does not suit my European bloods, at all. Sometimes I wish I could erase that inner programming. The heat is tiring, uncomfortable and over the top!

I half expected to see our beloved pepinos all shrivelled up this morning from a frost, but no, everything still looks lovely out there.

Not long after the AGM, I spotted some abandoned goose eggs in the flax and without thinking, went in to grab these trap treasures (although out dated), which are a great lure for stoats. BANG - my face was botoxed by three nests of Paper Wasps, which, in their frenzy, managed to get stuck in my sleeves. In pain I ran in to get the vinegar, when I realised my glasses were missing. Drat, that meant I had to return to these relentless little vaccinators and search. Unbelievable how far away my glasses were from the point of attack - I must have flung them. How was that for a senior moment? I think I far prefer to be chatting to the two frogs, which live in a water drum by the house garden. They are a lot more friendly and docile.

We had visions of selling plenty of grapes, they looked amazing, and then the rains came, and remained, for too long, so the grapes became very attractive to the wasps and bees and birds. (Will we get grape honey I wonder?) Fortunately we managed to sell some and get some out there to the family before our friend came to strip away all our punctured grapes to be transformed into wine. He promised to wash his feet first!

Am looking forward to seeing our organic community at the next field day at Kuklando, and hope you are all enjoying the change of the seasons, letting go of the heat and embracing the chilly mornings. I love it.

Krissie



Subscription Fees

Inge would like to remind all subscription members that their yearly fee of \$20 is now due. Please pay directly into the FNOG account no 38-9001-0361079-00 indicating your full name, thanks, we appreciate your continued support.



Rich with news from NatureZone

This last summer season sure was hot and dry. There seemed to be something about the sun that was pretty intense as the mercury crept into the 40 degree, making jobs in the gardens unbearable at times and chased us to the beach with fishing rods, surfboards and sunnies, there really was nothing else for it!!!

The butternut and kumara crops produced well and it's been exciting in our excavation work of kumara to see who could uncover the largest of these great staples, with Jose claiming the heaviest with a 2kg monster! Irrigation was essential as the hot dry days kept rolling on.

We've just about finished planting and mulching the garlic crop, which is early this season due to adequate rainfall.



Pearl and Ace always on hand to help out especially digging!



From Raewyn Pennell
Northland Ostrich & Emu Ltd

After thinking it was going to be a poor harvest in the orchard after the drought, the heavens opened and nature gave us a bountiful supply of fruit! I have one red and one yellow guava tree that is giving a 2-litre container of fruit each morning, and the trees are still flowering! I am only picking the fruit that I can reach, leaving the higher ones for the birds (they don't really understand this generosity...)

As I have a plentiful supply of guava jelly from last year, I am simply covering the fruit with water, simmering till soft and putting through a sieve, to produce a thick drinkable nectar, sweetened (optional) with stevia. I am freezing some in 500ml cream containers for when the trees stop producing (if they ever do!)

The feijoas are producing well too and the excess of the daily 10-litre bucket harvest is being frozen by simply halving the fruit and scooping into zip lock bags, with a little raw sugar sprinkled on top. I am grateful that I only planted 3 or 4 trees, and not a hedge!

We make green smoothies and our own fruit supplements the ingredients and disguises the kale!

The internet provides much information and many recipes - thank you Mr Google!

PS The first two emu eggs of the season were discovered this morning snug in a new nest site.



Right on cue, first week in May! Each egg weighs approx 600 grams, a clutch of 8 - 10 eggs are incubated by the male emu for 8 weeks - then he raises them by himself while the female takes no responsibility! Australians!



Dear Friends,

Here is the opportunity to see an interesting, Rudolf Steiner inspired Theatre play as a premiere in Kerikeri (see below for more details). Seats are limited during the two shows - **booking is essential at contact@oraoraretreat.co.nz**

About *This War is Not Inevitable*:

It is 100 years since Rudolf Steiner first described his vision of the *Threefold Social Organism* (*Threefold Social Order*). His efforts in 1917 to rescue Germany from a devastating World War failed. However his description of the way that society needed to be restructured at that time is as relevant today as it was then.

Steiner focused on the key role played by human creativity in our society. The activity of free individuals is the counterbalance too much that is wrong with society today. Social three-folding, by countering both excessive state power and the tyranny of raw economic forces, brings harmony into society. That it should come into existence in the world, working in different ways in different countries, is an important precondition for world peace.

Michael Burton has written a play in which two actors play many different roles: a World War One soldier in the trenches, people antagonistic to Steiner's ideas, the founder of the Waldorf Movement, Emil Molt, and Rudolf Steiner himself. The audience enters into the situation of Germany at her time of great crisis. By allowing the audience to see what was attempted then, it is hoped that they will be able to perceive and feel for themselves how social three-folding offers many possibilities to be taken up anew in our own time.

The breakdown of society that we see taking place everywhere today is the shadow side of new opportunities starting to appear. This play is an excellent way to become informed about the history of social three-folding and how it can become a force in today's world. After all performances there will be a chance to discuss themes with the actors and bring the events of 1917-19 into line with what we see happening a hundred years later.

This War Is Not Inevitable will be rehearsed in Auckland during April and May this year. It will then tour New Zealand and Australia in May and June before going on to Europe in July. Venues are presently being set up for performances in the U.K., Germany, Switzerland, Holland and Scandinavia. The actors will be Michael Burton and Ryan Kouroukis.

The *Threefold Social Organism* is deeply relevant to all people concerned with the future of humanity. Meeting together to witness this performance event can be a catalyst to positive social change or work some social magic upon a community.

Cheers
Rolf & Inge

PS: Feel free to forward this to any friends you think might be interested.



Real Food Hokianga

Last May the Hokianga Environmental Protection Group organised the first Real Food Hokianga event and it was a great success. We are currently planning this year's event, which will be held on Saturday 13th May in the Rawene Town Hall from 10am.

The idea for the day is to come together as a community to celebrate the amazing food that we can produce locally, to share skills and knowledge about all aspects of healthy food, to share how we can affordably produce healthy food, and to develop awareness of what is wrong with our mainstream food production system and how we can step away from it.

The day will include stalls and demonstrations on a wide range of subjects including food growing, preserving, using a hot box to reduce energy costs, lactic pickling, making simple cheeses, sourdough bread making, no knead bread, kombucha, kefir soda, ginger beer and much much more. For all of the items that require a starter culture (such as yoghurt, kefir soda, kombucha, sourdough bread etc.) we will give away starters free so people can start to make their own. If you are likely to want starter cultures please bring along clean jars in case we run out.

Entry to the event is free although you are welcome to give a koha. There will be some items to buy and lots of free things to try – there really is something for everyone! Lunch, which will include many of the things that have been demonstrated, will also be provided.

We hope you can make it and please bring your family and friends.

Real Food Hokianga Programme:

8.00 Demonstrators Set-up hall for a 10am start 10.00 Karakia timata

10.15 John: sour dough bread making demo - Kitchen plant 15min 10.45 Janie: Lactic pickling demo kitchen area

10.30 Short films at RAD Centre: Water is life 20min and Together we can cool the

11.15 Gail: Dairy ferments demo in Kitchen area

11.45 Denese: Drying demo in kitchen area

12.30 Janine: Simple Preserving demo Kitchen area

12.30—1.30 John: Woodturning demo—Outside area

12.50 Karina: No knead bread demo Kitchen area

12.50 Short films at RAD centre: Water is life 20min and Together we can cool the plant 15min

1.10: Paula: Cider vinegar demo kitchen area

1.40: Janie: Bone Broth demo in Kitchen area

2.00: Dean: Herbal Tinctures Demo—Kitchen area

2.20 Gail and John Hotbox Demo

2.25: Lunch: a chance to sample all the kai that was made today and other locally made, sourced and produced kai. Please stick around to - Mix and Mingle and enjoy the

HOKIANGA food!!! 4.00: Approx Karakia Whakamutungaarea



I saw this recipe on line and thought it was a great idea! Jose

Feijoa Fermented Fizzy drink!

This simple recipe uses what would otherwise be a waste product and turns it into a delicious, refreshing beverage. It has low sugar content but tastes great. This is fun to do with kids and is great scientific learning!

Once you have scooped out the feijoa flesh to use in your favourite feijoa recipe (or as we sometimes do - blend and freeze in ice cube trays, so they are free flow and can be used in porridge, baking, desserts and smoothies) give the skins a quick rinse.

Loosely fill a 1 Litre sized jar with feijoa skins. Add 1 TB of sugar and cover with water. Leave covered (we just did loosely) on bench for 2-3 days. After that strain, and pop your feijoa skins into the compost. Add a further 1 TB of sugar and top up with water. Leave for a further day then chill, drink and enjoy.

Cool fact - The fermenting process removes some of the sugar as the sugar feeds the natural yeasts from the feijoa skins.

Tip 1 - For the second ferment if you seal it, it will get nice and bubbly.

Tip 2 - We just used a tomato passata jar for second ferment, but if you get flip top bottles you will likely get a better fizz. Happy fermenting!





MISSION STATEMENT OF FAR NORTH ORGANICS & PRODUCERS

- 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

FNOG COMMITTEE 2017

Chairman

Alan Rockell

Vice Chair

Richard Van Alphen

Secretary

Kris Khaine

Minutes Secretary

Kris / or if needed Wendy MacPherson

Treasurer

Inge Bremer

Financial Auditor

Michele Twigden

Networker Publisher

Jose Van Alphen

Committee Members

Alan Rockell, Jan Arie, Gijs and Trish Veling, Inge and Rolf, Terry, Kris, Erwin Czutta, Rob Downing, Jose and Rich Van Alphen

Certification Manager

Kris

Certification Auditors

Terry & Jan Arie

Certification Committee

Jan Arie, Terry, Kris,