



THE ORGANICS NETWORKER

Far North Organic Growers & Producers Society (Inc)

Issue 63 – Spring 2017

Details for the next FNOG Field Day ...

Sunday, 29th October 2017

John Kenderdine

Sweetwater Road

Lake Ngatu

(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 John's place:

From Awanui, drive north for 5 1/2 kms then turn left onto West Coast Road to Lake Ngatu and 90 Mile Beach. 2 kms along this road turn left into Sweetwater Road (immediately after Paparore School).

600 meters down Sweetwater Road turn left through the 2nd of 3 gateways (between #59 & #61 and follow drive up to house.

The driveway will be marked with the FNOG signage.

I have been here 23 years and the basic aim has been to be debt free and self sufficient in preparation for the self-destruct antics of the political class.

I can't say I have been very successful but its still a great journey.

Present energy is going into 115 olive trees for oil and barter, a small garden to try and help supply the local "kaibox" and hopefully planting a 400 sq.m. trial block of industrial hemp.

My passion has been earth building and alternative energy and the land has flourished under a system of benign neglect.

Looking forward to sharing with y'all on the 29th

Cheers, John K



Agenda for Field Day

10 – 10.30am Committee meeting

10.30am – Raffle and cuppa

10.45am - Chairman to give brief outline for the day followed by a synopsis of any issues discussed at 10am meeting.

Introductions (attendance book passed to sign)

Chair to ask if any one present would like to host a field day or know of anyone else who would. Speakers for next field day?

Raffle, tickets will still be available at lunch break

11am - Speakers for the day
Ken Ross – A quality speaker, who will be sharing information about his role in the FNDC, local food issues and his travels to Italy.

11.30ish - Rich Van Alphen – a short talk on the water aquifer issues on the Aupouri to bring awareness of this valuable asset.

11.40ish - John Kenderdine or Brian Camplin on their upcoming Hemp trials

12pm ish Shared lunch

1pm ish Raffle drawn and then walk around Johns property





Wai Wurri Update – October 2017

17TH June – our last market day for the season, so happy about that !
We had already started planting the garlic on the 14th, a nice small crop, manageable and covered with mesh so the birds don't use the sprouting leaves for medicine. Quails love it, pheasants copy them, then there's the rabbits. But, not this time. So far it is looking great, despite months of rain. It has been sprayed with worm tea from the worm farm and also Organic100, and mulched with Jan Arie's beautiful hay. We have only ever planted our own garlic seed, which must be for 20 years or more. So long as it is harvested at the right time, dried, tied in bundles and hung in the verandah upstairs, it keeps us and the family in tasty garlic until the following season. I save the best for planting. Touch wood, we haven't had colds or flu, so the medicine must be working. The queen European wasps that hibernate in it are despatched, sometimes 2 in a bundle, one night while preparing for planting I found 14 of them = 14 less nests in the valley.

The Kiwi seem to be surviving, despite only few of us around here who still care about their survival. I am finding Kiwi prints when I do a trap round and heard a male, but dozens of them have vanished. The spirit of the valley has changed, as has the inhabitants, but I have to keep kicking myself that it is still much better than working in a law office in Takapuna or nursing in mental health or part time in a service station, nursing home etc. Auckland starts sucking up your cash from the border.

Being thankful for small mercies includes being able to rip out large privet as well as 100's of littlies, because soon it won't be possible. We'll be checking the water level in the tanks and giving the waterfowl buckets of water again because their pond is dry.

Recently I put my 17 yr old grand daughter to work and made in-roads with the chores I don't like much while I silently de-toxed her for 2 weeks. She went home minus the rings under her eyes and the city quagmire in her system. I think the dandelion leaves in the daily salads made a difference, plus the green healing bush walks. Now I miss my Scrabble partner.

Terry rushed into pruning on the limited fine days, and we await the results with the next bloom of growth. I have hung pheromone traps for codlin and guava moths so hope they work well and give us decent apples and feijoas next season. Last season was just awful.

Transformation with the seasons is changing with the strange weather patterns world wide but we box along and give thanks we live here. A heart-warming Kiwi call, noisy mating geese and nonchalant Kereru eating the magnolia buds just above your head
ahhhhhhhh Wai Wurri??

Krissie



Rich with news from NatureZone

It's always a good winter in the Far North if it's a wet one, which it has been for us. The orchard trees give a sigh of relief after the relentless long hot summer days and seem to double in size in front of us! The tropical webworm has been active in late autumn and has really knocked back any Kikuyu grass that was kept short. So a real bonus on our cropping sites where we have been busy, incorporating our cover crops of mustard and lupins.

We have been supplying Cheryl Toka with a few of our staples for the Kai Box in Kaitaia, which appears to be gaining traction. It is always a pleasure to supply someone like Cheryl who has an infectious passion for locally grown sustainable organic food. So as a grower we feel a real connection through her network from our food and hard mahi to the local community.

Our house garden has produced incredibly well with a surplus food especially cabbages this season. So being from a European background I've been excited seeing Jose making sauerkraut, it's just so Good, and easy to do, on helping her I just had to massage the cabbage in a large bowl with salt for a good 10 minutes, ratio 1 pound to 2tsps salt (we use organic pink salt). This is left to ferment in a covered large jar for 3 to 4 days. Jose just uses muslin to cover it and gives it a prod with chopstick each day. Then just jar it up into smaller vessels and keep in fridge.

We have just finished planting and mulching a raised row of potatoes, some are Krissie and Terry's that we won in a previous field day raffle and they are yum as smashed potatoes baked with garlic, herbs and butter. The kumara are bedded in the seed raising mix for shoots and the butternut seeds are planted. House garden also mulched now for the upcoming dry with our bana grass. So now back on the tractor to get the beds hoed and ready for planting.

I read the below and I am not surprised. New Zealand I think has only 3 votes out of the eight, which make up the FSANZ (Food Standards Australia New Zealand). I have put it here for your information.

ALARM BELLS RING OVER GE SPUD DECISION BY AUSSIE DOMINATED FOOD REGULATORY BODY

Posted Wed, 04/10/2017 - 10:31

GE-Free Northland
4 October 2017 Media Release

GE-Free Northland is appalled but not surprised by the latest deeply flawed decision by Food Standards Australia NZ, in which the agency approved an American application for six lines of genetically modified potatoes to be sold in NZ and Australia.[1] FSANZ, an Australia-dominated trans-Tasman regulatory body [2], has a track record of approving controversial genetically engineered food ingredients for importation into New Zealand.

"By being part of FSANZ, New Zealand has relinquished its food sovereignty. The new government must prioritise withdrawing from FSANZ and tightening up the GE labelling laws in NZ," said Martin Robinson, spokesman for GE-Free Northland. "The controversial imported processed GE potatoes will not be labelled, thus undermining consumer "right to know" and traceability," said Robinson. New Zealand's GE labelling laws are inadequate—exemptions to labelling include imported GE oils, sweeteners, food additives, and animal feed.

The NZ Minister for Food Safety has let down NZ consumers yet again by failing to require a thorough public safety evaluation. Substantive submissions by GE-Free NZ, the Soil & Health Association Aotearoa NZ, and Physicians & Scientists for Global Responsibility Charitable Trust (NZ) highlighted many independent studies and feeding trials that show harm from eating GE foods, which FSANZ has ignored. [3]

The decision states, "No public health and safety concerns have been identified in relation to food derived from the potatoes developed by the Applicant." That false statement is worse than misleading and breaches a "duty of care" to the consumer. FSANZ openly acknowledges it does not require feeding trials or genomics testing. "GE-Free Northland demands full and comprehensive labelling, to ensure that consumers who chose to avoid GE food can do so," said Robinson. FSANZ dismissed submitters' legitimate concerns and rejected all requests for feeding trials. New Zealand submitters have no standing to challenge the agency's decision. NZ fast food outlets and restaurants will need to be vigilant to avoid purchasing imported GE potatoes.

GE-Free Northland asks supermarket chains such as Foodstuffs and Progressive to ensure that their in-house brands (e.g., Foodstuffs "Pams") remain GE free.

GE-Free Northland also urges all fast food outlets to ban the use of imported GE potatoes, because such products would put their customers at risk. There is no evidence that these GE potatoes are safe to eat and considerable evidence that they are not safe.

We support comprehensive GE labelling of all imported foodstuffs to protect "consumer right to know" and traceability. We are aware that highly qualified scientists, epidemiologists, and other food safety experts continue to argue as to whether GE food is safe to eat on a very high technical level.

New Zealand is a GE-free food producer with no commercial GE crops. All fresh fruit and vegetables, and all certified organic products are GE-free. Most products with simple ingredients that have no commercial GMO version overseas will also be GE-free. With this latest decision FSANZ has increased the risk to consumers, and Kiwis must now be even more vigilant when purchasing takeaways, processed food, or beverages.



Hint from Geraldine Pennell

Plant nasturtiums under stone fruit for leaf curl. Nasturtiums contain sulphur, which attacks the fungus. The seeds can also be used as a substitute for capers!

Geraldine is on Facebook - Your Personal Assistant/Trade Horticulturalist.



Nasturtiums are so lovely. We use the flowers in our salads and love how the leaves hold water which helps with raising humidity for pollination. We call this water turbo juice, so nice to drink straight off the leaf! And if you see your nasturtiums wilting it is a good sign to irrigate!



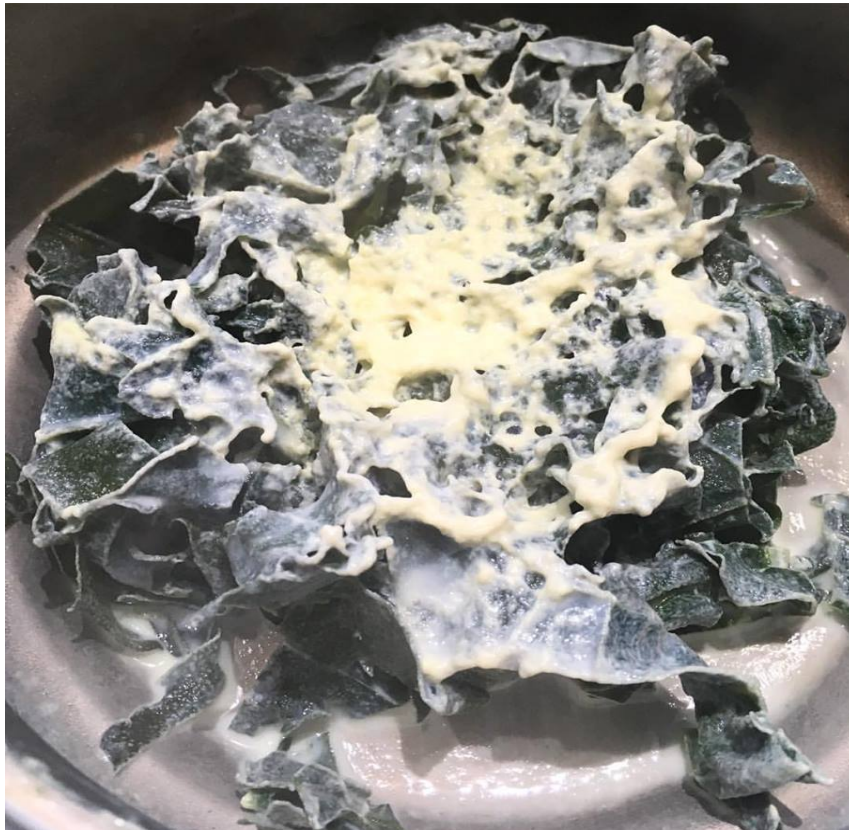
Recipes ...

The best Kale recipe you will ever try!

Sent in by Sheree Wagener

OK so it looks like alien vomit but trust me. The best Kale for this is Red Russian. It has an open flat leaf so not a bug hiding heaven like curly kale. Slice up your Kale leaves into 1cm strips. No stalks, just leaves. In a lidded pan or pot melt 1Tbsp butter and add Kale flipping constantly as it fries so it all wilts and looks shiny. Pour in milk so its half way covered. Half under half out. Sprinkle with a little salt. Put on the lid, boil rapidly and don't touch it, no stirring. The violent bubbling throws a cheese on top as the whey boils off. When the milk is 90% boiled away turn off and leave the lid on for 5 mins to rest and absorb last of milk. Then eat!

You will find you never make enough. Allow 2 leaves per person. It's amazing as a side for curries and fish, tastes yum the next day too. Most important is Don't boil slowly, this is a rapid cook, you need that bubbling action. We call it Miss Muffet Kale. Enjoy. Wait till you try Miss Muffet Fish!





COURGETTE, CORN AND CHEESE MUFFIN-PAN FRITTATA

These are super quick and easy to put together and only use four ingredients. Full of nutritious ingredients and gluten-free.

- Whisk 4 eggs in a medium-sized mixing bowl and a good pinch of salt and grind of black pepper.
- Grate 1 small courgette directly onto a clean tea towel and wring tightly over the sink to squeeze out as much excess water as you can. Add to the eggs along with half a cup of corn kernels (canned or fresh) and $\frac{3}{4}$ cup of grated tasty cheese.
- Line five holes of a muffin tin with patty pans and spoon in the mixture, dividing equally. Bake at 200 deg.C for 12-15 mins until puffed, golden and cooked through.
- Allow to cool for about 5mins before removing. Serve warm or cold with tomato relish. These will keep for two days in the fridge, or can be wrapped up and frozen.
- Enjoy !

Sent in by Krissie



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

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