

# FRUIT & VEGE CO-OP

## WELLINGTON REGION

Bringing healthy food to our neighbourhood



### SEASONAL NEWSLETTER | AUTUMN EDITION



#### Sallie's UPDATE

We are seeing the issue of food security surfacing as a national conversation across the country on a regular basis. This was Wesley Community Action's focus and concern when in April 2014 we piloted the fruit and vegetable co-ops. Affordability and accessibility have always been our core concern and motivators as we work together with the co-ops.

A recent article on stuff reports "New Zealanders who do not have enough access to nutritious and affordable food have higher levels of distress than people who are well-fed" Researchers at the University of Otago's department of public health in Wellington looked at statistics and a survey of 19,000 people to study food insecurity, which is the lack of access to safe, nutritious and affordable food. Our co-ops have grown as a response by communities to concerns about food access in their own neighbourhoods.

By buying in season and ordering collectively we can access wholesale prices and get great deals for all. We collaborate with a grower's co-op and over time have developed some great relationships with our suppliers. This issue of our newsletter focuses on one of our growers Pinehaven Orchards run by Steve and his wife Sarah. Over 90% of the apples we received between February and August last were grown by Pinehaven orchards and we have also enjoyed their plums this summer.

This next season we can expect to see persimmons, maybe tamarillo if the crop is good and the price is right, feijoa and lemons. Mango, pineapple, navel oranges and mandarins will also feature. In the vegetable pack parsnips, pumpkin will be a special treat, both beautiful roasted or part of a warming winter soup, stew or curry. After last year's wet winter the long dry summer means kumara is a possibility for late autumn or early winter.

We hope you continue to enjoy your packs and spread the word about the great quality and value we enjoy by working together as a co-op.

Stay warm and well and enjoy the change of seasons and cook up some yummy autumn treats with your fruit and veg. My favourite is apple pie and custard!

Ngā mihi, na

*Sallie Calvert*

Fruit & Vege Co-ops Regional Coordinator, Wesley CA



#### SUPPLIERS *profile*

##### VISITING OUR FRIENDLY GROWERS CO-OPERATIVE WAREHOUSE

*By Lindsay Clark, a stalwart from Eastern Suburbs who supplies Miramar, Strathmore and Berhampore*

In February our coordinators and volunteers were invited to the produce warehouse in Grenada North to see what all the produce looks like when it arrives from the growers before it is put on the trucks each week to come out to the co-ops and be packed for you!



We get all of our fruit and vegetables from a large modern warehouse run by a grower-owned co-operative Market Gardeners Ltd which operates under the trading name of MG Marketing.

MG Marketing founded in Wellington almost 100 years ago as a vegetable growers co-operative. It has grown to be the largest organisation selling fresh fruit and vegetables from eight branches throughout

New Zealand still as a grower-owned co-op. In recent years MG Marketing has also expanded into Australia and is one of the largest fruit and vegetable suppliers there. They had total gross sales of almost \$900 million in 2017 and made a profit of \$16 million, they are a very big co-op.

Most tropical fruit consumed in New Zealand is imported by MG Marketing, including bananas and pineapples. Imported green bananas are ripened to order in the Grenada warehouse.

In the modern consumer-driven world, MG Marketing works closely with the distribution networks of both big supermarket chains and smaller retailers. MG now also devotes a small part of its warehouse space to supplying our volunteer-based regional fruit and vegetables co-ops.

When we were being shown around the Grenada North warehouse, the branch manager Jade Reeves told us that growers were happy to be providing top grade produce at reasonable prices to our local vegetable co-ops, knowing it would be going to people who would otherwise not get much fruit and vegetables.



## GROWERS *profile*

By Emmeline Haymes, Nutritionist, Regional Public Health

For this issue of the Seasonal Newsletter instead of profiling one of our fruit and veg co-op packing hubs we decided to profile one of our growers. On 8 March I went to visit Steve Meyrick, the owner of Pinehaven Orchards in Greytown. Steve and his team have supplied over 90% of our apples between February and August last year and quite a number of our plums over summer.

Steve grew up on the orchard taking over from his father in 1997. These days Pinehaven Orchards sell only to the local market, not to export. This means when we get apples from Pinehaven they have come directly from Stephen and his pickers to us.



Gala's freshly picked at Pinehaven

When the Orchard turned 100 years old they planted its heritage apples, this took it back to where the orchard started. Kidd's Orange Red, Freyberg and Gala apples to name a few have been planted and are now cropping.

Steve showed me round the old pack house where he still has old New Zealand hand built sorting machines. While I was there I visited the shop where I bought some delicious jam which Steve's mother-in-law comes in to make each week to make with all the left over fruit.



Grannies Raspberry Jam

If you are passing through Greytown be sure to stop in at Pinehaven for a visit and get yourself a fresh fruit ice-cream!



Pinehaven Orchards Shop, Main Road, Greytown



Duncan Beetham and Steve Meyrick picking apples at Pinehaven Orchards



James Hutton Kidd boxing apples

The Orchards at Pinehaven were planted in 1910 by James Hutton Kidd.

James was a true pioneer continually experimenting with propagating apples throughout his life. This resulted in the development of several commercial varieties, the most notable are Gala apples which are now grown worldwide.

### KEEPING WELL THIS WINTER

#### Want to stay healthy this winter?

Getting sick over winter is tough.  
Not only is it miserable to be unwell  
but it also means time off work,  
time away from school and missing  
out on time with friends and family.

#### There are some simple things you can do to stay well:

- Stop the spread of germs and sickness by washing and drying hands regularly. You can also use a hand gel.
- Stay home when you are sick to prevent spreading illness to others.
- Keep warm - insulation, heating and ventilation keep your home warm and dry. Contact the Well Homes team who may be able to help on: 0800 675 675.
- Keep homes and cars smoke-free and if you smoke, we are here to help you quit.
- Get the 'flu' vaccine to help keep you well. Some children and adults can get the vaccine for free so call the team at your GP clinic or your pharmacist to find out.