

FRUIT & VEGE CO-OP WELLINGTON REGION

Bringing healthy food to our neighbourhood



SEASONAL NEWSLETTER | SPRING EDITION

Sallie's UPDATE

This is a shout out to all our incredible volunteers who come together weekly to pack and provide an opportunity for their community to access affordable fruit and vegetables. Through rain, hail and heat they are so dedicated. Each co-op has a host community who provide a place to pack and open their doors willingly. **The co-op has collectively provided for over 1,100 families, pensioners, neighbors this year. Please spread the word as we love to grow and word of mouth is the best form of advertising.**

We have had price increases with petrol this year but still continue to be good value for money over the year. **A number of our dedicated people are moving on at the end of the year, huge thanks to you for your time, hard work and friendship.** Aroha mai, aroha atu – Maori proverb meaning “love received, love returned”.

Ngā mihi, na
Sallie Calvert
Fruit & Veg Co-ops Regional Coordinator, Wesley CA



SPOTLIGHT ON OUR REAL GOOD KAI SUPPORTERS - KAIBOSH

Kaibosh are based in Wellington and they are New Zealand's first food rescue organisation. They link the food industry with community groups, ensuring that quality surplus food reaches those who need it, rather than being needlessly discarded. This benefits both our community and our environment. Kaibosh love the idea around using their rescued food to teach people how to cook and so do we! It is an excellent way to make Real Good Kai more sustainable, both financially and environmentally.

Working in Wellington and the Hutt Valley with the help of a dedicated team of more than 200 volunteers, Kaibosh rescues and redistributes food 7 days a week. **They deliver up to 25,000kg of quality surplus food each month to community groups. This is the equivalent of a 19,400kg reduction in carbon emissions.** Kaibosh provides this service at no cost to food donors or community groups.



KAIBOSH open day in March 2019



KAIBOSH open day in March 2019

In the last 12 months they have diverted 248,000kg of food from landfill! The food Kaibosh collects changes seasonally, about 70% of the food rescued is fresh produce, dairy or meat. At Real Good Kai we often receive meat, cheese and dried goods to supplement our Co-op bags. Kaibosh are a practical solution to food waste and they aim to share their message with people who care about these issues.

Currently Kaibosh are working to raise money to set up a branch in Kāpiti. Fingers crossed we can collaborate for a Kāpiti Real Good Kai, watch this space!

If you are interested in participating or volunteering at Real Good Kai, get in contact with your local Co-op Coordinator.

VISIT TO OUR GROWERS



What a beautiful day, what a beautiful field of purple cabbages!

Woodhaven are the largest produce grower who supply to mgs WGTN Marketing, the suppliers for the Fruit and Vege Co-op. We had a beautiful day to go and check out a small part of the 1700 acres Woodhaven farms. Their growing land is spread across a large part of the Horowhenua from Manakau in the South to Kopataroa in the North, this gives them a large range of microclimates in which to grow a wide range of produce. **Currently they grow 22 different kinds of vegetables**, though this obviously varies with season.



Sallie and the boys from MG Marketing who organise our buy each week.

On 12 September Sallie (Fruit and Vege Co-op Regional Coordinator – Wesley Community Action and Emmeline Haymes (Public Health Advisor and Co-op Infrastructure support – Regional Public Health) visited Woodhaven Gardens.

The large growing acreage also means they can cope with rain during harvest and protects against the impacts of harvest lost to weather, which is becoming more common with climate change. The team are also constantly experimenting with new varieties of fruits and veg as the normal growing conditions and normal varieties come under pressure. For example the past six autumns have been much warmer than usual affecting what veg can be planted to have a long enough growing season to harvest.



A staff member at Woodhaven planting, harvesting, washing and preparing vege for distribution around the country.

Did you know the most important ingredient for growing fresh produce is the right kind of soil, and that you can't just grow produce anywhere? The Horowhenua growing hub where Woodhaven is situated is the key produce growing area for the whole Wellington Region. Without it we would struggle to get fruit and veg in our region, especially at price we can afford for the co-op.



Baby veg before they are planted.

VISIT TO OUR GROWERS cont.

This area is under pressure for development from lifestyle blocks, retirement villages and housing developments. The government has been consulting this year on a National Position Statement on Highly Productive Land, looking to protect this growing land. Emmeline wrote a submission on behalf of the co-op explaining how important it is to have good growing land within our region so local people can access healthy affordable food.

In the peak harvest season there are 264 harvesters working 6 days a week picking veg.



Where do all those 200 workers come from?

The harvesters come from all around the world with 82% of them being kiwis, many being locals including mums who come and pick while their children are at school. Woodhaven is a family owned business with a family centred philosophy supporting the growers and harvesters contributing many jobs and being the basis for a lot of the local community.



Sallie the Fruit and Vegetable Co-op Regional Coordinator and Ben Hulme our rep at MGs. These two make sure we have a ready supply of fresh and tasty fruit and veg.



Emma Clarke, manager at Woodhaven, John Clarke's daughter and champion of all things vege related.



Have a farm, got to have a tractor!

PRODUCE COMING UP

Some produce to expect to see next year: Stone fruit, cherries, new season apples, new potatoes, and asparagus.

For more information about the Wellington Region Fruit & Vege Co-op, visit our Facebook page 'Fruit & Vege Co-Ops Wellington', or check out the Regional Public Health website www.rph.org.nz

Regional Public Health
HAUORA Ā IWI KI TE ŪPOKO • O TE IKA A MĀUI
Better health for the greater Wellington region

Wesley Community Action
community • compassion • change