

FRUIT & VEGE CO-OP WELLINGTON REGION

Bringing healthy food to our neighbourhood



SEASONAL NEWSLETTER | SUMMER EDITION

Sallie's UPDATE

The end of the year is looming at this time is it often good to look back to look forward.

We emerged in communities back in April 2016 with Cannons Creek piloting the first fruit and vegetable coop, Titahi Bay and Naenae soon followed with Upper Hutt, Waiwhetu, Wainuiomata, Mirimar and Kapiti on their coat tails. These coops have gathered local volunteers week after week to work together enjoying new friendships and making available for their communities affordable accessible produce.



Gene, Molly, Lloyd, Ian and Kerry at Porirua

We have a number of community champions moving on this year, at times popping back to check-in but ensuring succession and a strong team is in place to carry on. **Thanks to those who have worked hard, often supported other coops also and helped provide this gift in your neighbourhoods.** If you are keen to work together with these teams please talk to them as many would appreciate more volunteers.



David and Casey at Titahi Bay



Kerry and John at Porirua

With oranges and greens being readily available our freshness top notch. We still see real value for money and encourage you all to talk about the coop and encourage others to join up; we are stronger and more sustainable the larger we grow.

Half of the Co-ops are now well under way using our returnable bags.



Wendy at Waiwhetu

We have rolled out the RETURNABLE bags in half of our coops and thank you all for your vital role in ensuring they come back on pickup. Other coops will be transitioning over in the New Year. First pack next year is 29th January, see you then!

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



Gene at Porirua

SUPPORTING WELLINGTON FREE STORE

Our friends Danielle Prapavessis and Chris Vogliano at the Free Store asked if we could help out with their community Thanksgiving celebration, with vegetables donated our supplier MG Marketing and 85 people were fed! Many volunteers and users of The Free Store are still talking about the success. Many people expressed their gratitude for the meal. Home cooking is a far stretch for some; so the abundance of beetroot, silver beet, carrots and all were greatly appreciated.

You can find out more about the Freestore and the great work they do at www.thefreestore.org.nz



VOLUNTEERING

A WORLD OF VOLUNTEERS AT VICTORIA UNIVERSITY FRUIT AND VEGE CO-OP

The fruit and vegetable co-op at Victoria University of Wellington has been running since March 2017 and is now an established part of our community.

The weekly pack out is held at Kelburn campus, in the Hunter Lounge of the Student Union Building, where co-op members based at the Kelburn campus also collect their orders. We also distribute orders for collection at Pipitea and Te Aro campuses.

We have an amazing team of volunteers at all three campuses who help make sure the entire process runs smoothly every Thursday, from setting up the pack out to order distribution. Lots of our volunteers come from different parts of the world, and the co-op is a great platform for them to not only settle in to Wellington and New Zealand, but also learn about different cultures from each other.

The co-ops order numbers change throughout the academic year, based on when students are on campus. Many of our student co-op members are vegetarian and some have young children, so they really appreciate having access to fresh, healthy and affordable produce at the University.

We are all looking forward to changing to returnable cloth bags when the co-op starts again in February 2019.



Seasonal recipe

CITRUS CORDIAL

INGREDIENTS

Rind (peel) and juice of 5 citrus fruit (lemons, oranges, tangelos, limes)

2 cups water, just boiled

3/4 cup sugar or honey

1 tsp of citric acid (optional)

METHOD

1. Clean the skins of the fruit thoroughly under running water
2. With a vegetable peeler, peel a thin layer off the outside of the fruit. Try not to peel off the white pith as this can be bitter. Put the peel into a large bowl
3. Cut the fruit in half and squeeze the juice into the bowl with the peel
4. Stir together the sugar or honey and citric acid (if using)
5. Pour the sugar or honey over the peel and juice. Cover and leave to cool
6. Once completely cool, pour over into a clean glass bottle with a lid or a cork
7. ENJOY!



REAL GOOD KAI 2018

In 2018 Real Good Kai (previously known as Kai Confidence) was launched, following a cooking class pilot in 2017. These classes were launched alongside the Fruit and Vege Co-op and use the contents of the pack. The pack changes weekly so keeps recipes interesting. It is also a great way to increase confidence in trying new foods. If we get unfamiliar foods such as leek, eggplant or bok choy in the pack we incorporate them into our meals. We focus on bulking up our meals using cheap nutrient rich foods like chickpeas, beans and lentils. This way we can still use our staples like mince and chicken but it goes a lot further, and feeds more for less.

Real Good Kai has featured in the Cannons Creek, Berhampore, Massey University, Titahi Bay and the Wainuiomata Fruit and Vege Co-ops. We plan to expand these classes to the remaining 5 Co-ops by the end of 2019.

Real Good Kai has created a community where people come together to share their ideas, laughter and stories over a meal. We asked Mark, a fantastic volunteer for Berhampore Real Good Kai how he was finding his experience.



"When I learned about Real Good Kai, I loved the idea of people connecting with each other while learning to use fresh fruit and veggies in new, tasty, thrifty ways. I am so grateful for the opportunity to share the experiences with the great people at Berhampore, and for the new ideas I

have taken home with me (and which my family are enjoying). I am looking forward to the new year and exploring how we can keep RGK going, and to sharing it with more people."

We are all looking forward to Real Good Kai in 2019 where we will continue to develop and move forward with the programme. If you have any questions about Real Good Kai in your area please talk to your local Fruit and Vege Co-op coordinator.

DO YOU KNOW ABOUT THE REMAKERY?

The fabulous people at the ReMakery can be found at 310 Waiwhetu Road. They have a range of wonderful projects going on run by community members for other community members. There are a lot of ways to get involved. Something that might be of great interest to co-op members is that they have a dry goods co-op called the Common Grocer where you can get all your pantry staples from herbs and spices to cornflakes at rock bottom prices. Eggs, milk and butter are also available much cheaper than at the supermarket. There are a number of ways you can join up but the easiest thing to do is drop in and say "Hi" and the lovely people there will tell you all about it. It is open from Tuesday to Saturday from 10am to 2pm.

While you are there you might like to have a coffee or a hot chocolate from the Koha Café, where you can get an awesome coffee for a gold coin donation. Or you can have an amazing vegetarian meal for lunch with food grown at the Urban Kai Farms for just \$6, hearty sustaining and delicious!

There is a lot more going on from bicycles being upcycled to honey being harvested and to a sewing co-operative and a knitting group for children to learn how to make their own blankets. And best of all they have a time bank you can join to trade your valuable hours for things which are valuable to you.

To find out more drop in at the Remakery at 310 Waiwhetu Road or look them up at www.commonunityproject.org.nz



Georgia and Emmeline from RPH and Sallie from Wesley Community Action at the opening of the Unity Kitchen



Georgia from Regional Public Health with the Urban Kai Farms new electric bike sponsored by Regional Public Health



Emmeline from Regional Public Health volunteering for the Common Grocer on her day off



Welcome sign at the ReMakery