



OUR COMMUNITY KAI STORY

Tales of food, people and connection across Queenstown Lakes

He pakiwaitara tēnei mō kā takata whenua i kohi kai, hei oraka mō ā rātau hapori, kia koutou mā e whakamana tonu ana ki tēnei kaupapa hoki. He pakiwaitara tēnei kia whakamanawatia ki te huka, kia tautoko i te kaupapa nei.

To the first people of this whenua who grew and harvested kai to sustain their communities through all seasons, and to those people in our communities who continue to build joy, resilience and a sense of belonging through sharing manaaki and kai.

This story is for you and to inspire others to join you.



Te Reo Māori translation: Please note, QLDC uses the local Kāi Tahu dialect which replaces 'ng' with 'k', e.g. tākata (people) instead of tāngata.



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INTRODUCTION

Kia ora and welcome to Our Community Kai Story, which was created as a tribute to the Queenstown Lakes communities. Here we share stories to honour where we have come from, to give thanks to our communities and to symbolise looking forward with a sense of renewal and hope.

The past few years have been tough. The effects of a global pandemic have challenged our people and our economy, creating new stressors and uncertainty. It also shone a light on how resilient we are, and how we support each other through the tough times. Kai (food) and manaaki (to show respect, generosity and care for others) have been integral to the way our communities have shown this love and support.

Kai is an essential basic need for life and also a vital part of connecting with others. Kai welcomes newcomers to our community, it is part of celebrating important events, and central to how we show manaaki. Many organisations, community groups and individuals worked together through this pandemic to make sure no one went without. Through lockdowns and times of hibernation, people baked and cooked up a storm, sharing new recipes with each other and proudly showing off their latest sourdough triumph. These stories kept us going through uncertain times and gave us much needed moments of joy and fun.

Many in our community also realised the pleasure of growing and eating their own kai. From building gardens at home, hunting out community foraging spots, or building community gardens, many of our people joined the community kai journey and this continues to grow.

Our Community Kai Story reflects on how kai and manaaki have been such an important part of our resilience in the recent years, and on how we can continue to build this to strengthen our resolve. It acknowledges the importance of kai to mana whenua, the history of kai in our place, and its role in our communities today.

This story will include details of our local sources of kai and will share knowledge about how to grow, cook and care for these resources. It's about our home and how we move forward into the future together through kai.



ABOUT THIS BOOK

We've arranged our kai story into three sections: collect, cook, and care.

Collect | Kohikohika

All about where we source our kai. Here, we look back on the cultural traditions of harvesting kai and share knowledge on how to gather food in our district today. We also showcase the groups who have stepped up to support the community through recent tough times and the brilliant food network that is developing as a result.

Cook | Tunu kai

All about the kai. Here we celebrate our multi-cultural community by sharing recipes and telling their stories through food. Our local social service organisations also share recipes that hold meaning to them.

Care | Manaaki

All about how we can show manaaki for our kai, for our planet and for the people. Here we share tips on reducing waste through thinking carefully about food, composting waste and sharing produce.



COLLECT

KOHIKOHIKA

Stories of how we gather and grow food in our district.
Here we reflect how this has changed over time
and share places we can come together to cultivate
and collect the food that sustains us today.



OUR KAI GATHERING HISTORY

SOUTHERN MĀORI

Hunting and gathering in the Queenstown Lakes District and surrounds can be traced back to early Māori in the 1300s, with highly mobile coastal communities travelling in from more permanent settlements on the southeast coast for seasonal kai resources (Cunningham 2005). Nine species of moa, a now extinct group of large flightless birds, were one of the most important food sources for southern Māori. The remains of more than 400 moa have been found at the Hawksburn Moa Hunter camp near Cromwell and moa bone fragments dating from 1469 were discovered at Owens Ferry site (near Morven Ferry) alongside the Kawarau River.

Moa were hunted by ambush and killed with spears. Stone flakes were used for skinning and cleavers for cutting. Leg joints were baked in ovens then smashed, perhaps to extract marrow.

Moa become increasingly scarce pre 1650AD, meaning more seasonal food collection was relied upon, in particular the ti kouka (cabbage tree) and fern root, tuna (eel), weka and other freshwater fowl (Hewitt 2018).

Young Ti Kouka trees, up to two metres high were used. Cuttings were stored on whata (elevated stage) to dry and then cooked nearby for about 36 hours in large ovens (umu ti) which were located along a route from Central Southland to the fiords of the West Coast.

A ceremony would be held including a karakia (prayer) and cooking of the base of the shoot marked the beginning of the cutting season from October to December. Pith could be made into sweet porridge.

Pōhā was a very effective method of food preservation. Birds were cooked and covered in fat, stored in kelp bags and wrapped in harakeke (flax) and totara bark. Food was preserved for up to three years!

Traditional kāika mahika kai (food-gathering places) are shown on the following map (in relation to the below information from: The Ngāi Tahu Atlas at www.kahurumanu.co.nz/atlas)

The Kawarau River was a traditional travel route that provided direct access between Whakatipu Waimāori (Lake Whakatipu) and Mata-au (the Clutha River). Kāi Tahu kaumātua recorded Kawarau as a kāika mahika kai (food-gathering place) where weka, kākāpō, kea, and tuna (eel) were gathered.

Wāwāhi Waka (Pigeon Island) is the largest island in the northern stretches of Whakatipu Waimāori (Lake Whakatipu). The name Pigeon Island was given for the large number of kererū (native wood pigeons) on the island.

Tāpuae O’Uenuku (the Hector Mountains) runs along the south-eastern end of Whakatipu Waimāori (Lake Whakatipu). Kāi Tahu kaumātua recorded Tāpuae O’Uenuku as a kāika mahika kai where weka and the treasured tikumu (mountain daisy) were gathered.

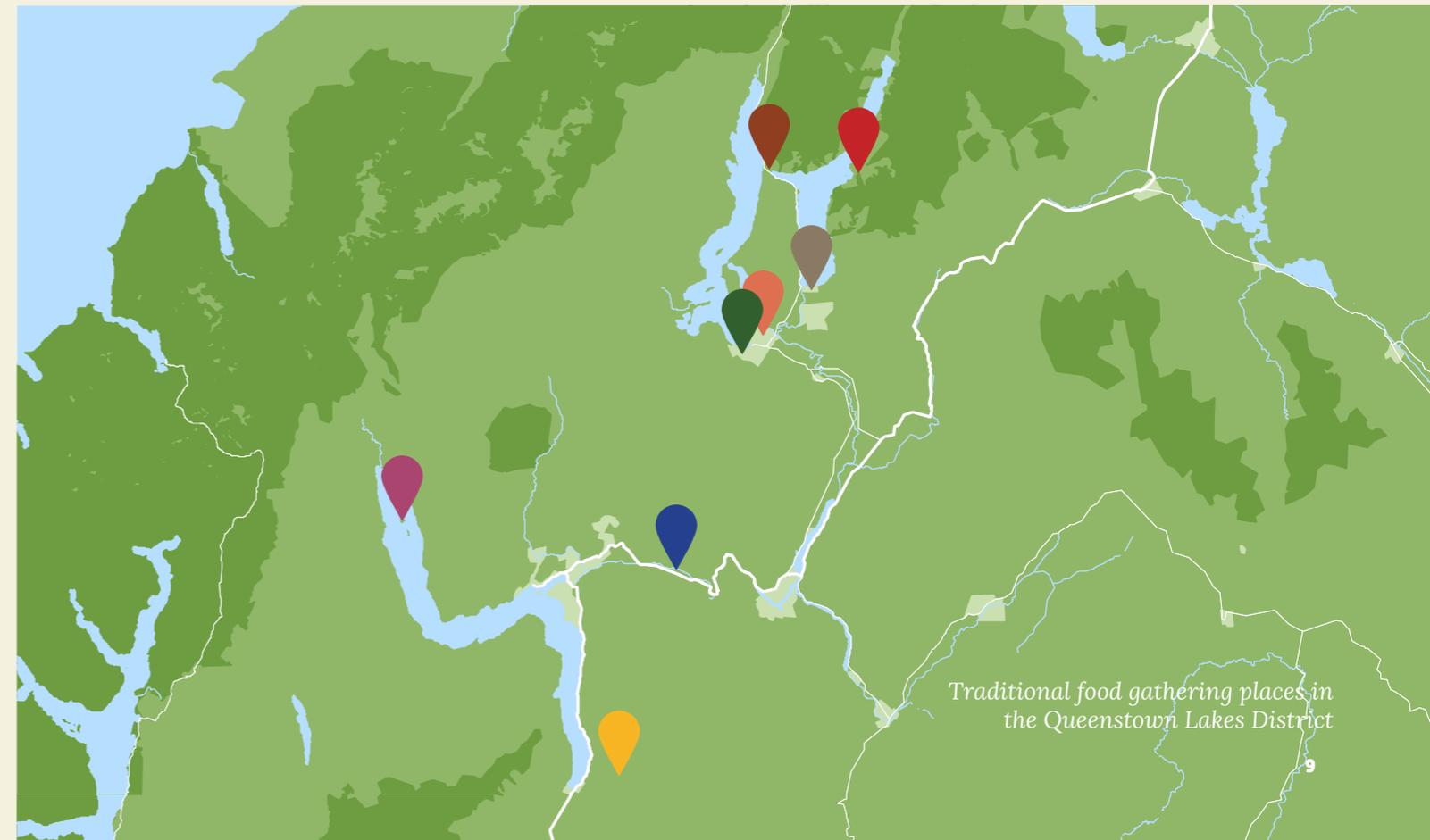
Numerous kāika mahika kai (food-gathering places) and kāika nohoaka (settlements) were located around the lake. Foods gathered at Wānaka included tuna (eels), aruhe (bracken fernroot), weka, pora (Māori turnip), mahetau, kāuru (cabbage tree root), harakeke (flax), and kākāpō. Traditionally Makarore (the Makarora River), Ōmakō (Lindis Pass) and Mata-au (the Clutha River) were the main travel routes to the lake.

Take Kārara is a kāika nohoaka (settlement) at the southern end of Lake Wānaka. Kāi Tahu kaumātua recorded Take Kārara as a kāika nohoaka, a pā, and a kāika mahika kai (food-gathering site), where pora (Māori turnip), mahetau (potato), tuna (eels), and weka were gathered.

Manuhaea was traditionally a kāika mahika kai (food-gathering place) and kāika nohoaka (settlement) located on the eastern side of “The Neck” – the narrow isthmus of land separating lakes Hāwea and Wānaka. Manuhaea was renowned for a small lagoon where tuna (eels) were gathered. Other food gathered in the vicinity of Manuhaea included weka, kākāpō, kiwi, kea, kākā, kererū, and tūi; there were also potato, turnip, and kāuru māra (gardens).

Turihuka is a small lagoon at the mouth of Whakakea (Dingle Burn) on the eastern shore of Lake Hāwea. It is also the name for the nearby Silver Island in Lake Hāwea. Kāi Tahu kaumātua recorded Turihuka as a kāika mahika kai (food-gathering place) where tuna (eels), koukoupara (giant kōkopu or native trout), raupō (bulrush), and weka were gathered.

Hāwea was an important location among the seasonal Kāi Tahu food-gathering patterns, with numerous kāika mahika kai (food-gathering sites) and kāika nohoaka (settlements) situated around the lake. Foods gathered at Hāwea included kea, kererū, kākā, kiwi, kākāpō, tūi, weka, pūtakitaki (paradise duck), pārerā (grey duck), tuna (eel), kāuru (cabbage tree root), aruhe (bracken fernroot), and pora (Māori turnips). The artificial raising of Lake Hāwea in 1958 to store water for hydroelectric power generation flooded many of these kāika mahika kai and kāika nohoaka, including the renowned Manuhaea kāika near The Neck.



Traditional food gathering places in the Queenstown Lakes District

GOLD RUSH BRINGS EUROPEAN AND CHINESE MIGRANT COMMUNITY

The first known European Otago gold find was at Goodwood, near Palmerston in October 1851 but the main Otago Gold rush began when Gabriel Read, an Australian prospector, found gold in a creek bed at Gabriel's Gully, close to the banks of the Tuapeka River near Lawrence in May 1861.

Gabriel Read's discovery led to the Dunstan Rush close to the modern town of Cromwell. It was Jack Tewa, a shepard working for William Rees who discovered gold in Haehaenui (Arrow River) but a prospector called William Fox who then started the rush in the Whakatipu. Claims were staked from Kimiākau (Shotover River), in the west, Naseby in the north and Nokomai to the south.

In November 1862, Thomas Arthur and Harry Redfern slipped off from shearing for William Rees at Tāhuna (Queenstown) and looked for gold on the banks of Kimiākau (Shotover River) armed with a butcher's knife and pannikin.

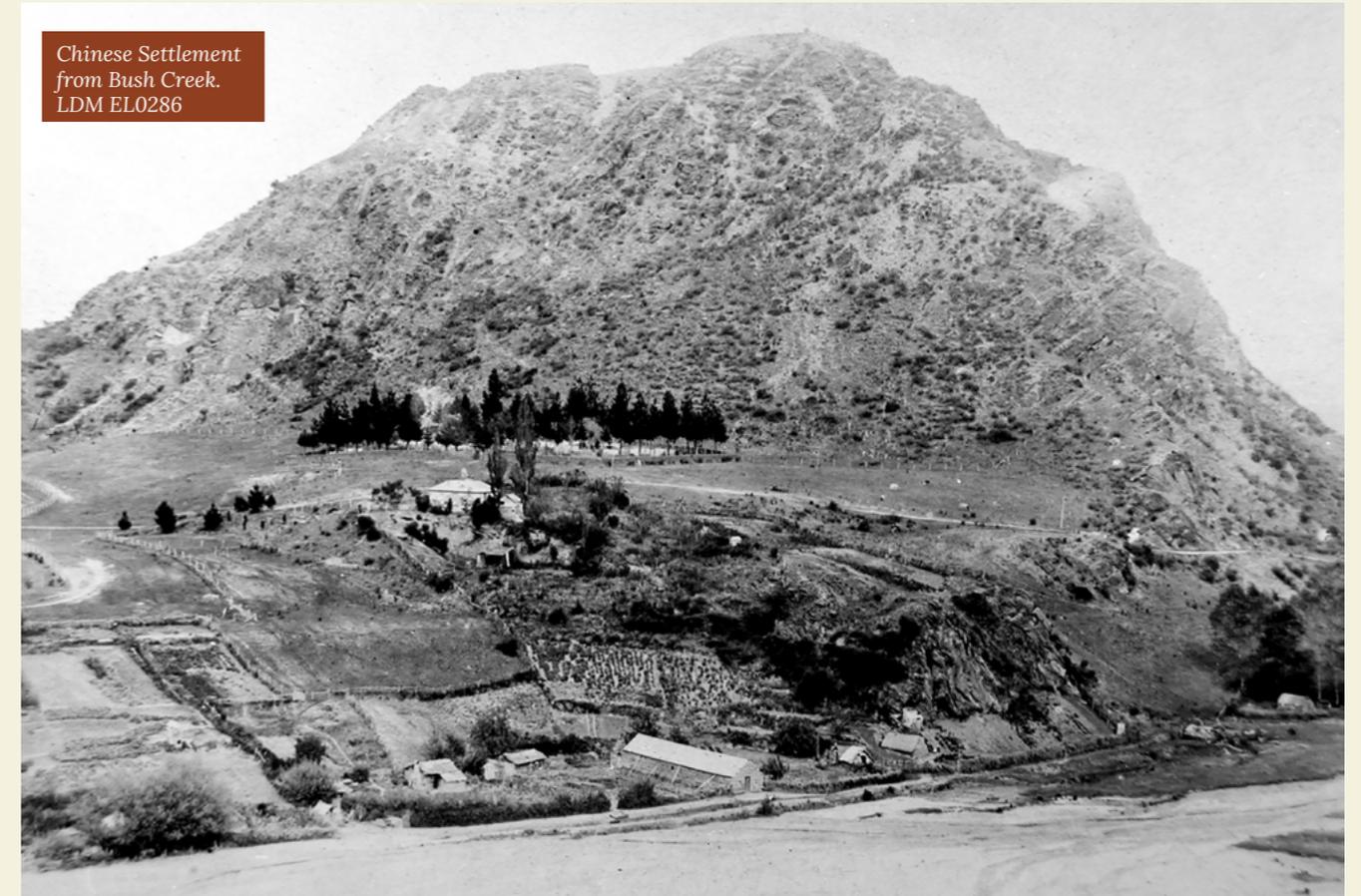
The Arthur's Point strike led to the largest rush that occurred in Otago.

Early settlers struggled to find food or even cook it as there were few trees meaning no fuel for fires. Men were often starving and lived on beef, mutton, bacon, damper and tea. Flour, a key staple, was in short supply. One man was sentenced to 6 weeks hard labour for stealing a bag of flour in 1863.

"In Macetown we practically lived on rabbit. We had nothing else... Nearly everybody had a fruit tree... peach, apricot, plum, apple... Gibbston there all the old miners had fruit trees.... blackcurrant, red currant, red raspberries, dessert (yellow) raspberries."

Harvey Summers

It was a strange scene that we there witnessed. Numerous tents were ranged along the margin of the lake and scores of men were grouped around the blazing campfires or lying on the ground rolled in rugs and blankets. They were waiting for flour...brought by Rees's boats from the south end of the Lake.



Chinese Settlement from Bush Creek.
LDM EL0286



Carrying supplies past a frozen waterfall in Macetown.
LDM EL0049

The latter were hourly expected to come in; and the men knowing well that unusual exertions were being made to supply their wants, were patiently biding their arrival. I saw some of the brave fellows next day, greedily devouring 'skillagalee' - raw flour and water. It was weeks, they told me, since they had tasted anything but mutton...

Otago Daily Times, 8 April 1863

After European miners departed the area for the next rush on the West Coast, Chinese were first invited from the Victorian Gold Fields to go over the abandoned ground and then they followed from mainland China. By 1874, there were over 3,500 Chinese miners in the region in search of their fortunes. The main Chinese community was on the outskirts of Arrowtown where they lived in rudimentary huts. There was a large store at the centre which doubled as a social hub as well as smaller supply/grocery stores and gardens planted on the hills behind.

The gardens meant they were self-sufficient and the produce from the fruit trees and vegetable gardens supplemented both their food supply and income as any surplus was sold to the Europeans.

They grew stone and pip fruit (of which many are still standing today), cabbages, corn, potatoes, peas, gooseberries and strawberries. Wong Hop Lee and Ah Sip were well known market gardeners.

There were several stores in the settlement selling imported Chinese food and medicine, for example - tea, rice, soya oil, preserved ginger, dried vegetables, salted garlic, salted radish, pickled lemon, shrimp sauce, peanut oil, fish paste bean curd.

The famous Ah Lum's Store (built by Wong Hop Lee about 1883) was the focal point of the later settlement (around 1910). Chinese gold seekers used his store as an informal bank and a community meeting place where they could smoke, gamble and chat among friends.

FARMING

SHEEP

The first European settlers arrived in 1860, with William Rees and Nicolas von Tunzelmann establishing sheep 'runs' on either side of Whakatipu Waimāori (Lake Whakatipu). Over in Wānaka, the Wānaka Station was established in 1858, and early settlers were farming sheep on 'runs' near Albert Town.

Early farmers were largely self-sufficient due to the geographical isolation of the region. They relied on the small fruit orchards and vegetable gardens they planted, along with the mutton from their farms. Incoming gold miners found food supply a significant issue and relied heavily on the run holders for sustenance. Food was scarce and expensive (Cunningham, 2005).

Oral histories from the farmers of the sheep and beef stations in the early 1900s describe the level to which they were food self-sufficient. Fruit and vegetables were all grown by the stations, dairy products came from their own cows and butter was made at home. Fruit was eaten fresh, preserved, or dried, not one bit was wasted. Provisions were brought in every six weeks from Donald Reid and Company in Dunedin, this included sugar, tea, rice, sultanas, salt, candles and golden syrup. Oatmeal was grown and milled locally, trout and watercress were gathered from local streams, and cheese was made at the local dairy factory (oral histories of Kingsley Butler and Alice Mackie).

WHEAT, OATS AND BARLEY

Frankton Flats were first surveyed into farms in 1866 and grain was the main crop grown. Local wheat and barley were of an excellent standard - winning prizes at the London Market. By 1870, 500 acres of wheat were grown in the region and a mill was producing 40 tonnes of flour a week. A second mill was opened in 1871 at Hayes Creek, and a third was opened at Mill farm in 1874. A Mill was also in operation in Luggate. In 1891, there were 1760 acres of wheat, 3250 acres of oats and 1000 acres of barley.

Grain production continued until the turn of the century. Such was grain production here that there were four commercial flour mills milling wheat and oats, the Brunswick Mill at Frankton, the Arrow Mill on Mill Creek, the Wakatipu Mill at Speargrass Flat and the Luggate Mill. At this time, capacity was up to three times that of the national requirement. Distribution became an issue due to the distance and cartage costs as there was no rail to the region. All flour mills closed by 1940 (Borrell, 2011).

The quality of the crops grown on this farm are of a superior nature, especially the wheat, which is even, smooth, and plump in the grain, and for hardness cannot be beaten. The local millers prefer the wheat from the Crown Terrace to any other in this district for milling purposes...there can be no doubt that this land, above any other in the district, is eminently adapted for permanent pastures, the soil being a deep rich loam, which retains moisture well.

Correspondent, 'Chats with the Farmers. Farming in the Lake Wakatipu District', Otago Witness, March 15, 1884

DAIRYING

After the grain boom, the region turned to mixed farming including dairying between 1912 and 1960. The local dairy factory produced 60 tonnes of cheddar a year - mostly exported. Most farms had a small herd of cows, grew grain and had some sheep. The dairy factory at Speargrass Flat was a co-operative owned by the farmers. It was closed in 1950 (Cunningham, 2005).

"There were dairy farms from Shotover right through to Arrowtown and down to the Arrow Junction, and I think there was a milk cart that came from the Crown Terrace. Of course, it was only a small dairy factory compared to the ones in Southland, but they got a very high rating for their cheese. I remember a cousin who was a dairy factory manager, and he was always very interested in the dairy factory, and he was amazed that they never had a pasteuriser. It was very natural cheese, and it got a very high rating in Bluff, and he couldn't understand it at all."

Ian Brown



FISHING

Fishing played a large part in providing food for the table with ample access to rivers and lakes across the district.

"My father and his brother... had gained rights to the fishing from Beach Bay to the Greenstone and they would spend many hours setting nets all the way to the Greenstone along the western side of Lake Wakatipu. Many nights they had to sleep on the beach and in the morning when the lake was calmer, they would row back getting fish out of the nets. These fish were smoked in their own smoke house, then taken by boat to Kingston and onto Lumsden to be sold. These were mainly quinnat salmon and rainbow trout and in great demand in Dunedin."

Hugh (Ted) McKenzie, Walter Peak

ORCHARDS

It would surely be difficult to find finer peaches than have been produced in MR A. Simson's orchard this season. Some of the fruit that has come under our notice suggested an all-round excellence that speaks volumes for what Wakatipu, plus skilled cultivation, can do in this direction. Some of the peaches weighted half a pound each, they were of good shape and well coloured, and-what matters most of all they were of a delicious flavour.

Lake Wakatipu Mail in 1929

Simson's Orchard at Queenstown
Recreation Ground c1935.
LDM EL5783



THE DEPRESSION AND THE WAR

The great depression of the early 1930s and the war years brought challenging times and reliance on self sufficiency and community resilience.

"...and seeing a lady coming over with a plate... and wondering what on earth it was. And as she got closer, we realised it was a person whom we knew - it was Professor Strong who used to go to Paradise each summer for her vacation... she had on the plate a trout because trout was in abundance you could catch them in any of the little streams around Paradise ... I know that at times we were reduced to eating Swede turnips. People were really up against it at that time but in a district like Glenorchy and Paradise everybody helped each other because everyone was more or less in the same boat...In that area there was an abundance of watercress growing in the little

streams around Mt Eden and that became a staple diet for us, - watercress sandwiches, and I've never really forgotten how beautiful they tasted..."

Lindsay Kennet

Construction of the Kingston Road, a Public Works project during the Depression, brought hundreds of workers and their families into the area.

"Mostly none of the families stayed longer than three weeks and these were unemployed people that travelled around New Zealand working on these projects which the government had started up to provide employment. We had this utility truck and we'd fill it up with fresh veggies and lollies for the kids. I remember we always had big tins of boiled lollies and Belgium roll, and ham at times. It was basic food. The veggies were the most important thing because these people really needed it. Everything had to be cheap. Oranges and lemons were very important."

Bob Thompson

"I well remember during those early parts of the war years that for about twelve months not a single penny came into the house. We lived purely on credit. I was old enough to know the pinch was on and hence our cow, and our hens, and our vegetable gardens, venison, ducks, rabbits, goats all these things helped to fill the table, and no refrigerators or deep freezers so you always wanted fresh, so that was one of the times when I learnt to acquire fish and eels in the most efficient manner possible and to use a rifle and traps."

Pat Paulin

After returning from war service, Frank Thompson and his wife Emyln took over the Strawberry Farm (Fernhill) and developed into a commercial enterprise. The number of strawberry plants was extended to 40,000 and 2,000 raspberry canes were added. Produce was transported to many parts of Southland while retaining the "at home business" (Adamson 2004).

Milestones of Queenstown by Irene Adamson

"Petrol was rationed, money scare and no buses ran their way, so it was "shanks pony" rain, hail or shine. It was a wonderful playground for us.... We knew where all the wild gooseberries grew, climbed to the top of blackberries where the vines were the thickness of our arms. We also knew when the snowberries were ripe and used to climb to the top of ridge and slide on the snow tussocks."

Frank and Emyln's daughter, Elsie Burrell

Thanks to Lakes District Museum for sharing their resources, supporting with historical content and providing imagery. Thanks also to Wao for sharing findings from the Queenstown Lakes District Food Resilience Report 2023.

Strawberry Farm with
a view to Queenstown.
LDM EL7715



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FOOD FORAGING TODAY

There is a growing desire to reconnect with food foraging and hunter gathering skills for the benefit of modern living. Finding ways for our communities to better connect to the land and source kai locally is becoming increasingly popular. Value is being seen in traditional ways of food collecting to build resilience.

Whether it's a heritage fruit tree where there used to be an old cottage, remnants of a nut grove in your subdivision, or garden escapees such as blackberries and raspberries, there can be an abundance of food in our district at certain times of the year.

Foraging is free and can supplement our groceries or home-grown produce. It gets us outside exploring and enjoying nature, contributing to our wellbeing. We can collect kai when it's at its best and if done close to home, foraging can reduce the carbon footprint of our food.

FOOD FORAGING TIPS

When out foraging, be certain of what you're gathering and how to harvest and prepare it. Some plants may look similar to others that are poisonous. Parts of an edible plant may also be toxic or irritating if not prepared correctly. If you are unsure, then as a rule it's best to leave.

Only take what you need. Leave some for others and ensure there is enough to allow the plant to regenerate. Foraging is heavily reliant on the season and weather meaning edible produce is best harvested at specific times of the year.

When out foraging, be sure to respect private property and get permission from the landowner if necessary. Collecting from roadsides is generally not recommended due to traffic hazards, dust and pollution from vehicles, or if the verge has been sprayed.

ELDERFLOWER CORDIAL

15 freshly picked elderflower heads with most of the flowers open – stems & bugs(!) removed

2 cups of castor sugar

2 cups of water

Juice and zest from 3 lemons

Bring water and sugar to boil until sugar is dissolved.

Remove from heat and then combine with the lemon rind and juice

Once cool, pour over the elderflowers, cover and place in the fridge for one day to allow the flavours to percolate

Remove the flowers and lemon rind from the liquid, sieve and pour into sterilised bottles

Enjoy cold with sparkling water. The cordial will keep in the fridge for up to a month... but it's unlikely to last that long!



LOCAL FOOD FORAGING

Across the Queenstown Lakes, public reserves have fruit and nut trees that people can use to forage from. Here we share some of these sites along with tips for gathering food and how to help care and preserve this these areas for future foraging. For more information on where to forage in publicly accessible places across the Upper Clutha region google search: Central Foragers-Upper Clutha Food U.C.Food

If you are keen to develop your knowledge on how to find and use wild plants in Aotearoa, there are some useful guides available such as The Forager's Treasury by Joanna Knox.

Walnut Grove Lake Hayes Estate. **Walnuts**. Access from Crawford Place

Little's Road, Lower Shotover Road and Crown Range Road. **Elderflowers**

Morningstar Track. **Blackberries, miners lettuce, gooseberries**

Wānaka Station Park. Heritage walnut trees, pears, apples, quince and a fig tree

Allenby Park, at the base of Mount Iron. **A variety of fruit trees** planted around the perimeter of the park

Ladies Mile. **Chestnuts**

Rum Curries DOC Heritage Orchard. Rafters Road, Gibbston

Bush Creek walkway. Mingimingi berries, wild strawberries, blackberries

Olive Grove, Stone Street lower Cemetery Reserve. **Variety of fruiting olives, cooking apples, pears and feijoa bushes**

Albert Town Lagoon Community Orchard, entrance off Allison Avenue. **A variety of fruit trees** planted and maintained by the Albert Town Community Association

Jardine Park Community Orchard. Access from the end of Poplar Drive.

Tuckers Beach Road Trail. Stone and pip fruit trees

Atleys Track. **Blackberries**

Arrowtown Streets. **Walnuts, almonds, elderberry, rosehips, apples, crabapples, and plums**

Available to borrow from your local library





HOW TO CARE FOR FRUIT TREES

Fruit trees are a great source of food for family and friends and benefit the environment. The tips below apply to trees at any stage, from just planted to established.

1. Protect your trees from rabbits! Rabbits are a pest and can really damage your trees. A 20mm, hexagonal, 60cm-high fencing mesh tree base is ideal.
2. Mulch around the tree at a minimum 50cm radius. A 20cm thick layer of mulch now is setting you up for a few good years of grass suppression competition and moisture retention. Remember mulch can keep moisture out as well, so do water if we're in a dry year, which is most years. More watering during fruiting will lead to larger and more fruit.
3. Plant a living mulch. Comfrey works well. Others you can try include lemon balm, fennel, lovage and lavender.
4. Utilise space and plant edibles under your fruit trees. They could include blueberries, strawberries, myrtus ugni, and currants. Or why not have a veggie garden under your fruit trees?
5. Liquid seaweed is a great way to encourage a healthy tree and growth if needed. Give the tree a foliar feed, making sure you get to those underside leaves for greater nutrient absorption. You can also use a soil drench around the base of the tree. Once in the spring and once after fruiting. If a tree is looking poorly, do it every week for six weeks or until you see some sustained positive change. Consider other factors at play in a poor tree too, maybe there's a nutrient deficiency or lack of water.
6. Manure around trees then cover with wood chip mulch. You can repeat every few years. Don't have any mulch or manure touching the tree itself as this can damage the tree. The same approach works well under berries.

7. Bokashi buckets are a fruit tree's best friend. Bury around fruit trees to create nutrient bombs for the tree to tap into. Or, if you're not doing Bokashi, you could dig holes and chuck in your kitchen scraps and cover them with 20cm of soil.
8. Foliar feed your trees with diluted bokashi juice (200 to 1). You can also make your compost go further with a liquid compost brew. 20 litres of water plus 2 litres of compost or vermicast (worm poo) or both, a dollop of molasses and a handful of rock minerals. Mix well and drench around the base of your fruit tree.
9. Apple cider vinegar is an amazing natural product you can spray on trees that aren't looking so healthy. It's great for fighting curly leaf and other bacterial/fungal diseases. Dilute 10 to 1. Spray pre-bud burst and post bud, then once a month during the growing season if you have a tree struggling with disease. Also feed the tree from below with seaweed and manure (see above).
10. If in doubt, put spare compost around those trees. Even a little is a biological super booster for your fruit tree.
11. Get everyone peeing around those trees!! It is sterile and an amazing source of nitrogen.
12. When it comes to thinning fruit on your trees, swap trees with your neighbours. You thin theirs, they thin yours. No one ever thins their own fruit trees enough. Thinning is beneficial to prevent overweighting and snapping limbs, and you get bigger fruit.
13. Pruning encourages new growth and tree health. Never prune more than 30% in a year.

Enjoy the fruits of your labour!

Thanks to Ben Elms aka Dr Compost for this advice.

COMMUNITY GARDENS

Community gardens come in many forms such as communal gardens, allotment gardens, therapeutic gardens and school gardens. They provide a great opportunity to grow food locally, to share produce and resources, for social interaction and to learn new skills.

Community gardens can promote sustainable agriculture; reduce food transportation costs and reduce water runoff. Humans, plants and animals can all benefit from urban agriculture as it creates habitats and improves the ecology of the area.

A community garden boosts social connection and a greater feeling of togetherness.

QUEENSTOWN HARVEST COMMUNITY GARDEN

The Queenstown Harvest Community Garden is a place where people can look after a plot of land to grow fresh produce and flowers, use the communal gardening spaces, or just sit and meditate in the garden. The garden holds regular working bees and social gatherings and hosts gardening and composting workshops.

Queenstown Harvest Community Garden is a registered charity that operates on land provided by the council on Gorge Road. There are about 60 plots and around 100 gardeners who use the space regularly. The gardens became particularly important to people during the pandemic. Here our members share what the gardens mean to them.

The team is always keen to hear from locals who want to gift their time. If you'd like to get involved, contact your nearest local community garden (see directory on page 96).

"It's accessible, both physically and cost-wise."

Bethany

"The best thing about the gardens are that people are willing to help and give advice and having the space to grow veggies of our own."

Niall

"The resources are fantastic, for example the wood chips, leaves, community tools and horse manure (when it's available). Of course it's fantastic to bump into like minded gardeners and share knowledge etc as well."

Sally

"The size of the plots, the flexibility around payment (from each as much as they can manage), commitment to chemical free, the goat-proof fence, the irrigation system, access to mulch materials on-site."

Meg

"Peaceful environment, friendly gardeners, all the structure provided as water tanks, tools, mulch. People still respecting each other's spaces and produce."

Anouva

"I enjoy that everyone is friendly and says hello. Sharing excess produce is the best things I've enjoyed about connections with other gardeners this year."

Neil





COMMUNITY NETWORKS/LINK COMMUNITY GARDENS AT THE HUB

Once upon a time there were six empty planter boxes at the Wānaka Community Hub looking for locals to bring them to life. Community Networks/LINK stepped in starting a community garden project in Spring 2020 to help ignite community interest in shared gardening.

The idea was to connect people without space, resources, or gardening knowledge with volunteers who could teach them how to grow their own fruit and vegetables.

Community Networks/LINK funded the materials, plants, and coordination time to get the project off the ground with the help of Grow Wānaka, Dr. Compost, QLDC, Mitre 10, and a team of willing volunteers, made up of local families, individuals and community groups.

Over the course of several working bees, volunteer gardeners molesealed and filled the boxes with rich soil, shopped for and planted their gardens. They shared watering duties, nurtured, and harvested their gardens; gathered to feast on a huge range of produce; and learned lifelong skills from their mentors. All the while growing a community of people with a shared purpose and new connections.

In September 2022, we developed the model for our Community Gardens at the Hub to increase productivity for the Foodbank. The boxes are maintained by volunteers who, in exchange for their time, receive fresh produce and monthly community growing workshops led by volunteer gardening experts. Workshops so far have included how to grow leafy greens and how to care for tomatoes. To get involved, contact Community Networks/LINK on 03 443 7799 or email foodbank@communitynetworks.co.nz

Special thanks to Wānaka Community House Trust who provided the planter boxes and built The Wānaka Hub, a collaborative community space, open to all.

KELVIN PENINSULA COMMUNITY ORCHARD

The Kelvin Peninsula Community Orchard stemmed from an idea in 2014 to create a fruit orchard for the community that would be accessible to all who use and enjoy Jardine Park. Most of the trees were generously donated by Kelvin Peninsula residents and Mitre 10, then planted by volunteers in 2015. A project like this takes time, only now are the trees starting to provide good quantities of fruit. In another five years, many trees will be prolific croppers providing plenty of produce to share and enjoy.

Anybody dropping in to have a ride on our flying fox, have a game of tennis or walk through the park is invited to enjoy a piece of fruit in the appropriate season as each variety ripens. We also use the orchard to run an annual fruit tree pruning workshop. We hope that plenty of people get to enjoy the fruits of this great community asset.



GROW WĀNAKA

Grow Wānaka sprouted from a seed for holistic growing and education, nurtured by a small collective of passionate community members.

Grow Wānaka aims to enhance community resilience and food security through collaboration, education and resource sharing. Alongside its volunteer programme, Grow Wānaka offers regular educational workshops and donates produce to the local Food Bank and Food for Love.

Grow Wānaka is on an incredible journey to inspire a vibrant growing community, which produces an abundance of nutritious food to nurture the health and wellbeing of our collective and extended community.

If you would like to learn and volunteer with Grow Wānaka, e-mail info@growWanaka.com or check out the Grow Wānaka Facebook page.



HĀWEA FOOD FOREST

The Hāwea Food Forest was set up in 2012 to establish and maintain a community fruit orchard in the Hāwea Domain. A Trust was set up to run the Food Forest and two of the original trustees are still actively involved. Set within three hectares of greenery, the original fruit trees are now reaching a good height and producing fruit which is harvested by the volunteers who help maintain the orchard. Many of the trees have been grafted by the team and a wide variety of heritage apples are now growing.

In 2022, the community garden started growing vegetables to support those who participated in monthly working bees and the local community through produce stands in the area. When mature, the food forest will supply produce to the wider community and become an educational hub for horticulture and food security.

Working bees are held monthly on the second Saturday of every month. Visit the Hāwea Food Forest Facebook page for more information.

WĀNAKA RECREATION CENTRE COMMUNITY GARDEN

The Wānaka Recreation Centre Community Garden is open to everyone. It is located in the community play space just before you enter the recreation centre. Come along and grab some seasonal produce and leave any excess produce you have at home in the produce stall. While you visit, relax in the playspace or try your hand at some outdoor table tennis!



BEE THE CHANGE

Bee the Change facilitates thriving bee colonies through corporate sponsorship of beehives. Branded hives are placed in high profile, strategic locations across the Whakatipu, such as Te Kararo/Queenstown Gardens, enabling environmental education and pollination initiatives for local communities. This then enables Bee the Change to strive towards their mission to help contribute to addressing global issues facing the honeybee. To find out more, bee! involved or sponsor a hive, head to www.beethechange.nz



PICKING FOR GOOD

Picking for Good is a collaborative project between Latinos for NZ and The Kiwi Kit Community Trust.

Picking for Good connects local newcomer groups with 'ready to pick' fruit trees. Local residents, landlords and businesses supply fruits trees for newcomers and migrants to harvest. Local charities such as Baskets of Blessings and Happiness House supply the picked fruit to locals in need. The Latinos for NZ group see the purpose of this movement as a way to give back or adding value to the community and society as a whole. We also focus on collecting from walnut trees, and when in season, gathered an abundance of walnuts, all of which were generously donated to support the meaningful work of "Living Options" in Arrowtown.

"This country has opened its arms to us migrants, and we intend to create a positive movement that should become an example of integration and social mobility for the rest of the ethnic communities. We believe in the positive impact of creating a virtuous circle."

Carol Morgan



LOCAL GROWERS AND MARKET GARDENS

There is a budding community of organic and regenerative market gardeners establishing in our region. Their mission is to grow the highest quality organic vegetables, create regenerative rural livelihoods, educate customers about seasonal eating, and play a part to repair our broken food system. Their offerings can be found at our farmers markets, in local specialty stores (Freshlink, Organic Wholefoods, Hāwea Store and Kitchen, Royalburn Farm Shop and SoulFood Queenstown), and through their own direct to customer sales channels. For example, some growers offer veggie box subscriptions, or weekly order-pickup systems during the growing season. Seek them out and help grow the grower community.

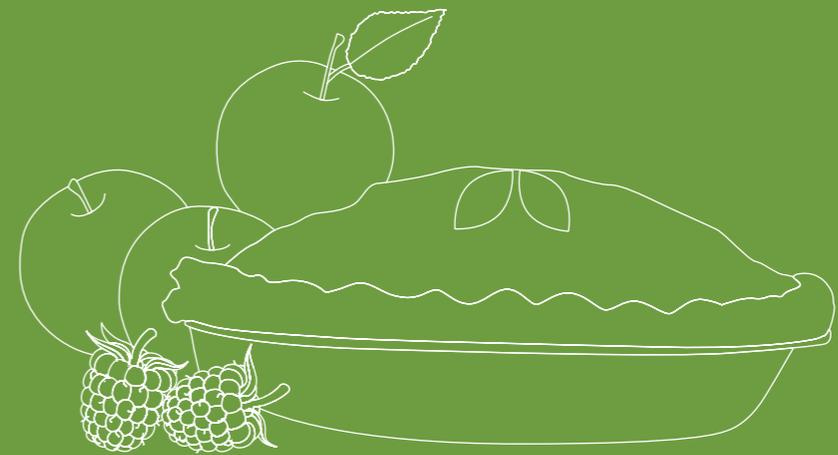






COOK TUNU KAI

Feeding others is a way we nurture, connect and celebrate together, bringing a sense of kinship and manaaki. Here we share recipes and personal food memories from our community.





RHUBARB COMPOTE

Thanks to Queenstown Harvest Community Gardens for this recipe.

Almost every other plot at the community garden has a clump of rhubarb growing so there is always an abundance. This recipe is very simple, no need to watch the pot and worry about it boiling over, just pop it in the oven and any excess syrup can be used as a cordial.

No extra water needs to be added either and the slow cooking means that the rhubarb pieces retain their shape.

Ingredients

500g rhubarb

125g sugar

Zest of one orange

Thumb size piece of fresh ginger

Method

Wash the rhubarb, then chop into 3-4cm pieces. Place in a cast iron/oven proof dish.

Add finely shredded ginger, grated orange zest and the sugar.

Cover and bake at 150°C for two hours until soft.

Wash and rinse jars, then place upside down in the oven for 15 minutes.

Place jars on a tea towel.

Transfer the cooked rhubarb to the jars, tapping gently to remove air bubbles.

Top up with any remaining juice, and screw the lids on.

Fill a deep pot with enough water to reach just below the lids of the jars. Stand the jars in the water and boil for 20-30 minutes.

Leave to cool in the pots.

Serve with ice cream, custard, or make a crumble topping!



GREEN TOMATO CHUTNEY

Thanks to Queenstown Harvest Community Gardens for this recipe.

Most of our gardeners grow tomatoes and as the days get cooler, there are often lots of green tomatoes still on the vines. Fortunately, there are also several apple trees in the community garden giving our members the opportunity to use the windfalls to make this chutney. As the chutney matures, it loses its heat so if you like it spicy, eat it within a few weeks of making it.

Ingredients

2.5kg green tomatoes
500g onions
100g salt
500g diced apples
500g sugar
500g raisins
1 litre vinegar
6 cardamom pods
1 teaspoon allspice
1 teaspoon cloves
1 cinnamon stick
1 teaspoon nutmeg
2 dried chillies
2 tablespoons black peppercorns
2 tablespoons finely grated ginger
2 tablespoons crushed garlic

Method

Dice the tomatoes and onions, sprinkle with the salt and leave overnight.

Remove the seeds from the cardamom pods. Put all of the spices in a grinder together and blitz.

Drain and rinse the chopped tomatoes and onions, then put all of the ingredients into a pot and simmer until there is no excess liquid on the surface.

Alternatively cook in a slow cooker or crock pot overnight.

Spoon into sterilised jars and store until use!

Note: if you like spicy, try trinidad scorpion chillies!

PARĀOA PARAI (FRY BREAD)

Thanks to Serena Lyders from Whānau Consultancy Services for this recipe.

This much-loved Māori delicacy is often served at hākari (feasts) on the marae, at Matariki celebrations, or even on a Sunday afternoon on the side of boil up or a roast dinner. These crunchy clouds of heaven, crispy and golden brown on the outside, and perfectly fluffy on the inside are dangerously delicious especially eaten fresh with a slab of butter or syrup.

Ingredients

Makes 20

2 cups flour

2 teaspoons baking powder

Pinch salt

Warm water

Method

In bowl put flour, baking powder and salt.

Mix together well with a knife. Gradually add warm water mixing until it is formed into a wet dough ball.

Flour your bench well and turn the dough onto the bench.

With floured hands press out the dough into a rectangle that is about 2cm thick.

In a pan add enough oil to be about 3cm deep and heat (not too hot).

Leave bread sitting for about 10 minutes for the baking powder to start working.

With a floured knife cut the dough into small rectangles.

Gently add to hot oil one at a time. Oil should be sizzling gently not smoking.

When golden flip and cook other side.



NASI LEMAK

Thanks to Panniar Selvam Moorthi from Malaysia for this recipe.

Homemade nasi lemak is made differently by every family as the recipe is handed down through generations. This recipe is unique and represents how our family replicates Malaysia's national dish. Nasi lemak is pure comfort food with a balance of different flavours that brings back memories and connects us to home.

This traditional rice dish is commonly served with roasted peanuts, hard-boiled egg, small fried anchovies (ikan bilis), hot spicy sauce (sambal) and slices of cucumber but additional protein like beef rendang or fried chicken can be added. The definition of nasi lemak in Malay is "fatty rice" but is taken in this context to mean "rich" or "creamy". Nasi Lemak's distinctive taste comes from cooking the rice in coconut milk and pandan leaves which gives the dish its rich flavour and fragrant aroma. This dish can be eaten at any time of day but is traditionally eaten for breakfast.

Ingredients

Serves 4

Rice

- 3 cups basmati rice
- ½ can coconut milk
- 1 pandan leaf (screwpine leaf)
- 3 ½ cups cold water
- ½ teaspoon salt

Sambal

- 3 large green onions
- ¼ cup oil
- 100g small dried shrimp
- 1 teaspoon tamarind paste
- 2 teaspoons brown sugar
- 1 tablespoon chilli paste
- ½ teaspoon salt
- ½ cucumber
- 200g roasted peanuts
- 200g fried ikan bilis (anchovies)
- 4 hard-boiled eggs
- 4 banana leaves

Method

Measure rice and place it in a bowl.

Wash and strain your rice 3 times to remove starch and dirt and transfer the rice to the rice cookpot/bowl.

Add the salt, water, coconut milk and pandan leaf.

Wash the eggs with shells and place them in the rice cooker and press cook to boil the eggs and cook the rice.

Prepare your onions by slicing them and chopping cucumber into circles and keeping them aside.

Heat up the stove to medium heat and in a pot pour oil and wait to heat up.

Add onions and cook until brown, then add small dried brown and fry for 5 minutes.

Add chilli paste and fry for 10 minutes, then add tamarind paste, salt and brown sugar and stir, then transfer to a bowl.

On the same medium heat place a new bowl pan and add oil.

Place and ikan bilis and fry till golden brown and place in a sieve with a bowl underneath to collect excess oil and transfer to a bowl.

Pour out roasted in a bowl.

Peel the eggs when ready and wash and keep them aside.

Cut out four pieces of banana leaves using water wet both sides and wipe them dry and place them on an individual serving plate.

Using a small bowl as a mould put some rice in and tip it upside down to form rice that's dome-shaped.

Add all other parts of the dish surrounding the rice and eat.





TEH TARIK (MALAYSIAN PULLED TEA)

Thanks to Panniar Selvam Moorthi from Malaysia for this recipe.

This is a traditional Malaysian tea and is also known as Malaysia's national drink. This recipe is warm and comforting and brings joyful memories of living in Malaysia where it can be found on every street at a restaurant or stall.

Teh Tarik is a drink made by cooling a brew of hot tea and milk through the process of pouring and "pulling" it between two cups or mugs to create a rich, frothy drink. The drink's name means "pulled tea" in Malay, a reference to how it is made.

Ingredients

Serves 8

1 can of 395g condensed milk

16 tea bags (2 per person)

2.4 litres water
(300ml per person)

1 pinch salt

Method

In a pot boil water with a pinch of salt on the stove at medium heat.

When the water comes to a boil add the quantity of tea bags required and let it soak for 3 minutes.

After 3 minutes remove the pot from heat and strain using the sieve into a large cup or just simply just remove the tea bags from the pot of tea.

Add in your condensed milk and stir well.

Evenly distribute the tea in the serving mugs.

Use a separate cup and serving mug with the tea in it already and pass it to the normal cup then pass it back to the serving mug. Continue passing back and forth 3 more times which is executing the pulling technique and repeat this process for the rest of the mugs of tea.

It's now ready to drink and enjoy!



BULGOGI (KOREAN BBQ BEEF)

Thanks to Hanna Kang from Korea for this recipe.

It was always a treat when my mum would whip this up on those busy weeknights – marinating the beef for just a few hours while I was at swim practice. Then she'd throw onto a hot skillet, filling up the house with the best kind of beef aroma – you know, the smell at the Korean BBQ restaurants that gets you so hungry. Now with my mom being in Korea, she doesn't really get a chance to make this for me anymore, so I've done my best to "grow up" and whip this up myself. To be honest, nothing beats my mom's cooking but this is a very close second.

Bulgogi literally means "fire meat" made of thin, marinated slices of beef or pork grilled on a barbecue or on a stove-top griddle. It's a very popular dish in South Korea, commonly shared at special occasions and social settings to be enjoyed together. It's a very popular dish in South Korea, commonly shared at special occasions and social settings to be enjoyed together.

Ingredients

Serves 4

800g rib eye or top sirloin (or any tender prime beef cut), thinly sliced, 2mm to 3mm thickness

1 onion (130g), optional, peeled & thinly sliced

2 stalks green onion (55g), optional, thinly sliced

½ carrot (55g), optional, peeled & thinly sliced

1 tablespoon toasted sesame oil

1 tablespoon toasted sesame seeds

1 tablespoon cooking oil

Bulgogi marinade

6 tablespoons soy sauce

3 tablespoons brown sugar

2 tablespoons rice wine

1 red apple or asian pear (155g) *kiwifruit or pineapple can also be used as an alternative

½ onion (80g)

1 tablespoon minced garlic

1 teaspoon minced ginger

1/8 teaspoon ground black pepper

Method

Blend the marinade ingredients in a mixer or food processor until smooth. Set aside.

Place the thinly sliced meat in a mixing bowl and pour the marinade over it. Mix together well while gently massaging the meat with your hands (wearing a food preparation glove).

Add the sesame oil and mix it into the meat.

Cover the bowl with cling wrap (or move the marinated meat into a glass container with a lid) and marinate the meat for at least 1 hour in the fridge. (If you have more time, you can also marinate it overnight to deepen the flavour even more).

Preheat a skillet / BBQ grill on medium high heat until well heated. Add the cooking oil and spread it well. Add the meat (and vegetables) and cook it on medium high to high heat for 3 to 5 mins (until the meat and vegetables cook to your desired doneness). Toss in the sesame seeds and stir them quickly.

Serve the bulgogi with steamed rice and other Korean side dishes.

ROCAMBOLE DE DOCE DE LEITE

Thanks to Talita Lirio dos Santos from Brazil for this recipe.

My great-grandparents from my father's side were Uruguayans which is why Doce de Leite has been part of my life since I was a child along with my mom's Italian influence.

This typical dish can be found all over Brazil with different names and flavours.

This recipe was passed from generation to generation in my family, both by my paternal grandmother Zenaide Machado dos Santos and my maternal grandmother Maria Sonia Lirio.

Whenever I taste Doce de Leite, it brings back the memories of my childhood. I can feel the affection of my grandparents and it makes me grateful for everything they taught and provided for me. Due to them and the efforts of our ancestors, we can enjoy the wonderful life we have today.

Ingredients

Serves 6-10 people

Pastry

6 eggs

5 tablespoons of water

½ cup of sugar

½ cup of wheat flour

1 tablespoon of baking powder

Filling

1 can of Uruguayan dulce de leche (milk caramel)

½ can of coconut milk

200g of walnuts

100g grated coconut or icing sugar

Method for the sponge

In a mixer, beat the eggs with the water until doubled in volume. Whisking constantly, gradually add the sugar and beat until the mixture is light and fluffy.

Turn off the mixer and sift the wheat flour and baking powder, mixing lightly.

Pour into a rectangular baking dish (31 cm x 42 cm) lined with baking paper and bake in the oven at a medium heat (180°C), preheated, for approximately 20 minutes.

Remove from the oven and turn out while still hot onto baking paper sprinkled with sugar.

Method for the filling

Mix the dulce de leche with the coconut milk and spread the mixture evenly over the pastry. Dulce de leche is available in New Zealand supermarkets or you can make your own caramel using a can of sweetened condensed milk.

Chop the walnuts into small pieces and place over the pastry.

Carefully roll the dough into a roll.

Cover the roll with dulce de leche and grated coconut.



YERBA MATE TEA

Thanks to Franco Nobell from Argentina for this recipe.

Pronounced “yer-bah mah-tay,” this rejuvenating drink comes from the leaves of a holly plant found in the South American rainforest. Yerba mate is traditionally consumed from a container called a gourd and sharing of the drink is said to be a sign of friendship and bonding.

Full of vitamins, minerals and antioxidants, yerba mate is known for its many nutritional benefits as well as being a natural stimulant with as much caffeine as green tea. This makes yerba mate a unique balance of stimulation and nutrition.

People throughout Argentina, Chile, Uruguay, Paraguay and the South of Brazil are often seen walking down the *avenida* (avenue) carrying a mate-filled *termo* (thermos) under their arms.

Method

Fill a yerba mate cup/gourd, $\frac{2}{3}$ with loose yerba mate. This can be found in many New Zealand supermarkets or stores that sell tea.

Tap the loose yerba mate to one side to create a pit (turning 45° the cup).

Lightly moisten the pit with cool water.

Insert a bombilla (mate bulb/straws) into the pit on the side with water.

Pour small sips of hot water into the pit (a good temperature will be just before boiling).

Drink the first one and share!

If you don't have the traditional gourd and bombilla, mate tea can also be enjoyed with a teapot as well.

About Yerba Mate Tea

The yerba mate drinking ritual, known as “Tomando Mate”, represents hospitality and welcoming, and originated in South America.

Yerba mate tea is prepared in a small gourd which is passed around a group of people who will drink the tea through a filtered metal straw, known as a “Bombilla”. Lots of yerba mate is put into the gourd/mate cup followed by the hot water. Then, it's first sampled by the person hosting the group.

Each guest will drink the entire gourd of tea and the host will fill it with hot water again so they can pass it counter-clockwise. Because there's plenty of yerba mate in the gourd, it won't result in a very large beverage.

Traditionally, the host (cebador) will pass the gourd to the next person with the straw facing towards them. The person receiving the gourd is expected to not touch the Bombilla at all because they may shake up the yerba mate tea leaves and cause chunks to get into the straw.

It's customary for the person drinking the tea not to say thank you until after they completely finish the beverage; not when they receive the gourd. Also, if the person drinking the tea wants more, they should not say thank you until they've had enough — saying “thank you” basically announces that you're finished.

For us “mate” means meeting with friends, and what a coincidence the English word for a friend is mate!





FOOD FOR LOVE'S SUMMER FRUIT CRUMBLE

Thanks to Food for Love's Bulk Cooking Team for this recipe.

During the autumn season, Food for Love receive donations of stone fruit, apples, and pears - more than we can use for our regular cooking. This year we decided we would turn these generous donations into a fundraiser for summer fruit and apple crumble.

Volunteers worked at home with many joining us on crumble day! It was quite the sight to see over 40 people peeling, chopping and stewing but also making and baking the crumble topping and then putting the desserts together. Boy did it smell delicious!

We hoped to sell 100 crumbles but ended up selling nearly 500. Showing that Wānaka loves crumble and importantly, Wānaka loves supporting Food for Love. The proof is truly in the pudding

Ingredients

Serves 6

1 cup rolled oats

1 cup flour

1 cup brown sugar

130g butter (melted)

2 teaspoons of cinnamon

Stewed, sweetened fruit
(i.e. apples, pears, stone fruit)

Method

Mix the rolled oats, flour, sugar, cinnamon, and melted butter altogether in a bowl. Spread on a tray and bake until crispy, stirring often (or, crisp stirring often in an electric frypan).

Pre-making and baking the crumble mix eliminates the raw flour and oats taste. The topping is crunchier and seems to retain that crunch when reheated. The toasted crumble can also be frozen.

Sprinkle generously over stewed, sweetened fruit then bake in the oven at 170°C for about 20 minutes.

Enjoy!



HOMEMADE SCONES

Thanks to *Baskets of Blessing* and New Zealand's trusted *Edmonds Cookery Book* for this recipe.

There is nothing quite like a cuppa and a homemade scone, fresh from the oven, to soothe the soul and kick start a conversation. *Baskets of Blessing* is all about providing support and the gift of love to those going through tougher times. A simple scone with butter or lashings of cream and jam is one of our ultimate comfort foods.

Ingredients

Serves 12

3 cups standard grade flour

5 teaspoons baking powder

¼ teaspoon salt

Extra milk

75g butter

1 to 1 ½ cups milk

Method

Preheat the oven to 220°C. Grease or flour a baking tray.

Sift the flour, baking powder and salt into a bowl. Rub in the butter with your fingertips until the mixture resembles fine breadcrumbs.

Add the milk and quickly mix with a round-bladed table knife to a soft dough. For light and tender scones the mixture should be quite soft and a little sticky. Scrape the dough onto the floured baking tray and flour the top.

Working quickly, pat the dough out to 2cm thickness and with a floured knife cut it into 12 even-sized pieces, then separate the scones to allow 2cm space between them. Brush the tops with milk.

Bake for 10 minutes or until golden brown. Place on a wire rack to cool, wrapped in a clean tea towel to keep them soft.

GREEN GOODNESS SOUP

Thanks to Happiness House for this recipe.

Kick start your immunity with this nourishing soup filled with a healthy dose of greens and a hint of spice! At Happiness House, we are all about creating a welcoming homelike environment, we think nothing says it more than the smell of warm soup on the stove.

Ingredients

Serves 5

450g greens of your choice
(broccoli/spinach/pūhā/kale/
cabbage/other greens)

5 clove garlic

5 tablespoon ginger

½ teaspoon cayenne pepper

1 ¼ teaspoon ground turmeric

1 ¼ litre gluten free vegetable broth

650mls coconut milk

Pinch salt

Pinch black pepper

Juice of 1 lemon

Method

Put all ingredients into a big pot on high heat.

Bring to boil.

Reduce heat to simmer.

Blend with hand blender.

Serve warm in a bowl and enjoy!



CHESTNUT PORK MEATBALLS

Thanks to Frog Song Farm for this seasonal recipe.

This is a flavoursome dish to create when the season turns to autumn and early winter. We'd encourage you to get out there and forage some from one of the many chestnut trees in the area. They fall in April and are best picked as soon as they drop, then clean and store in the fridge for one to three months. If you want to simplify the chestnut preparation they can be bought pre-roasted and peeled from the local Village Nuts Shop from April-June.

Ingredients

Serves 6 with leftovers

250g roasted peeled chestnuts, or boiled peeled chestnuts: chopped finely to a breadcrumb texture

1kg free range pork mince

3-5 garlic cloves

2 carrots grated

2 spring onions chopped finely

50-70g coriander chopped finely

100g parsley chopped finely

1 fennel bulb chopped finely

1cm finely grated ginger

1 tablespoon tamari

Splash of sesame oil

Big pinch of salt

2 eggs

Soba noodles

Chicken broth

1 chopping board full of winter greens (pak choi, spinach, choy sum, gai laan)

Method

Prepare the chestnuts. Remember to put a slit in the outerskin first or they might explode! You can boil them for 8 minutes, then peel while still hot. If you like you can increase the caramelisation by roasting them at 220c for another 10-15 minutes – throw in some garlic cloves, rosemary and salt for extra flavour.

Tip: roast extra chestnuts and share them out as a pre-dinner snack.

Chop up the roasted chestnuts or pulse in a food processor until you get a bread crumb texture. Some chunks are nice.

Mix together all of the meatball ingredients and form into balls.

Fry the meatballs in batches in the oil of your choice until the outside is caramelised. If they are not fully cooked inside you can throw them all back into the pan at the end with a few splashes of water – put the lid on and let them steam for a few minutes until they are cooked right through.

In the meantime heat up your chicken broth (add some extra grated ginger to the broth if you like)

Cook the soba noodles according to the packet instructions.

Chop the greens and blanch them or throw them into the broth when you are nearly ready to eat – don't over cook them!

Assemble it all into a bowl, and enjoy.

Add spicy sriracha, or other Asian condiments to boost the flavours.



OZONI (JAPANESE NEW YEAR MOCHI SOUP – KANSAI STYLE)

Thanks to Keiko Okumura from the Japanese Family Society for this authentic recipe.

Ozoni is a special soup that we eat in the morning on New Year's Day in Japan. Eating ozoni is a prayer for health, prosperity and happiness on New Year's Day. The tradition began in the Heian Period (794 – 1192) and was believed to bring good luck for the new year.

While different regions and families have their own ozoni recipes, it's practically guaranteed to at least include mochi. and the preparation varies both by household and region.

Ingredients

Serves 4

Bonito Stock

20g dried bonito flakes

800mls water

Ozoni

4 koimo (baby taro) or taro (satoimo) (you can substitute with frozen satoimo)

1 daikon radish (small and skinny)

1 red carrot (small)

2 stalks komatsuna - Japanese mustard spinach (you can substitute with spinach)

800mls bonito stock

200g saikyo miso (kyoto-style white miso – sweeter than regular white miso) or white miso

4 pieces round mochi (rice cake)

A pinch of aonori (dried green lave)

Method to make the bonito stock

Boil water in a pot, and turn off the heat when it boils.

Add the bonito flakes all at once, and let it sit for about 5-6 minutes to make sure the bonito flakes are sinking.

Place kitchen paper (or a clean cloth) in a bowl and strain gently.

Tip: If you squeeze the dried bonito, it will become harsh, so don't squeeze it.

To prepare the ingredients

Peel the koimo (baby taro) and slice it into rounds 3 mm thick. Soak the slices in a bowl of water to remove the slimy texture.

Peel the daikon and carrot, and slice them into rounds 3 mm thick.

Cut the komatsuna 3cm width.

To cook the soup

Place baby taro, radish, and carrot in boiling water and parboil for about 5 minutes.

When the ingredients become soft, drain with a colander.

Boil the komatsuna for 1min and rinse. Squeeze out any excess water.

Add the pre-boiled ingredients to the bonito stock, and heat until the whole is warmed.

Turn off the heat, completely dissolve the white miso into the soup, and reheat it until it is hot.

Add the round mochi, and it's done when the mochi is soft.

Tip: Do not boil the soup because the miso will lose nutrients, flavour, and aroma.

In a serving bowl put the mochi and all the other ingredients and pour in the miso soup. Sprinkle some aonori on top to give it a nice aroma.

The traditional new year's greeting in Japanese is Akemashite Omedetou Gozaimasu.

Ozoni Soup

The Kanto, Chugoku, and Kyushu regions: a clear miso soup which is flavoured with bonito-based dashi and soy sauce.

The Kansai and Shikoku regions: white miso is added to the kombu base dashi soup.

Some areas in Tottori prefecture: the azuki red bean soup with round mochi

Mochi

The Kanto region: a rectangular-shaped mochi is grilled/toasted before being added to the soup.

The Kansai region: a round-shaped mochi is cooked in boiling water before being added to the soup.

Ingredients in Ozoni

The Kanto style: chicken, fish cakes, dried shiitake, carrot, and some leafy vegetables like komatsuna, spinach, or mitsuba are often included in the soup, and garnished with yuzu peel.

The Kansai style: satoimo (taro root), daikon radish, and red carrot are the common ingredients and are often garnished with katsuobushi (bonito flakes) on top.

Others: Some regions close to the ocean include fish and seafood, while mountain regions use vegetables and mushrooms. The additions to the soup vary based on the regional and seasonal ingredients

Here is the ozoni recipe from my grandmother who lived in Kansai region. My grandmother used white miso, bonito flakes for dashi stock, round mochi, koimo (small taro), daikon radish, red carrot, and komatsuna (Japanese mustard spinach).

Red and white colours are festive colours in Japan. Since the mother taro has a child taro, and the child taro has a grandchild taro, it is a symbol of prosperity of descendants and is considered to be auspicious food. Circular mochi is said to have been used because the kanji for circle ("en") features in the word harmonious or peaceful ("enman"). Also, cut the vegetables into rounds. The round shape is auspicious, so I was told not to cut it in half or quarters when celebrating.





NEPALI MO:MO (HOMEMADE DUMPLINGS)

Thanks to Sanjay Maharjan and Sumi Shrestha from Nepal for this recipe.

The most popular staple food of Nepal is Mo:Mo, everyone in Nepal loves Mo:Mo we say – no one can eat just one. If you travel to Nepal, you can find this dish on every corner of the cities, from local street vendors to 5-star hotels. What sets Mo:Mo apart from other regular dumpling is the stuffing and homemade sauce. We use Himalayan spices and homemade soup, sauces, chutneys to accompany Mo:Mo. The fact is we never use soya sauce for dipping. There are many varieties of cooking Mo:Mos but the popular one is steamed Mo:Mo is medium in size and stuffed with a vegetable or meat fillings accompanied by special homemade sauce. Again, different ways to make sauce but popular ones are regular achar and hot & spicy sauce to dip Mo:Mo in both before eating.

Mo:Mo making is also other ways to bring family, companions and relatives together to invest good time, work as a team, prepare good food in an upbeat relaxed energy,

Ingredients

25-30 dumplings or
4 to 5 servings.

2 lbs of vegetable oil

1 cup chopped white onions

½ cup chopped green onions

1 tablespoon ground ginger

½ tablespoon ground garlic

1 cup diced carrot and cabbage

500g minced chicken/pork

1 tablespoon of cumin powder

Salt as indicated by the taste

3 tablespoons oil
(ideally olive oil)

Finely cleaved coriander

Green/red chilli for the sauce

1 tablespoon sesame seed
for sauce

4-5 garlic cloves

½ tablespoon cumin

2 lbs of ready tomatoes

Fresh lemon juice

Method

Setting up the stuffing: In one major bowl blend all the above fixings. Ensure its altogether blended. Give it a chance to sit in the cooler for 10 – 15 minutes.

Setting up the patties: You can usually make own dough (just flour water and salt) but it might take longer than you would purchase effectively influenced patties from some Asian store. Save some time.

Wrapping: That is the fun part of making Mo:Mo. Put one spoon of mix veggie in the wrapper, put water around the edge and try to close each end by folding.

Steaming: Boil water in Mo:Mo steamer. When prepared, put Mo:Mo on top rack of the steamer. Steam Mo:Mo for no less than 15 minutes and not over 20 minutes on high heat.

Sauces: In a small pan, add some oil. Put some cumin seeds, add garlic cloves and a red chilli (you can use dry or fresh). Fry until golden colour. Now, add fresh tomatoes and toasted sesame seeds, salt to taste and simmer for 5 minutes.

Ready to blend, while blending you can add fresh coriander which leaves fresh aroma and finish it off with some lemon juice.

Serve Mo:Mo with your tasty sauce and enjoy!

CHICKEN DUM BIRYANI

Thanks to Poonam Sethi from India for this recipe.

This is an authentic recipe that was passed down from my father in law. We have enjoyed cooking this dish together on a few celebratory occasions. Chicken Biryani is a spiced mix of meat and rice, traditionally cooked over an open fire in a pot (WOK). It is combined in different ways with a variety of components to create a number of highly tasty and unique flavour combinations

Basic ingredients

1 kg basmati rice
1 teaspoon ghee
(clarified butter)

Whole spices

1 teaspoon cumin seeds
1 inch cinnamon stick
5-6 cloves
1 star anise
1 mace
1-2 black cardamom
4-5 black peppercorns
2-3 green cardamom
1 tablespoon fresh coriander
leaves (chopped)
1 tablespoon fresh mint
leaves (chopped)
Salt to taste

Chicken marinade ingredients

1 kg chicken
Salt to taste
1 teaspoon lemon juice
400g yoghurt
1 tablespoon red chilli powder
½ teaspoon turmeric powder
2 tablespoons ginger
garlic paste
1 teaspoon green chilli paste
½ cup fried onions
2 tablespoons biryani masala
Fresh mint leaves a handful
(roughly chopped)
Fresh coriander leaves a
handful (roughly chopped)
2 tablespoons ghee

Biryani ingredients

1 kg chicken
Salt to taste
1 teaspoon lemon juice
400g yoghurt
1 tablespoon red chilli powder
½ teaspoon turmeric powder
2 tablespoons ginger
garlic paste
1 teaspoon green chilli paste
½ cup fried onions
2 tablespoons biryani masala
Fresh mint leaves a handful
(roughly chopped)
Fresh coriander leaves a
handful (roughly chopped)
2 tablespoons ghee



Rice Method

Set water for boiling in a stockpot, add ghee, whole spices, freshly chopped coriander and mint leaves & salt to taste, mix and add the soaked basmati rice, boil & cook the rice until its 90 % done.

Strain the rice and spread it over a large size plate and cool down to room temperature.

Chicken Marination Method

For marinating chicken, take a mixing bowl and add the chicken pieces, further add all the remaining ingredients of marinade, mix well and keep it marinated for at least 1 hour.

Biryani Method

Place a wok on medium heat, add ghee and the marinated chicken, stir and cook the chicken until it starts to bubble and the curd leaves oil, this process might take about 10-12 minutes depending on the size of chicken, cook the chicken up to 90%. Once the chicken is cooked up to 90%, remove it in a bowl.

In the same pan that was used for cooking chicken, spread a layer of cooked rice, then add freshly chopped mint & coriander leaves, some fried onions and pour some saffron infused milk.

Now, over the rice, spread a layer of cooked chicken along with its masala/sauce, repeat the addition of fresh coriander, mint leaves and fried onions, now, layer the remaining cooked rice over the chicken and place a live burning charcoal in a bowl and pour ghee over it, cover and smoke for 5 minutes and this will enhance the biryani's flavour.

Now as the biryani is smoked, add some more freshly chopped mint & coriander leaves, some fried onions and pour saffron milk and ghee to bring that perfect aroma and deliciousness to your Biryani. At the time of assembling Biryani, top the dish with saffron soaked in milk to give it a wonderful colour and pour some ghee to elevate the flavour.

As the layering and final addition of ingredients for the biryani is done, we need to give a dum, by placing a lid on the wok and seal the edges of the wok with a dough and keep it on very low flame for 30 minutes, make sure you use a heavy bottom wok or place a pan underneath to avoid burning of biryani.

The delicious biryani is now ready to be served, serve it hot with some poppadums, yoghurt (raita) or pickle.



SPICED ROASTED CAULIFLOWER, RICE PUFF CRACKERS AND 'BUTTERY' CURRY SAUCE (VEGAN)

Thanks to Wao Aotearoa and Chef Alvaro Briones from Queenstown Crowne Plaza for this recipe.

As part of Local Food Month in March 2023, Wao Aotearoa collaborated with Queenstown-based Chef Alvaro Briones to deliver a plant-based, three-course, fundraising lunch to 100 guests. The Wānaka Autumn Harvest Long Lunch celebrates locally harvested food and our regional artisan growers, as well as landfill-diverted food collected by KiwiHarvest.

As more and more people switch to a flexitarian diet to reduce the impact of mass-produced meats on the environment, Wao wanted to showcase how fabulous plant-based food can be. The feedback was overwhelmingly positive.

All profits from this beautiful community event went to KiwiHarvest, Wānaka's Food For Love and Grow Wānaka.

Ingredients

Spiced roasted cauliflower

1 medium-large cauliflower head cut into 8

2 tablespoons avocado oil (or melted coconut oil, if oil-free, sub water)

2 tablespoons water

2 tablespoons Shawarma spice blend (or curry powder or a blend of similar spices, plus more for exterior)

1-2 teaspoon Harissa paste (optional, reduce for less spice, increase for more spice)

2 teaspoon maple syrup (if avoiding sugar, omit)

½ teaspoon sea salt (plus more for exterior)

Method to cook the cauliflower

Preheat oven to 204C/400F. Fill a small baking pan halfway with water and set it on the floor (bottom) of the oven. This will provide steam to help the cauliflower cook more evenly.

Rinse and dry the cauliflower head and carefully cut off the bottom stalk without removing too much of the core, reserve the stalk for the pickle. Cut the cauliflower into 8 event wedges.

In a mixing bowl, combine avocado oil (or melted coconut oil), water, Shawarma spice blend, harissa paste (optional), maple syrup, and salt. Taste and adjust flavor as needed, adding more Shawarma for a smoky flavour, harissa paste for spiciness, maple syrup for sweetness, or salt for a more intense and overall flavor.

Brush wedges of cauliflower with spice mix, making sure you cover them fully. Place cauliflower in oven tray and add a pinch of salt and spice blend to the top for extra flavour.

Place tray in oven and roast for 25-35 minutes (depending on size of cauliflower) or until a knife easily pierces the core. If you prefer a softer cauliflower, then roast for it for a little longer. For cauliflower with a little bite, roast for less time.

Remove from oven and let cauliflower rest in pan for 5-10 minutes to continue softening the core, if needed. Serve up on a plate, topping with the buttery curry sauce and desired accompaniments. Our choice was Madras rice, mango chutney and pickled stalks.

Mango Chutney

2kg mangos (firm, but ripe)
8 cardamom pods
2 cloves of garlic
1 fresh red chilli
500ml white wine vinegar
400g granulated sugar
1 teaspoon cumin seeds
1 teaspoon coriander seeds
1 teaspoon chilli powder
2 teaspoons nigella seeds
8cm piece ginger

Method to make the chutney

Preheat oven to 204C/400F. Fill a small baking pan halfway with water. Peel, stone and roughly chop the mangos. Set aside.

Remove the cardamom seeds from the pods. Peel and finely chop the garlic, then trim and finely chop the chilli.

Add the vinegar and sugar to a large pan over medium heat, stirring until the sugar dissolves. Bring to a boil and reduce by a couple of centimetres.

Gently toast the cumin, coriander and cardamom seeds until aromatic, then crush with the chilli powder using a pestle and mortar. Add to the vinegar pan, along with the chopped mango, nigella seeds and 2 teaspoons of sea salt.

Finely grate in the ginger, add the garlic and bring to a boil. Reduce the heat and simmer for 45 minutes to 1 hour until it has a thick, syrupy consistency, adding the chopped chilli in the last 10 minutes. Fill one bowl to serve with the curry. Pour the rest into sterilized jars.

Pickled cauliflower and broccoli stalks

500ml pickling liquid (see below)
500g broccoli or cauliflower stalk

Method for the pickled cauliflower and broccoli stalks

Peel broccoli and cauliflower stalks and slice them into thin discs of 2 mm. Wash, pat dry and cover them with the pickling liquid. Let them pickle for 48 hours. Serve in a little side dish.

Pickling Liquid

22.5 litres water
2.5kg sugar
1 teaspoon chilli flakes
10 cardamon pods
4 star anise
4 cinnamon quills
4 tablespoons coriander seeds
4 tablespoons fennel seeds
2 cups of mustard seeds

Method for making the pickling liquid

Put all together and simmer until the sugar is fully dissolved. Cool down and store in 4L containers.

PLANT-BASED 'SNICKERS' AND POACHED STONE FRUIT WITH WHIPPED COCONUT CREAM AND QUINOA GRANOLA (VEGAN)

Thanks to Wao Aotearoa and Chef Alvaro Briones from Queenstown Crowne Plaza for this recipe.

Ingredients

Snickers bar

First layer

155g (1 cup) raw cashews
30g (½ cup) flaked coconut
50g (½ cup) oats
60ml (¼ cup) maple syrup
2 tablespoons smooth gianduja spread (home-made Nutella, see recipe)

Second layer

320g (2 cups) pitted fresh dates
80ml (1/3 cup) coconut oil
2 tablespoons smooth gianduja spread (home-made Nutella, see recipe)
1 tablespoon tahini
1 tablespoon golden syrup

Topping

200g vegan dark chocolate, chopped
6 tablespoons coconut oil
6 tablespoons vegan chocolate chips

Method to make the snickers bar

Lightly grease a 20cm square cake tin and line with baking paper, leaving the sides overhanging.

For the first layer, place all the ingredients in a food processor and blend until well combined. Press into the base of the lined tin and place in the freezer while you make the second layer.

For the second layer, place all the ingredients in the food processor bowl (there's no need to wash it) and blend until smooth. Pour on top of the base and place in the freezer while you make the topping.

For the topping, melt the chopped chocolate and coconut oil in a bowl placed over a saucepan of simmering water. Remove from the heat and stand to cool a little. Pour over the slice, then sprinkle with the chocolate chips. Freeze for 1–2 hours or until firm. Cut into portions and serve from the fridge.

Whipped coconut cream

2 litres coconut cream
Vanilla bean paste or essence

Method to make the whipped coconut cream

Place the coconut cream in the fridge for 24 hours. Open the cream and remove (decant) all liquid from the thick cream. Place the thick cream in a deep bowl, add vanilla and whip until it stiffens to stiff peaks. Keep in the fridge until service.

Smooth Gianduja spread

450g vegan dark chocolate

18g unsweetened cocoa powder

60g coconut oil

60g hazelnut oil (the oil from the top of the hazelnut butter)

405g hazelnut butter (you can buy it at organic stores or you can make it blending 300g hazelnuts and 150g hazelnut in a good processor until smooth)

Method to make the Smooth Gianduja spread

Melt the chocolate in a bain-marie (double boiler) over medium low heat.

Add the cocoa powder, the coconut oil, the hazelnut oil, the hazelnut butter.

Stir and mix everything until melted.

Once melted, let cool while continuing to stir. To speed up the process, put the bowl in an ice water bath.

When the gianduja cream has cooled off, store in a jar.

Maple-poached peaches

8 peaches

300ml maple (or honey)

250gr brown sugar

6 cardamoms pods

1 cinnamon quill

2 orange peel

50ml VSOP brandy (any high alcohol aged spirit will do)

Method to make the maple-poached peaches

Mix sugar, maple syrup, brandy, orange peel, cardamom pods and cinnamon quills in a medium bowl

Core all the peaches and put them in the marinade. Divide the batch in 2 and place in vacuum bags, seal and cook 45 m in the steamer at 75 C. If you don't have a steamer-oven at home, put the peaches in a deep tray with the marinade and bake on low heat for 1 hour or until the peaches are soft but not mushy.

Keep them in the bags or 1L container until service.

Quinoa Granola

500g rolled quinoa.

300ml maple syrup

300g walnut pieces

50g chia seeds

Method to make the quinoa granola

Place all ingredients in a tray and mix well making sure the maple covers it all.

Place in 2 trays and bake in periods of 5 minutes, 3 to 4 times at 150C; stirring every 5 minutes. It is crucial to achieving a golden colour and the formation of small clusters.

Store on sealed containers only once totally cooled.

Assembly

Cut the 'Vegan Snickers' in approx 5cm squares, place 2 or 3 on a plate, add a few poached peach halves, decorate with the whipped cream and granola.





CARE MANAAKI

Looking out for one another, ourselves and our environment through food is a vital part of living well. Here we explore ways to conserve and share, while celebrating our local charity champions.



WASTE MINIMISATION

LOVE FOOD HATE WASTE

What is Love Food Hate Waste? Love Food Hate Waste is a collaborative, ongoing behaviour change campaign that began in 2016, with the objective of inspiring and enabling Kiwis to reduce the amount of food they waste.

The campaign, based on research that included surveying 1,365 New Zealanders, examining the contents of 1,402 household rubbish bins and giving 100 families diaries to record food disposal for a week, aims to bring the problem of household food waste out into the open and provide information to help Kiwis cut waste.

It highlights the importance of planning food purchases and meals, being smart about food storage and being creative with leftovers.

Audits show that targeted households who have heard of Love Food Hate Waste have decreased their food waste to landfill by 27.1%. That's a huge reduction in waste to landfill and the associated carbon emissions.

The campaign is funded by councils across the country, including QLDC, and resourced by Waste Management Institute New Zealand (WasteMINZ).

HOW MUCH FOOD DO WE ACTUALLY WASTE?

Let's delve into the how much food is being wasted.

Globally it is estimated that one third of the food produced for human consumption is wasted; that is 1.3 billion tonnes of food that is never eaten.

Here in Aotearoa, New Zealanders throw away a staggering 157,398 tonnes of food a year, enough to feed 337,744 people or the population of Dunedin for three years.

For Kiwi families, that is the equivalent of three shopping trolleys of edible food going to landfill each year.

If you translate that into dollar values, the average household throws away \$644 worth of uneaten food per year which adds up to \$1.17 billion a year for NZ. That's just the cost of the food at purchase point and does not include the costs of making, growing, distributing and storing all that food.

Eliminating this food waste would have the same effect as reducing CO₂ equivalent emissions by 409,234 tonnes – that's like planting 163,694 trees or taking 150,453 cars off the road for a year.

To find out more head to lovefoodhatewaste.co.nz

THESE ARE THE TOP 10 FOODS NEW ZEALANDERS THROW AWAY



HERE'S A FEW IDEAS TO MINIMISE WASTE



Store bread in your fridge or freezer.

Make croutons, breadcrumbs, bread and butter pudding, bread gnocchi



Store oranges and mandarins loose in the fridge as they will last much longer. If you have a citrus tree, it is best to leave the fruit on the tree and pick as needed. Citrus can stay good for months on the tree, the longer they stay on the tree the sweeter they get.

Make marmalade, orange sorbet, citrus curd, orange and almond cake



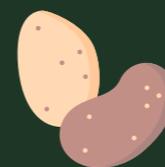
Refrigerate apples to make them last longer. Keep apples separate from vegetables in your fridge so that the ethylene released by the vegetables doesn't make them ripen too fast.

Make stewed apples, apple crumble, apple sauce, apple roll-ups



Bananas should be kept out of the fridge and away from other fruits. Ethylene gas, released by foods such as apples and pears, causes bananas to ripen faster. Once bananas are ripe, they then produce ethylene gas which ripens other fruit. If your bananas are too ripe, peel them and freeze them. You can then use them for smoothies or baking.

Make smoothies, Banana bread, banana & yoghurt pancakes (see page 79)



Potatoes should be stored in a cool, dry and dark place, like a cupboard. They should be stored away from onions, as they both release moisture which causes them to sprout faster. Unwashed potatoes last longer than clean potatoes.

Make hash browns, frittata, shepherd's pie, easy smashed potatoes

10 THINGS YOU DIDN'T KNOW COULD BE FROZEN



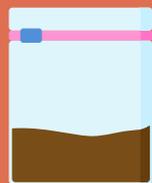
Hard cheeses freeze well (grated or in blocks)



Raw eggs, make sure you separate the whites and the yolks first



Milk, tip a little into a cup first so that there's room for the liquid to expand



Sauces and stocks can be frozen



Dairy (cream, sour cream etc) can be frozen, but they will need to be used for cooking or baking once defrosted



Liquids such as leftover wine, coffee and coconut milk can all be frozen in ice cube trays



Baked goods such as cakes and biscuits last much longer in the freezer



Blanch or fully cook vegetables before freezing to retain their texture



Peel and slice bananas before freezing - perfect for smoothies



Freeze cooked rice and pasta, it's easy to cook too much!

6 HELPFUL FRIDGE HACKS

1. Keep it cool - make sure your fridge is between 1°C and 4°C.

2. The door is the warmest part of your fridge, so use it to store things like drinks and sauces, not your milk or cheese.

3. Have an 'eat me first' shelf, where you put food that other people can help themselves to like leftovers, or food that has a short shelf life, and snacks for the kids.

6. Use your crisper drawers smartly - keep your vegetables in one and your fruit in the other. This will ensure everything stays as fresh as possible.

4. Don't overfill your fridge as air needs to circulate in order to keep your food cold. If your fridge is too full, put some things in the freezer.

5. Not all food belongs in the fridge - tomatoes, onions, potatoes and bananas definitely shouldn't be kept in the fridge. Other items that don't need to be kept cold include eggs and condiments like tomato or sweet chilli sauce.



TOP TIPS

Implementing these top tips will not only reduce the food you waste, but help save some money and your valuable time.

- ✓ **Plan your meals** – if you don't have a plan for the food you buy, you increase the odds that you'll toss it out. Plan with what you already have then add a couple of family favourites into the mix so you have enough meals for the week.
- ✓ **Make a list** – overbuying is a main source of food waste. So it pays to be organised with your food shopping – saving you time in the aisles and reducing duplicates in your kitchen.
- ✓ **Store your food correctly** – How you store your food has a huge impact on how long it lasts. There are small habits that we all do, such as putting bananas in our fruit bowl, which could be causing our food to go off faster than it should be.
 - Store your bread in the freezer to stop it going mouldy
 - Freeze your meat before its use by date
 - Keep your bananas out-of-the-fridge and away from other fruits
 - Keep cheese tightly wrapped
 - Store potatoes and onions separately
 - Store vegetables the right way – wrapped or in an airtight container
- ✓ **Portion your serving sizes** – how often do you find yourself scraping food from your dinner plate into the bin, because your eyes were bigger than your stomach? Know how much to cook and serve; serve less rather than more and any leftovers that remain unserved can then be used at a later date.
- ✓ **Compleat it** – 2,541 tonnes of broccoli stalks are wasted because people don't know they are edible. Encourage root-to-stalk eating and using all of the food item.
- ✓ **Love your leftovers** – in New Zealand we waste a lot of food because we cook too much. If you know you're not a big fan of leftovers, then try to cook only as much as you need for each meal. If you do have leftovers, take them for lunch the next day or freeze your leftovers immediately to be preserved for the future.
- ✓ **Compost non-avoidable food waste** – no matter how hard we try, some food will always go to waste. Why not use these food scraps to create great compost for your garden.

With a little bit of love and the right recipe you can turn any ingredient into a tasty meal that will be too good to waste. What do you need to use up? The Love Food Hate Waste website has tons of great recipes to help inspire creativity in the kitchen. We have chosen our two favourites for you on the following pages.





BANANA AND YOGHURT PANCAKES

Turn brown bananas into a delicious breakfast.

Ingredients

Serves 6

Preparation time 30 minutes

2 eggs

250ml milk

1 cup yoghurt
(or any leftover yoghurt)

4 overripe bananas
(any extras to garnish)

2 ½ cups flour

Pinch of salt

4 teaspoons baking powder

2 tablespoon brown sugar
(or any sugar you have)

Method

Mix together the eggs, milk, yoghurt and bananas.

Sieve the flour and salt with the baking powder into a large bowl, stir in the 'wet' ingredients and the sugar.

Allow to stand for 10 minutes.

Heat a medium sized pan and add in a tablespoon of butter.

Turn heat to low and add pancake mixture in batches.

Flip pancakes using a spatula and put onto a plate.

Serve with extra yoghurt if desired.



COMPOSTING Q&A WITH DR COMPOST

Dr Compost, aka Hāwea's green-thumbed gardening guru Ben Elms, is a permaculture and composting expert who has lived in Central Otago for over 20 years. He loves to share the knowledge gained from working in our harsh climate, and has all the tips and tricks to help you get the best out of your compost and garden.

Funded by QLDC and delivered by Wastebusters, the Dr Compost project reduces organic waste going to landfill by making it easier to compost at home. Queenstown Lakes residents can get free composting and gardening advice by connecting with Dr Compost on Facebook or email (drcompost@wastebusters.co.nz), or attending a workshop during spring or autumn. Follow Wastebusters or Dr Compost on Facebook to find out about upcoming workshops.

I'm new to composting my food scraps. What's the easiest method of composting my food scraps?

Haha this question could take 1,000 words on its own. In short, 'Trench Composting':

Dig a hole in your veggie garden or next to a fruit tree, throw in a week's food scraps, chop up the sides and cover with 20cm of soil. Repeat in a new spot.

Bokashi buckets are a very similar system to Trench Composting. Bokashi buckets up-specs the process, speeding up the breakdown of your food scraps, introducing highly beneficial 'Effective Microorganisms' into your garden.

My wooden pallet compost heap stinks, what am I doing wrong?

I love compost bays made out of wooden pallets, they cost you nothing and are easy to put together.

It sounds like you're not adding any or enough carbon rich ingredients to your heap. Carbon carbon carbon!!!

Carbon rich ingredients include shredded cardboard/newspaper (don't use any with shiny inks) woodchips, untreated sawdust, leaves and straw.

Every time you have a nitrogen rich ingredient, such as your food scraps or grass clippings, you need to add at least as much again of your carbon rich ingredient.

If I add an ice cream container of food scraps every day, I need to add an ice cream container of shredded cardboard or wood chips at the same time. Give them a good mix up with the garden fork, add some water and cover.

To fix the problem at hand get a load of wood chips or straw and mix thoroughly through the smelly mess you have.

I can't seem to make compost, it just looks dry all the time?

A few possibilities here.

1. Check those carbon to nitrogen ratios (check out answer above).
2. Put a cover on it. Reuse some black builders plastic or similar, cut to the correct size, cover your compost and weigh down with a couple of bricks/timber.
3. Water the outside edge of the compost at least once a week. The centre stays moist while the outside dries out.
4. If your compost gets smashed by the prevailing wind, line the inside of the bay with cardboard to reduce the wind drying it out.
5. Do the 'composting moisture test': Grab a handful of compost and squeeze hard, you should see some moisture between your knuckles and a couple of drops of water fall away. This is perfect 50-55% moisture content. Check different parts of the heap and water accordingly to lift moisture levels. Use a waratah to open up the pile to allow moisture to escape if it's too wet.

My Bokashi buckets get soooo stinky. It's almost unbearable. What am I doing wrong?

I feel your pain, there's nothing quite like Bokashi gone wrong!! In order of importance. No 1 is the most important thing you must do...

1. Take the liquid off that collects in the bottom bucket every 2-3 days, dilute minimum 100:1 and use it as fertilizer around your garden.
2. Check the lid is on properly every time you close it back up. It needs to be sealed to not allow any oxygen in.
3. Get a potato masher or similar and really compress the contents down as you fill up the bucket, eliminating any air gaps.
4. Sprinkle a double dose of the Bokashi bran at the beginning and at the end when the bucket is full.

I keep reading that I shouldn't compost my cooked food scraps. Why is this the case?

You can compost all your food scraps raw or cooked. 'Rattus norvegicus' cares not how you present the food to him and his rapidly growing clan, cooked or uncooked it's all tasty!! You need to set up some rat traps close to your compost heap, away from pets and children's fingers. When you catch a rat, pop it into your compost heap.

Another deterrent is to regularly turn your compost with a garden fork.

"Hugely informative, covers a wide range of composting methods. Awesome initiative."

Richard

"Simple, interactive. Makes it easy and relatable."

Steph

"Appreciate the honesty and breadth of options presented"

Claire

ENVIROSCHOOLS: ZERO WASTE IN SCHOOLS

Enviroschools is an environmental action-based programme with a kaupapa of creating a healthy, peaceful, sustainable world through learning and taking action together.

Wastebusters facilitators Nicky and Damian work alongside students and teachers to integrate sustainability into everyday learning, and to support students to design and lead sustainability projects.

Over the years they have supported thousands of tamariki at all 15 schools in the district to grow, harvest, prepare, cook and enjoy delicious, healthy food in schools, reducing both waste and carbon emissions. Students are encouraged to take the lead and help make decisions about where the gardens should go, how to keep the soil and plants healthy, and how to use food waste and kitchen scraps as a resource to make their own compost.

Nicky and Damian also support classroom learning through Zero Waste Education, with education focusing on topics like litterless lunches, packaging free snacks, recycling and resource use. Being able to cook and eat a shared meal with their friends at school is very rewarding, and many students try new foods, becoming more confident in many life skills.

Wastebusters has been delivering Enviroschools and Zero Waste Education to schools in our district since 2007, with funding from Queenstown Lakes District Council. Underpinning the school's sustainable journeys is a culture of care and manaaki with a strong focus on Te Ao Māori. By taking a holistic action-based approach, Enviroschools empowers young people to make positive change, and to know that they can make a difference.

Comments from Queenstown Primary School students about changes they made following waste reduction lessons.

"I have got a new lunch box with compartments so I don't need to use plastic wrap now"

"I now buy a whole packet of cookies rather than the individual packets."

"I am eating more fresh food to reduce plastic packets."

"I have bought large tubs of yoghurt and now bring my own small tub to school each day."

"I showed Mum and Dad the numbers on the bottom of the plastic containers."

"I have bought more beeswax wraps so I never have to wrap in gladwrap."

Comments from Queenstown Primary School students working in school gardens and cooking with school grown produce.

"It was so much fun to harvest the food and then to cook with it. It all tasted delicious because it was so fresh"

"I loved eating new foods and tasting different herbs"

"I loved picking the vegetables and tasting them in the garden"

"I loved thinning the carrots and then eating all the baby ones straight from the garden. They were small, crunchy and sweet."



COMMUNITY PANTRIES

WHAT ARE COMMUNITY PANTRIES?

Designed to reduce food insecurity and increase food resilience, community pantries have been popping up across Aotearoa in all shapes and sizes. If you have surplus produce growing in your garden, you can share it with others by dropping it off to a designated stand. Not only do community pantries encourage kai sharing but they also help reduce food waste.

LOCAL STORY

In November 2021, a series of community pantries were launched in Upper Clutha by the recently formed Food Security Network. These are known locally as Community Produce Stands. They were constructed by the Wānaka Community Workshop with the help of Kahu Youth during their school holiday programme and have been a huge hit with lots of delicious produce coming and going daily. They are located across the Upper Clutha including the Wānaka Community Hub, Wastebusters and the Wānaka Recreation Centre along with various locations in Hāwea, Albert Town and Luggate.

Absolutely anyone is welcome to use the stands! Use them to share fresh fruit and vegetables, eggs, herbs, jams, preserves, and baked goods. Whether it's from your garden or the kitchen cupboard, anything you share is one less thing going to landfill – and by taking produce home, you combat food waste.

Community pantries only work if everyone gets involved so leave what you can and take what you need.

HOW TO SET UP YOUR OWN COMMUNITY PANTRY?

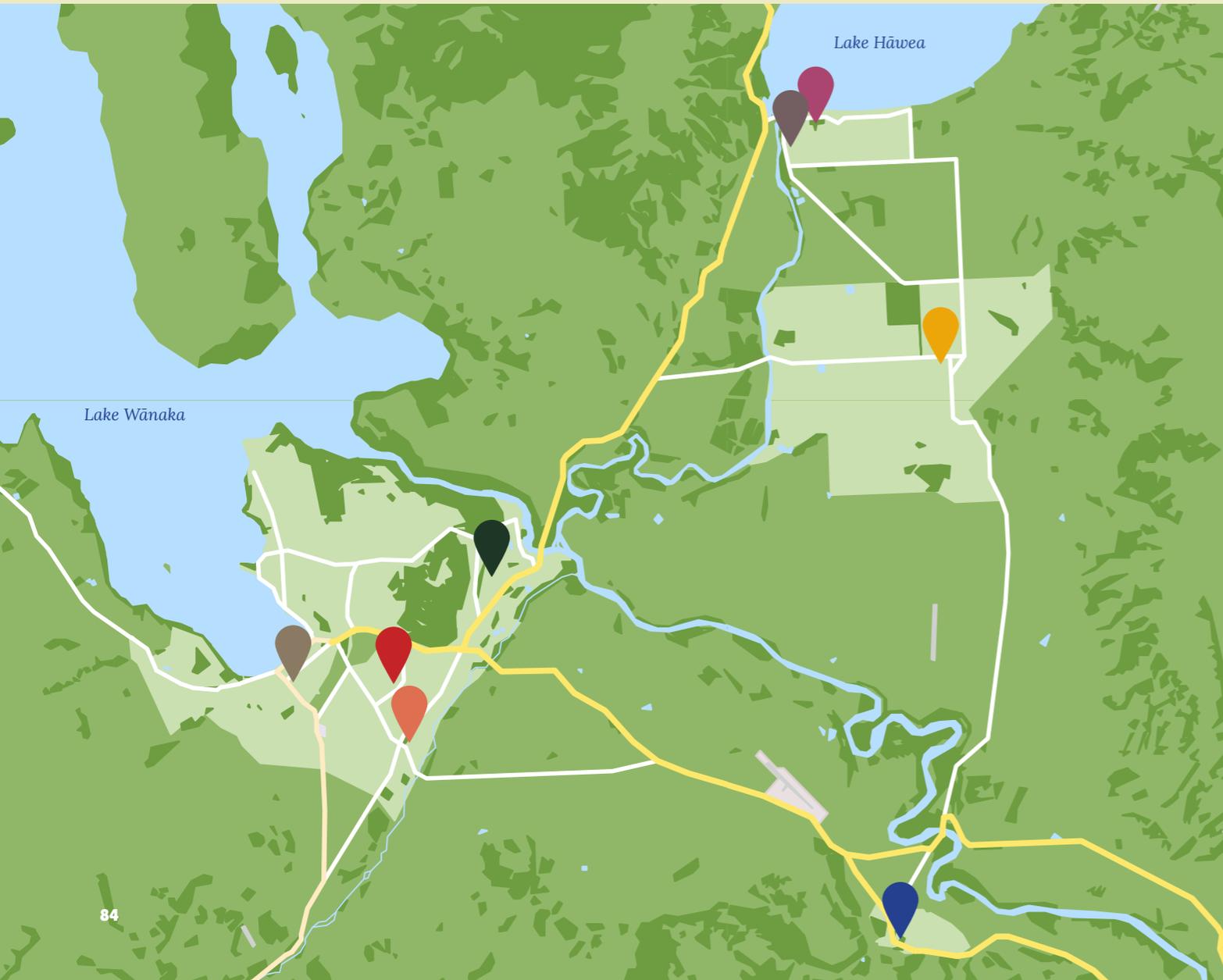
To set up your own pantry all you need is an outdoor space that's easy to access, ideally on private land. This could be anything from a local school to your own doorstep. Get creative and build your own pantry or get in touch with your local community workshop for a bit of help. Decorate the stand in your own unique way, fill it with some yummy produce and share it on local social media pages.

You can even sign up to the Pātaka Kai movement where you will find plenty of ideas, resources and more. Visit patakai.co.nz

FIND A COMMUNITY PANTRY NEAR YOU!

-  Wānaka Community Hub, 34 McDougall Street, Wānaka
-  Luggate Memorial Centre | Whare Mahana, 51 Main Road, Luggate
-  Lake Hāwea Community Centre, 28 Myra Street, Lake Hāwea
-  Wastebusters, Ballantyne Road, Wānaka
-  Albert Town Community Association, Sherwin Avenue, Wānaka
-  Kanuka Corner Daycare, Francis Lane, Lake Hāwea.
-  Wānaka Recreation Centre, 41 Sir Tim Wallis Drive, Wānaka
-  New pantry outside Camphill Coffee 546 Camphill Road, Hāwea Flat

Did you know there's also a community pantry at Happiness House in Queenstown?



OUR COMMUNITY FOOD SERVICES

FOOD RESCUE

KIWIHARVEST

New Zealand industry generates more than 107,000 tonnes of food waste per year, and it is estimated that 60% of food going to landfill is still edible. Burying food (and often it's packaging) in landfill is bad for the environment. Not only does it needlessly contribute to greenhouse gas emissions, but wasting food also means squandering the resources used to produce and transport that food, including water, land, energy, labour, and capital.

KiwiHarvest is New Zealand's largest food rescue social venture dedicated to preventing good food from ending up in waste. With 11 trucks on the road across Aotearoa New Zealand, KiwiHarvest rescues 170,000 – 200,000 kilos of excess food that is good enough to eat, yet won't sell, and distributes it to front line agencies, feeding our vulnerable communities.

KiwiHarvest works with food businesses including supermarkets, wholesalers, producers, cafes, restaurants, and hotels, to rescue the good food that they are not able to sell – whether that is because of oversupply, damaged packaging, cancelled orders, mislabelling, or because the food is nearing its best before date or end of life. Many of the food organisations that receive KiwiHarvest's support are featured in this booklet.

KiwiHarvest currently services organisations in Queenstown, Frankton, Arrowtown, Wānaka as well as Cromwell. All of their services are free of charge at both ends.

As well as Truck collections, KiwiHarvest operates an e-bike service, thanks to funding from QLDC which is used to collect smaller items from cafes and bakeries around Queenstown. This provides an eco-friendly and fun way for the team of volunteers to collect surplus goodies from local eateries.

If you'd like to find out more or are keen to get in touch about volunteering, contact queenstown@kiwiharvest.org.nz

If you are a food business with surplus stock, then please get in touch and we can help you to prevent this food ending up in waste and instead direct it to communities in need of support.



UPPER CLUTHA COMMUNITY NETWORKS/LINK FOODBANK

Since 2004, the Community Networks/LINK Foodbank has supported local families throughout the Upper Clutha. In 2022 they provided 770 food parcels, an average of 64 per month, compared to 22 parcels a month pre COVID-19 during 2019. In July 2023, they provided a record 102 food parcels to 216 individuals and whānau. Over the past few years, they've been looking at ways to increase food security to ensure families have access to healthy and affordable food year-round. A wider range of meat, dairy, fruit and vegetables is now stocked and a choice-based system has been created to provide clients with more ownership over their kai. In 2022, the community group started to grow vegetables using the Community Gardens at the Hub. The organisation is supported by a wonderful team of volunteers who are the driving force of the Foodbank, helping provide nutritious food parcels.

In July 2021, a local Food Security Network was formed to collaborate on community projects designed to increase local food security and reduce food waste. Together with this network, the Community Networks/LINK Foodbank continue to look at new ideas to strengthen community and celebrate kai-sharing.

The charity is fortunate to receive donations and support from the entire community along with rescued food from Kiwi Harvest and the New Zealand Food Network. They always welcome donations to the Foodbank of staple food items, lunchbox snacks and toiletries. For those in need of a food parcel, please call 03 443 7799 or pop in to our one stop community support and connection centre at the Wānaka Community Hub, 34 McDougall Street.



UPPER CLUTHA FOOD FOR LOVE

Seven years ago, two local women established Food for Love to lend a hand to families and individuals in need of a little extra help.

Since it began, Food for Love's band of over 200 volunteers have been cooking up nutritious meals from home for local families who are facing challenging circumstances. In addition, they provide school lunches when needed and meet every Thursday to prepare weekend meals for the elderly population.

In 2023, Food for Love provided more than 8,000 meals for community members in the Upper Clutha. Community members can be nominated for a wide range of reasons from new births, illness, recovery from surgery, hard times, and everything in between. No nominee is ever turned down. The Upper Clutha Food for Love organisation exists thanks to the care and commitment of its amazing volunteers.

To nominate a recipient in the Upper Clutha region, please visit www.foodforloveWanaka.com/nominate



ENGAGE SAFETY

Engage Safety is a Māori owned Health and Safety business, underpinned by Kaupapa Māori values. It provides health and safety services ranging from corporate, sports and individual services. A big part of their offering is around supporting and giving back to the local community through kai. The Engage Safety whanau door is always open and they encourage anyone in the community to pop past for kawhe and kōreo. There is free tea, coffee and snacks available to enjoy everyday along with good company and good vibes.

Their initiatives range from a breakfast club, free bread and treats available daily, a school lunch pilot programme, kai parcels, soup café and much more.

Engage Safety is a proud supporter of wahine, with 86% of their staff being women and are proud to provide a safe place for all women to come to.

Parents with Pēpi are always welcome to come into Engage Safety at any time for a cuppa, to take a break and connect.

A key ongoing offering is the supply of weekly kia parcels to around 40-50 whanau, providing some food security to around 200-250 people each week. If you or your whānau are in need of any assistance with kai (food) please don't hesitate to ask for help. There is no criteria required to access their services, so all are welcome. You'll find them at 18 Glenda Drive, Frankton, Queenstown and can contact by phone on 03 442 3682, email admin@engagesafety.co.nz or check their Facebook site for more details on current offerings.

QUEENSTOWN SALVATION ARMY FOODBANK

The Salvation Army has a long history supporting the food needs of communities across the globe. From humble beginnings as soup kitchens, their approach to long term food security has evolved into a range of support services. In Queenstown, they have a community foodbank as well as a food pantry. The food pantry uses rescued food from KiwiHarvest and support partners to offer fruit and vegetables, dairy, and bakery products free for those who need to top up their typical grocery needs. The goal here is to ensure the fresh food many of us take for granted on supermarket shelves or café displays isn't wasted after it becomes unsellable.

The foodbank supports community members who have fallen on hard times and cannot meet their basic living costs. Food that will cater for a week is provided to an individual or family. In July 2022, we moved to a supermarket model. People are invited to pick out items they need from foodbank shelves instead of receiving a traditional generic 'food parcel'. In this way, people are given a feeling of control, independence and dignity to choose what is best for them while they work towards getting back on their feet.

To ensure the best chance for success for those that use the Foodbank, we also offer qualified financial mentoring as well as social support services to help people in the local community develop sustainable medium to long term goals for themselves.





MANA TĀHUNA CHARITABLE TRUST

Mana Tāhuna is a Charitable Trust established in June 2020 as a post COVID response to provide support and help unite the Māori and Pasifika community of the district. They look to achieve this through delivering programs and services that offer opportunities for connection while targeting outcomes in health & wellbeing, employment, re-skilling or training, and youth development. Events such as 'Whānau Planting Day' allows the opportunity for the community to come together, share kai and connect, while also learning core gardening skills through doing their part for Papatūānuku.

Mana Tāhuna Charitable Trust's role in the food community is that of a food securities provider. They work closely with the Ministry of Social Development to ensure their whānau and community have food stability and security. Aligning with their pest control efforts, their food securities manager, Dan McKay, runs several programmes such as a hunting and foraging course to equip whānau with the skills to produce and source their own kai, and in turn decrease dependency on food banks. Dan currently produces around 30kg of venison per week which goes into kai parcels to support local whānau.

HAPPINESS HOUSE COMMUNITY SUPPORT CENTRE

Happiness House is a community based not for profit Charitable Trust. Located in Queenstown, it's the only Community Drop-in Centre in this district. They provide a warm, friendly, and confidential environment where people can meet in a homelike setting. Their aim is to provide a place where anyone can come and chat, get access to free and affordable clothing, advice, and information regarding where to go for further help and assistance.

On Fridays, they offer a Produce Day. This is a joint initiative with KiwiHarvest who collects unsold produce and delivers them to Happiness House to pass onto clients who are finding things financially challenging. Queenstown has the highest rental rates in New Zealand and tends to have very low wage rates. Produce Day is a great opportunity for community to support community. Providing free produce can provide some relief to their budget, and help meet the costs of needs that get put aside because of hardship. Rescue food on a Friday is supplemented by:

- Local farmers and hunters who provide meat
- Locals who unexpectedly drop off food for clients
- Fresh produce from Raeward Fesh Queenstown
- Bread rescue is supplied by Ma Boulangerie, Ferg Bakery and the European Bakery
- Happiness House homegrown garden produce

Happiness House also has a Patakakai (a Community Pantry), which provides an opportunity for the people in the community to exchange food. In addition to this, they organise different activities throughout the year such as kai, like Green Soup Wednesdays and ways to cook on a low budget.



BASKETS OF BLESSING

Queenstown volunteer organisation Baskets of Blessings Charitable Trust coordinates generous donations of products, time and money to deliver unexpected gift baskets and frozen meal/food packs to locals struggling from unexpected life events.

Increasingly, local individuals and families are facing incredible challenges, typically without family or support networks. Those impacted range across all ages, socioeconomic groups, ethnicities and cultures. Severe illness or injury, financial or mental distress, separations and solo parenting all take their toll.

Baskets of Blessing create customised gift baskets to remind those who are struggling that people do care and to offer positive uplifting moments. Baskets of Blessing Meals receive surplus food from supermarkets that previously would have been discarded, and their volunteer teams get to work collating, cooking and distributing frozen meal packs. All recipients are nominated anonymously via the website and actioned without judgement.

COVID-19 has been a gamechanger for everyone. Baskets of Blessing saw an opportunity to mobilise and upscale to meet an ever-increasing local demand for support. While its profile, operations, donations, meals, volunteers and nominations keep steadily increasing, more and more people are now being reached with the assistance they desperately need.

Baskets of Blessing is motivated to be a part of the solution to restore Queenstown to the best it can be, in whatever form that may look like. The meals help sustain a basic need and our gift basket programme helps bolster the wellbeing for individuals in the Whakatipu building their resilience and aiding in their recovery from the effects of COVID-19.

Here we share some heartfelt testimonials from recipients and feedback received in 2022:

“A huge thank you to you all as you’ve sent my parents a few things recently due to my Mum who has MS and is also in the last stage of Terminal Cancer. You’re treats have been so very much appreciated.”

“I’ve just arrived home to a package from you amazing people. Thank you so much, it really makes life a lot easier. Things like this make you realise how amazing our community is.”

“Thank you all so much for the baskets we received, you have no idea how helpful, and how grateful we were to receive such help, thank you from the bottom of our hearts.”



COMMUNITY CONTACTS

Check out QLDC Community Connect, an online directory offering a comprehensive list of all community services, clubs, and groups existing within the Queenstown Lakes District. www.qldc.govt.nz/community-connect

Keen to lend a hand? Our community kai network is always looking for volunteers to support with the gift of time or funds and help with the mahi (work).

Continue your own community kai journey. Reach out to our superstar support network for information or to get involved in a community project.

Food networks	Community Networks/ LINK	www.communitynetworks.co.nz 34 McDougall Street, Wānaka 9305 03 443 7799
Community Gardens	Community Networks/ LINK	www.communitynetworks.co.nz 34 McDougall Street, Wānaka 9305 03 443 7799
	Grow Wānaka	www.facebook.com/GrowWanaka info@growwanaka.com
	Queenstown Harvest Community Gardens	harvestgardens.nz harvestgardensqt@gmail.com
	Hāwea Food Forest	www.facebook.com/groups/HaweFoodForest 130 Domain Road, Lake Hāwea HaweFoodForest2@gmail.com
	Kelvin Peninsular Community Orchard	talk2KPCA@gmail.com
Education	Enviroschools	enviroschools.org.nz/regions/otago
	Garden to Table	gardentotable.org.nz PO Box 37832 Parnell Auckland 1151 info@gardentotable.org.nz

Composting	Dr Compost, Wānaka	www.wastebusters.co.nz/dr-compost
NFP Food Providers (excluding schools and play centres)	KiwiHarvest, Queenstown	www.kiwiharvest.org.nz/get-involved 4/156 Glenda Drive, Frankton, Queenstown 9300 0800 601 609
	Salvation Army Queenstown Community Ministries	www.salvationarmy.org.nz/centres/nz/otago-southland/queenstown 71 Gorge Road, Queenstown 03 442 9661
	Baskets of Blessing, Queenstown	www.basketsofblessing.co.nz info@basketsofblessing.co.nz 021 957 203
	Happiness House, Queenstown	www.happinesshouse.org.nz 4 Park Street Queenstown 03 442 6531
	Mana Tāhuna, Queenstown	www.manatahuna.co.nz 5 Sutherland Lane, Frankton, Queenstown 9300 021 860 393 (Kai and Community Connector)
	Engage Safety, Queenstown	www.engagesafety.co.nz admin@engagesafety.co.nz 18 Glenda Drive, Frankton, Queenstown 03 442 3682
	Beekeeping	Bee The Change



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THANKS TO OUR CONTRIBUTORS
