

**IMPORTANT  
DATES**

**Foodgrowers  
Group:**  
10:00am  
Saturday June  
13<sup>th</sup> 2009  
(Kohukohu)

**BOISS  
Winter Meeting:**  
Cherry Park  
House 1:00pm  
Sunday June 28<sup>th</sup>  
2009

**BOISS  
Spring Meeting:**  
Cherry Park  
House 1:00pm  
Sunday  
September 27<sup>th</sup>  
2009

**BOISS Summer  
Meeting:**  
Cherry Park  
House 1:00pm  
Sunday  
December 27<sup>th</sup>  
2009 *(To be  
confirmed)*

Hi everyone,

At the last Bay Of Islands Seedsavers meeting in March, it was agreed that meetings need to be held more than twice a year. So it was decided that four meetings a year, every three months was a good number.

So on that note, the next meeting is 1:00pm, Sunday June 28<sup>th</sup> at Cherry Park House.

Our mission statement talks about educating people about seedsaving, as we have learnt from other seed saving groups that if people don't know how to save seed ie: minimum distances, minimum population sizes, seed longevity etc; poor quality seed comes back.

It is in all of our best interests to understand what is required for each crop we save. To help with this, we have handed out seed saving resources and information but it is up to you to decide what you wish to save.

It is best to only save crops or plants that you have an investment in; emotional or as a necessary food. For myself, my bias is strongly towards being as self sufficient in food as possible. Which is why my experiences in seed saving is mainly limited to pumpkin, cucumber, chillis, corn, and beans. I have an emotional attachment to these crops as they do well in Northland and are great food.

For you, it may well be a different group of plants altogether, depending on what and why you garden.

Other groups have tried the curator method of seed saving. Individuals select which plants they grow for themselves, and simply save enough good clean seed for themselves plus enough extra seed to share with others. That way, there is always a grower dedicated to that crop.

I am curating quite a number of beans, one corn variety, and several different cucurbits. Well, I am trying to. Still have a lot to learn.

Seedsaving will undoubtedly alter the way you garden and the way you look at gardens and gardening. Some crops, eg: carrots, parsnip; are eaten as immature. In other words, carrots are grown as annuals for food, but in reality are biennials and take much longer in the garden when grown to produce seed. This needs to be planned for, as gardens may have to be expanded to produce your own seed for the future harvests.

For those who are interested in learning more about preserving their food crops see below. I have not yet tried this myself, but thought it may be of interest.

<http://www.uga.edu/nchfp/index.html> - The USDA website on food preservation

The USDA is:

Announcing a free, self-paced, online course for those wanting to learn more about home canning and preservation.

- \* Introduction to Food Preservation
- \* General Canning
- \* Canning Acid Foods
- \* Canning Low-Acid Foods

This course is offered in the University of Georgia WebCT system. UGA requires registration for you to receive a login. login page: [https://www.uga.edu/nchfp/exception\\_account.html](https://www.uga.edu/nchfp/exception_account.html)

### **HEADS UP**

There is an active gardening group in Kohukohu that is focused on food growing, called The Foodgrowers Group. It started just after the BOISS initiative by women who approached a local woman, who was experienced at food gardening, asking her to teach them how to grow food. It has just snowballed since then.

There is a talk at their next meeting on how to process dry corn into food.

If you are interested in hiking over to Kohukohu for any of the regular meetings, contact Jackie Davidson; phone 405 5720 or email her on [jackiedavidson@paradise.net.nz](mailto:jackiedavidson@paradise.net.nz)

### **NEW LINKS**

<http://homepage.eircom.net/~merlyn/seedsaving.html> - a page of seedsaving links

<http://www.seedsavers.net>

<http://www1.maf.govt.nz/cgi-bin/bioindex/bioindex.pl> – Search engine for finding out what seeds can be imported from overseas.

[http://www.koanga.org.nz/moon\\_calendar.html](http://www.koanga.org.nz/moon_calendar.html) – Direct link to a years calender of moon planting

<http://pollinator.com/polmanagement.htm> – site with lots of info on pollination, including hand pollination.

<http://tomclothier.hort.net/index.html> – Very good site with plenty of information on seed raising

<http://www.gardengrow.co.nz/about> – Interesting garden planting calender

### **TIPS**

For those who are interested in alternative foods, young leaves of choko, pumpkins and kumara are all edible.

### **RECIPES**

<http://www.loveisblonde.com/2008/10/09/a-pumpkin-compendium/> - Roast pumpkin with pumpkin leaves in coconut milk.

<http://africhef.com/blog/?p=11> - Another Pumpkin leaf recipe

**REQUESTS**

As this newsletter should come out before each meeting, I will set a deadline for any requests to come in and they will be published prior to the meeting and hopefully someone will bring some along to the meeting for you. Any good recipes for crops that grow well in the Far North; or requests for specific seeds or plants or basically anything else that you think would be of interest to others in the group.

- The deadline for the next newsletter will be around Sunday the 6<sup>th</sup> September.

I have included the updated Recommended Book/Website List, which may be easier to use in digital form for copying and pasting links rather than manually typing them in.

I have also included the vision and mission statements for your perusal, we welcome any comments.

Regards

S McGhee and J Ramsey.

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Getting off the Seed Grid...

Saving the future, by saving seed now.

Bay of Islands Seed Savers [boi@seedsavers.org.nz](mailto:boi@seedsavers.org.nz)

## Recommended Book/Website List

### Seed Saving Books

- Seed to Seed by Suzanne Ashworth (US)
- The Seed Savers Handbook by Michel and Jude Fanton (Australia)
- Saving Seeds by Marc Rogers (available from Library)
- Breed Your Own Vegetable Varieties by Carol Deppe.

### Seed Saving Websites

- <http://www.seedsavers.org.nz/>
- <http://www.savingourseed.org> - source for seed saving PDFs (advanced)
- <http://www.seedalliance.org/>
- <http://www.seedsavers.org> - Seed saving exchange (US)
- <http://www.plbr.cornell.edu/psi/OSPseeds.htm> - Seed saving manuals plus plant breeding.
- <http://www.sharebooks.ca/> Free online downloadable books
- <http://www.plbr.cornell.edu/PSI/Basic%20Concepts%20of%20Seed%20Production%20Teri2.pdf> - Basic Concepts of Seed Production and Seed Regeneration, plus more.
- <http://www.seedsave.org> - International seed saving institute
- <http://www.aucklandbotanicgardens.co.nz> Go to gardening in Auckland guides. There is a lot under General gardening tips.
- <http://homepage.eircom.net/~merlyn/seedsaving.html> - a page of seedsaving links
- <http://www.seedsavers.net>
- <http://tomclothier.hort.net/index.html> – Very good site with plenty of information on seed raising

### Local seed producers and like-minded groups

- <http://www.ginnysherbs.com/>
- <http://www.koanga.org.nz/SeedSavingIntroduction.htm>
- <http://www.gefreenorthland.org.nz>
- <http://www.farnorthorganics.co.nz/>
- <http://www.permaculture.org.nz/>
- <http://www.biodynamic.org.nz/>
- <http://www.organicpathways.co.nz/>

### Sustainability for kitchen gardens and organics

- <http://www.pathtofreedom.com>
- <http://journeytoforever.org>
- <http://www.growbiointensive.org>
- <http://www.organicnz.org/> - NZ magazine – good
- <http://www.bhu.co.nz/> - Biological Husbandry unit - Lincoln
- <http://attra.ncat.org/organic.html#field>
- [http://www.koanga.org.nz/moon\\_calendar.html](http://www.koanga.org.nz/moon_calendar.html) – Direct link to a years calender of moon planting
- <http://www.gardengrow.co.nz/about> – Interesting garden planting calender
- <http://www.uga.edu/nchfp/index.html> - The USDA website on food preservation

Misc

- <http://www1.maf.govt.nz/cgi-bin/bioindex/bioindex.pl> – Search engine for finding out what seeds can be legally imported from overseas.
- <http://pollinator.com/polmanagement.htm> – site with lots of info on pollination, including hand pollination.

Updated on Friday 5<sup>th</sup> June 2009

Updated on Monday 25<sup>th</sup> August 2008

Created Friday 31<sup>st</sup> August 2007

## **BOI Seed Savers Mission Statement**

### **Vision**

To save the future by saving seeds now

### **Mission Statement**

- To share seeds and plants with others
- To help ensure that as many food, fibre, forage and interesting plants are grown and retained in the Far North
- To encourage others to learn how to save seed correctly to ensure a good genetic base for the future
- To encourage others to garden organically and sustainably

### **Aims and Objectives**

- To start a vigorous local seed sharing cooperative
- Initially to hold two meetings a year (Spring and Autumn) with the option of holding more meetings as required
- To provide educational material to new members
- To keep our pages on the seedsavers.org.nz website current and to actively promote the group throughout the year
- To grow the membership to enable us to start a seed bank in the future, and produce a regular newsletter
- To continue to increase our knowledge about seed saving and other propagation techniques