



Grow Your Own

Kia ora koutou,

Growing your own fruits or vegetables at home has a lot of benefits. These include having a ready supply right within reach, reducing your carbon footprint by travelling less to the supermarket and purchasing fewer pre-packed fruits and vegetables, as well as getting some physical activity and vitamin D while out in the garden planting. Most importantly, they will always taste the best as you harvest them right before cooking!

The benefits are even greater if you have young children. Not only will they understand where their food comes from and how it's grown, they will also learn to appreciate what's put on their plate (and more likely to eat it 😊) and to take responsibility caring for the plants.

Coming to the end of October means that we are not far away from the warm weather. How about making the most of the increased sunshine hours by getting out and do some planting?

If you think you are an absolute beginner to the planting game, herbs are the best place to start and will give you early success. Try growing basil, oregano, chives, parsley, coriander, or mint. They generally tolerate a range of sunlight and shade, are not too picky about soil requirements, and are easy to grow from seed.

Vegetables that grow in late spring/ early summer:

- Toamto
- Beans
- Lettuce
- Broccoli
- Spring onions
- Sweetcorn
- Bok Choy (a kind of cabbage)
- Carrots

[Tui Garden](#) provides a wide range of information on when to grow what, how to look after the plants, and even recipes for crops that you've grown. Your local plant nursery is also a good place to ask for advice and suggestions. If you have some time to offer, it's great to get to know the people behind your community gardens (such as No.37 community house and Te Hā o Kawatiri in Westport, Whare Manaaki in Greymouth, or Lazar Park in Hokitika), and learn by experiencing it.

Cheesy Carrot Bites

- 1 cup finely grated carrots
 - 1/3 cup grated cheese
 - 1/4 cup breadcrumbs
 - 1 egg
 - 1/4 teaspoon garlic powder
 - 1/4 teaspoon onion powder
 - Salt and pepper to taste
1. Preheat oven to 200°C
 2. Shred the carrot on a grater and remove as much moisture as possible by squeezing with hands, or by placing the carrots over a sieve and use the back of a spoon to press down on it.
 3. Add the carrots to a bowl along with all the other ingredients. Mix well until combined.
 4. Scoop out tablespoon-sized portions and roll them into small balls. Place the balls onto a baking paper-lined pan.
 5. Bake for 15 minutes, or until the edges start to brown slightly.

Ngā mihi nui,
Beyning