
Community Fruit Harvesting



Autumn Newsletter

March 2017

Thanks

If you receive this email twice, it is because you are on both the pickers and preservers email lists, so please just ignore one of them. A huge THANKS to all our volunteers and supporters for their many hours of effort in picking, preserving and promoting our organisation. Our final totals at the end of December were:



Community Fruit Harvesting

2016 at a glance

407 Fruit Picks



an increase of 60% on last year

7,184 Preserves Donated



an increase of 12% on last year



Events to promote,
educate and fundraise

> 34,950kg fruit plus 9,000 pumpkins

Fruit Donated

an increase of >230% on last year



410 Volunteer Pickers

95 Volunteer Preservers

**>15000 Volunteer Hours
Contributed**

175 Recipient Charities



\$4,650 Fundraising Sales

an increase of >200% on last year

\$500 Funds Donated



>7600 jars and bottles recycled



**NEW ZEALAND
OF THE YEAR AWARDS**
Honouring the Best of Us

MITRE 10

**NEW ZEALAND COMMUNITY OF THE YEAR WINNER 2016
COMMUNITY FRUIT HARVESTING**

This is only possible, because so many people all chip in to help in any way they can, including supplying their fruit; volunteering to pick and/or preserve; saving their jars; supplying sugar or

writing media articles to promote us. Thanks also to the Whau local board and Auckland Council for funds to help us. Thanks to those businesses that are supporting us: Countdown (vouchers and fruit), Natural Sugars(have offered to supply all our sugar needs), imake (50% discount on jelly bags), Henry Hughes Intellectual Property (Registering our logo as a trademark), Montys Promotional Products (donation and help with all our TShirts, aprons, car magnets, etc), Kenwood (Citrus press), PagesPrint (jam labels, business cards, flyers), Wrights (fruit picking tools).

The more businesses we can have supporting us, by supplying goods and equipment for free or greatly reduced prices, the less time we need to spend on fundraising and therefore the more time we can spend on getting fruit, distributing fruit and making preserves to distribute. So, if you have any contacts that can help in any way to reduce our costs (phone, webhosting, printing preserving or picking equipment) then please get in touch.

We also need skills other than just picking and preserving. We need more area coordinators, marketing skills, event management skills, accounting, graphics, video creation skills, etc. If you have these skills and are willing to help us or you have contacts that can help, please let us know.

Autumn Harvest 2017

Due to the colder and windier conditions, the plum and peach season has been exceptionally poor. This seems to have also affected pears. Due to this, we have not had much picking to do up until now. During March and April we are harvesting quinces, figs, pears, apples, grapes, guavas and feijoas. The quinces, guavas and figs need to be preserved, as they are difficult to transport and distribute.



Recipes

Our most popular recipe is Feijoa, Lime and Date chutney. I have included the recipe for you. If you have feijoas in your home or neighbourhood, there is so much you can do with them. Top and tail them, chop up (include skin) and freeze them in ice-cream containers for later use in jams, chutneys, muffins or crumbles. Some people scoop out the insides only to use in cooking.

Feijoa, Lime and Date Chutney

1 kg limes chopped up (use a food processor)
3kg feijoas (top & tail and chop up in food processor)
1.5 cups dates – chopped up
1 cup sultanas/raisins
1 onion – chopped up
2 cups oil
½ cup mustard seed
4 Tbsp fenugreek seed
4 Tbsp whole coriander seed
4 Tbsp cumin seed
2 Tbsp salt
400g prepared ginger (from jar)
5 Tbsp chilli powder
2.5 cups malt vinegar
1.5/2 kg sugar
12 large peeled garlic cloves, halved lengthwise (or use from jar – 4 tbsn)
4 kaffir limes leaves (if you have)



Method:

Heat oil in a large, heavy based pot over a medium heat. Add mustard seeds and shake gently until they start to pop. Remove from heat. The seeds will continue to pop for a minute or two, but you don't want to risk burning them or the other seeds which cook at a lower temperature. Have all your seeds and spices measured out along with the ginger.

Place pot back on lower heat and stir in the seeds and cook for a few minutes. Stir in ginger and chilli powder, stirring a minute or two more.

Add this to the prepared feijoas, limes, onion, dates and sultanas. Cook to simmer gently for 5-10 minutes before adding the vinegar, sugar, salt, garlic and lime leaves.

Simmer uncovered for 1.5 to 2 hours over a low to medium heat, stirring regularly.

At the end of cooking time, watch carefully and stir regularly to prevent scorching on the bottom of the pan.

The cooked chutney should have reduced by about half and the surface of a little bit spooned onto a saucer should 'wrinkle' when nudged. (place a small teaspoon on a cold saucer and place back in the fridge for 5 minutes and then test it)

Place the mixture into hot sterilised jars. (I got this recipe from Rowan Bishop in the Herald and adapted it slightly.)

Preserving

Our preservers are always busy with preserving the current fruit being harvested. Many of us will have a pan of jam on the go, while preparing dinner and others get together in groups, like the Jolly Jammers and make hundreds of jars of produce in one sitting. We have about 90 volunteer preservers on our books, who help out, as and when they can. We are focusing this year on teaching the skills of preserving to as many people as possible. We will be doing this via displaying tips and hints on our Facebook page, as well as emailing our volunteer preservers. We will also be holding a number of workshops around Auckland, so if you are keen to learn how to make, jam, jelly, chutney, bottled fruit, dried fruit, cordial, etc. then please contact me to go onto our list. It is far easier to do than you would imagine. Help is required with part processing of fruit too. For example, boiling the guavas and saving the juice for later use to make jelly. Are you keen to join a group of ladies who regularly make preserves? Let me know and you could join an existing group or start a new one.



Community Fruit Harvesting Distribution policy

Our trustees have spent some time clarifying and documenting our distribution policy, to ensure that everyone is clear about how and who we aim to help.

Objective:

To provide fruit and preserves to those in need via Foodbanks, schools, individuals and charities (Refer 3.3 PURPOSE contained in Charitable Trust Deed for Community Fruit Harvesting Charitable Trust)

Policies:

Policy 1:

Priority shall be given to distributing fruit and preserves through established and proven agencies that have the contacts and ability to provide direct benefit to disadvantaged families or individuals. Examples: Foodbanks, Refuges, Refugee Centres, Budgeting Services, Community Health Services, Lower decile schools and kindergartens (not Decile 1 as they get fruit from the government and not before and after school programmes that are run as a business.) Hospice direct (not OP shop), Emergency Housing, Age Concern (Rest homes and aged care facilities are run as businesses and do not fit our criteria) Ronald McDonald House.

Policy 2:

10% of the fruit and preserves can be distributed for charitable purposes at the discretion of the distributor.

Examples: Op Shops, directly to disadvantaged families, Marae, school fairs etc., family use, Community Centres that

support the needy

Policy 3:

Pickers and preservers are to give their fruit and preserves to their coordinator for distribution, or distributed within the policy framework to policy 1 locations with the agreement of the coordinator.

Policy 4:

Priority shall be given to distributing fruit and preserves locally in accordance with sustainable practice and the excess can be given to other areas within policy 1.

Policy 5:

The Trust uses fruit and preserves to raise funds for the continued operation and to raise awareness of Community Fruit Harvesting. For all sales to friends, family and acquaintances or at market stalls, all money to be deposited into Community Fruit Harvesting bank account and reported to pickfruit@xtra.co.nz

Policy 6:

All distribution and sales is to be reported for accountability purposes in the appropriate manner. These must be supplied by volunteer pickers and preservers and area coordinators on at least a monthly basis. Email to the appropriate person all distribution giving specific details as required (amount and type of fruit or preserve: full name of place), Coordinators to include statistics of fruit quantities and sugar given to preservers.

Policy 7:

Monthly statistics of donations and sales will be presented at the Trustees meeting for review.

If you have any queries or suggestions regarding this policy, please feel free to contact us via the email.

New Auckland area coordinators

Welcome to our new area coordinators that joined us this year:
Ilana Greef in Birkenhead area and Pricilla Collins in Greenhithe.

Keep sharing your fruit and using your fruit!

Di Celliers

Founder Community Fruit Harvesting