

# Close to Home<sup>♥</sup>

issue 22 June 2009

2



## Gardening

FEATURING THE WINNERS  
OF OUR ANNUAL GARDEN  
AWARDS CONTEST

5



## Success

WE FEATURE ANOTHER  
WELCOME HOME LOAN  
SUCCESS STORY

8



## Neighbourhoods

GOOD NEIGHBOURS  
HELP BUILD THRIVING  
COMMUNITIES

11



## Nutrition

NUTRITIOUS RECIPE  
FOR THOSE COLD  
WINTER NIGHTS

## Garden Awards



Congratulations to all Housing New Zealand  
Garden Awards 2008 entrants.


The competition wouldn't have been such an exciting event without all the planning and hard work put in by so many. You deserve a huge round of applause and our heartfelt thanks.

The 2008 competition came to a close on 25 March when winners and runners up of the National Finals were announced. Details of the winners and pictures of their gardens are shown on pages 2–3.

Between 1 October 2008 and 30 January 2009, over 2,000 entries were received to the five categories of the competition: general garden, vegetable garden,

small garden, children's garden and community group housing garden.

Entries to the National Finals were judged by a panel chaired by broadcaster and gardening enthusiast Maggie Barry. Other panelists included David Sole, Manager of the Botanic Gardens of Wellington, Housing New Zealand CEO Dr Lesley McTurk and Board member Sandra Lee.

An exhibition showcasing the winners of the local rounds of the competition and the winners and runners up of the National Finals was held at the Treehouse Centre, Wellington Botanic Gardens. It closed on 8 April. 

## Welcome!



### Wow – what impressive gardens!

This has been a very exciting time for me in my new role as editor. I have had the opportunity to enjoy the success of so many keen gardeners as well as work on redesigning your quarterly newsletter. We hope you like it.

The content of your newsletter remains much the same, with each issue featuring stories around a theme, as well as helpful consumer-related information, some great tenant experiences, health and nutrition advice and the ever-popular garden diary.

Feel free to contact us at [closetohome@hnzc.co.nz](mailto:closetohome@hnzc.co.nz) if you have any story ideas you'd like us to feature in future publications.

### Editor

*Close to Home*



PHOTO CREDIT: Wanganui Chronicle



Vegetable Garden winner, 82-year-old Grace Churches.



# The winning gardens

## General Garden



## Small Garden



## Vegetable Garden



**Winner**

Beverley Hamilton, New Plymouth



**Joint winner**

Arthur and Patricia Hughes, Nelson



**Winner**

Grace Churches, Wanganui



**Runner up**

George and Lynette Murphy, Thames



**Joint winner**

Frank Timmo, Otahuhu, Auckland



**Runner up**

Daxiong Lu and Chengru Pang,  
Takapuna, Auckland



**Highly commended**

Stanley Hodge, Papatoetoe, Auckland



**Highly commended**

Dianne Pihama, Linwood



**Highly commended**

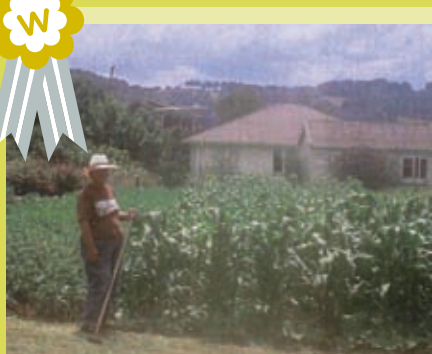
Latai Tolutau and Vavau Otuafi,  
Papakura, Auckland



**Community Group Housing**

**Children's Garden**

**Environmentally Friendly**



**Winner**  
Te Roopu Taurima O Manukau Trust,  
Kaikohe



**Winner**  
Victor Joseph Viki, Kelston, Auckland



**Winner**  
Shaun Salmon, North Canterbury



**Runner up**  
Idea Services, Whangarei



**Runner up**  
Oceana and Kristal-Lea Watt, Huntly



**Runner up**  
Cherri Dougherty-Ward,  
Mt Maunganui, Tauranga

**The judging**

A panel judged entries based on the photographs using a points system, scoring gardens for *effort*, *quality* and *presentation*. The panel were on the lookout for a wide range of indicators including tidiness, variety of plants, use of space, garden layout and general health of plants.

Category winners from the local rounds of the competition were automatically entered for a chance to win at the Garden Awards National Finals.

**National awards presentation**

One hundred and forty gardens from all categories made it to the National Finals. Winners and runners up were presented with Garden Awards certificates and Mitre 10 gift cards by regional managers. Runners up in the Community Group Housing category, Idea Services in Whangarei, were presented their certificate and prize vouchers by the Minister of Housing, Phil Heatley.



IHC resident Eric Strongman gracefully accepts Idea Services' runner up certificate from Housing Minister Phil Heatley.



## Colouring competition winners

Artist Vincent Duncan spent several hours in Housing New Zealand's Wellington office recently, judging the winning entries in our colouring competition.

As a practising artist, Vincent particularly noticed the creativity of many of the entries.

"I love colour," he said. "Look at the energy that comes through and the way people have taken the original drawing and made it their own."

There were more than 650 entries from across New Zealand, from people ranging in age from toddlers to grandparents.

Judging them all was a daunting task, but Vincent found different qualities to admire in the entries from each age group. An entry in the youngest category was one of his favourites.

"There were so many terrific entries, I'm only sorry we couldn't give prizes to all of them," he said.

Vincent has been a full-time artist since 1996 and recently became Elected Artist Member of the New Zealand Academy of Fine Arts. He has a studio



Artist Vincent Duncan judging the winning entries.

at Toi Pōneke Art Gallery in Wellington, and his works can be found in collections throughout the world. To see some of his paintings, visit Vincent's website: [www.vincentduncan.co.nz](http://www.vincentduncan.co.nz).

Winners of the competition each received a \$50 voucher for The Warehouse or New World – congratulations! 🎉

## Winners

### 0–5 years

Pounamu Fernandez, Christchurch  
Susan Hussainy, Hamilton  
Melissa Main, Auckland  
Awatea Oloapu, Lower Hutt  
Skyelah Watt, Napier

### 6–10 years

Violet Jackson, Manukau City  
Xavier Kere-Rako, New Plymouth  
Phoenix McAllister-Mouw, Ashburton  
Ryan McManus, Nelson  
Abigail Watts, Christchurch

### 11–15 years

Rachelle Bree, Auckland  
Sharnay Hemi, Hamilton  
Dani-Kate McManus, Nelson  
Keely McManus, Nelson  
Peter Palmer, Whakatane

### 16+ years

Angelique Aupito, North Shore City  
Donna Bird, North Shore City  
Terrence Butler, Hastings  
Lee-Ann Cappiello, Nelson  
Brent Mihaka, Hastings

## All in the family

A family of talented gardeners from Nelson have proved they also have strong artistic skills by each winning a category prize in our recent colouring competition.

Competition judge Vincent Duncan had no idea that these four entries had come from the same family.

Lee-Ann Cappiello and her children Ryan (10), Keely (11) and Dani-Kate (13) spotted the competition in our December issue, and the children decided to give it a go. While they had never entered a Housing NZ competition before, they are all keen gardeners and were attracted to the competition because it had a garden theme.

The children all sat around the kitchen table for days, working on coming up with original entries. It was only once they had completed their entries that Ms Cappiello also decided to enter.



Ryan, Lee-Ann, Keely and Dani-Kate with their winning entries.  
PHOTO CREDIT: Nelson Mail

Ms Cappiello was delighted with the results and that their hard work was rewarded with "something special". 🎉



AUTHOR  
Tamsin Vuetilovoni

# Welcome Home Loan – a dream come true

Having your own patch of land is one of the perks of owning your own home according to an ex-Housing New Zealand tenant.

Siri and Wasundara came to New Zealand 10 years ago from Sri Lanka. In 2002, they moved into a Housing New Zealand house, and seven years later, they own their own home, thanks to one of our home ownership products.

Siri says he first heard about Welcome Home Loan and the Shared Equity scheme from their tenancy managers, Ben Prasad and Anna Maharaj.

“I then looked at the Shared Equity and Welcome Home Loan websites. We applied for a Shared Equity loan, but Iain (Iain Duncan, product manager) advised us we were more suited to a Welcome Home Loan.”

Iain facilitated their application, and Siri and Wasundara moved into their own home in Glen Eden, Auckland, in November 2008.

“Owning our own home makes us feel settled in New Zealand, where our family now feels part of the community. We all feel more comfortable, not only physically but also emotionally.”

“We want to thank Housing New Zealand for making us feel safe when we were their tenants and for providing us the opportunity to buy our first home in New Zealand,” said Siri. 🏠



## You asked us



**I am a beneficiary, what KiwiSaver home ownership products am I eligible for?**

KiwiSaver has two forms of housing assistance for first home buyers:

- 1. First Home Withdrawal:**  
After 3 years of membership in a KiwiSaver scheme, savers can withdraw their contributions and their employer contributions for a home deposit.
- 2. First Home Deposit Subsidy:**  
After 3 years of paying in to KiwiSaver, savers can access a

grant of \$1,000 up to a maximum of \$5,000, for each year they have contributed. The deposit subsidy is available from 1 July 2010 for people who joined KiwiSaver in July 2007.

To be eligible for the First Home Deposit Subsidy, beneficiaries need to contribute at least 2% of their gross benefit over the 3 year qualifying period. There is no requirement to contribute a minimum amount to be eligible for the First Home Withdrawal.

More information is available at [www.kiwisaver.govt.nz](http://www.kiwisaver.govt.nz)



# Get the home loan you thought you couldn't get.

To borrow up to \$200,000 with no deposit, or up to \$280,000 with little deposit, visit [welcomehomeloan.co.nz](http://welcomehomeloan.co.nz) or call 0508 WELCOME (0508 935 266).



SUPPORTED BY HOUSING NEW ZEALAND CORPORATION New Zealand Government



AUTHOR  
Phill Sherring

## Do you have hazards in your home?

Housing New Zealand, along with the Accident Compensation Corporation (ACC), is encouraging you to make your home safer and hazard free.

That's why in this issue of *Close to Home* we have inserted a spot the difference activity, highlighting some of the many possible hazards that may be lurking in your home.

This is a fun activity for kids! So take the time to sit down with them and compare the differences in the two homes – but no peeking at the answers on the back. There are 20 visible differences for you to find. Then together look around your own home to try and find some of the listed hazards and maybe some additional ones (and make sure you do something to make them safe!).

ACC also has a range of other fun home safety activities for kids on the website [www.homesafety.co.nz](http://www.homesafety.co.nz).

### Home injury facts

**A New Zealander injures themselves in the home every 44 seconds**

**A child dies every two weeks from an injury in the home**

**Slips, trips and falls are the cause of over half of all moderate to serious home injuries**

**40% of New Zealand homes have dangerously hot water**

**If you have three standard alcoholic drinks in six hours, you're 12 times more likely to fall**

**In 2007, 22,000 people injured themselves at home using some kind of tool**

### SAFETY TIPS

Latest statistics from ACC show that the home is the most common place for New Zealanders to be injured. In 2008, ACC estimated that more than 650,000 New Zealanders would sustain a home injury, with 36,000 requiring hospitalisation and a possible 500 cases leading to death.

We all need to take steps to keep ourselves and our families safe. The steps are often very simple but could save lives. Here are ACC's five top tips for helping make your home safe.

#### 1 Use non-slip mats in the shower and bath.

Many people are injured when they slip over in the shower or bath, or on wet floors.

Use a non-slip mat and mop up any water that you see.

#### 2 Make sure your stairs are well lit, and always use the handrail.

Inside, install a light switch at both ends of the stairs. Always keep a hand on the handrail and get one fitted if necessary.

#### 3 Wear non-slip shoes or slippers on wooden floors.

You can easily slip or trip if you're wearing socks on a wooden floor. Non-slip shoes or slippers are much safer.

#### 4 Make sure that you can see sliding glass doors.

The easiest way to see the glass is to put stickers on it.

#### 5 Always play it safe with ladders.

Always keep three points of contact on a ladder at all times and never over-reach sideways.

If you are concerned at all about the safety of your home, please contact your tenancy manager.



## Keeping power costs down

A big power bill is unpleasant at any time of the year, but it can be especially tough in winter.



A hot water cylinder wrap can save you up to \$140 a year on your power bill.

Here are some easy ways to cut down on power, helping you save cash and the environment.

Remember to take a sensible approach to power saving, and don't let yourself get so cold in winter that your health is affected.


### ■ Turn off

- lights if you leave a room for more than one minute
- all appliances at the wall instead of leaving them on standby
- mobile phone chargers when you've finished using them.

Things like lights and appliances left on unnecessarily waste about \$100 of power a year!

- Use energy-saving settings on washing machines, clothes dryers, dishwashers and fridges when available.
- Open curtains in the morning and close them just before dark to keep in the warmth. Use thermal drapes.
- Wash your clothes with cold water and only do a full wash. This could save you more than \$100 a year (based on 20 washes a month).
- Replace the light bulbs you use with the most energy-efficient ones. This can save around \$65 a year.

- **Have a quick shower.** If a family of four reduced their showers by two minutes each a day, they'd save \$84 a year. Where possible, use low-flow shower heads.
- **Dry your washing outside** or set up a covered area outside for clothes drying. Drying clothes inside releases moisture into the air and makes it harder to heat.
- **Look to the stars when buying new appliances.** The more stars an energy rating label has, the less energy it will use.
- **Use thermostats and timers** so your heaters only come on when you need them and turn off when the right temperature is reached.
- **Use a microwave for cooking** as much as possible, because they use less power than conventional ovens.
- **Insulate under floors,** ceilings and around hot water cylinders.

Talk to us. Housing New Zealand can help by replacing washers on leaky hot water taps, turning down the water temperature at the tap if you feel it's too hot or installing a low-flow shower head. Call us anytime on 0800 801 601. 

## Curtain banks

Thanks to the setting up of curtain banks in many areas, curtains are now available to tenants who don't have them and would like to benefit from new thermal-backed ones, which help keep the warmth in.

Curtains of different sizes are available, and there are also many shades and patterns to choose from. If you are unable to hang curtains yourself, you may be able to access help from outside agencies. There is no charge to you for this service, but you will be asked to sign a form accepting responsibility in case of loss or damage.

Contact your local neighbourhood unit for more information on your nearest curtain bank.



Louise Maple (Curtain Bank Coordinator for Energy Options) keeps heat in by closing curtains.



AUTHOR  
Melodie Tautau

# Thanks neighbour

Central Hawke's Bay tenants Graeme and Lorraine are the sort of neighbours that help build thriving communities.


During the eight years they have lived in their Housing New Zealand home, Graeme and Lorraine have kept a friendly eye on their neighbours and are quick to offer them a hand and supply them with vegetables from their abundant garden.

Ten years ago, Graeme suffered a sudden illness and was unable to continue working. Eventually, when he and Lorraine had to move out of their home, they applied for a Housing New Zealand rental home.

The house they moved to had a large lawn and few trees – the grounds looked bare. Graeme had always had an interest in gardening so he and Lorraine worked out a plan to make the best use of their land.

"We planted flowers and shrubs out the front and started a small vege garden in the back yard," recalls Graeme. "Gradually my strength came back, and so each year, the vege garden got bigger."

Graeme and Lorraine never have to buy vegetables. What they cannot eat, store or freeze is given away to eight different families in the neighbourhood. Graeme has also helped several neighbours establish their own vege gardens.

He reckons good neighbourliness and gardening have something in common. "Treat the soil well and it gives you a lot in return," says Graeme. "Treat your neighbours well and there is a good chance they will be a good neighbour to you too." 



Graeme's compost along with a good dollop of horse manure grows a great garden and contributes to a friendly neighbourhood.

ENCOURAGING GOOD  
NEIGHBOUR BEHAVIOUR



The vast majority of Housing New Zealand tenants are good neighbours, but those who aren't can have a huge affect on those who live around them.

Every tenant has the right to enjoy their home and has a responsibility to the community they live in.

Where there are serious problems, we now have a clear policy and ways to help deal with the situation.

The Encouraging Good Neighbour Behaviour policy will help us resolve issues between neighbours before they become out of hand.

In severe on-going cases of anti-social behaviour, or serious one-off instances, we have the ability to terminate tenancies by issuing 90 Day Notices.

In many instances, issuing a 90 Day Notice will be the end of a thorough process. It comes after all other options are exhausted for us to be able protect a tenant's neighbours' right to enjoy peace, comfort and privacy – then we have to act.



AUTHOR  
Joy Shaw

## Building supportive communities

**Napier tenant Michelle is a great believer in Neighbourhood Support groups. She was a member of a group when she lived in a different area. When she shifted to her present address, Michelle was put in contact with the Napier coordinator of Neighbourhood Support, Willie Paul.**

“There was no Neighbourhood Support group in Michelle’s neighbourhood,” recalls Willie. “With her interest and experience, I thought she would be a good leader for a new group.”

Michelle took up the challenge and had a chat with families in the area. Since the group was set up in February, Michelle has noticed a difference. “There is better communication, and people look out for each other,” says Michelle. “If there’s a problem, we make sure something gets done about it. The police are a great help too.”

A Neighbourhood Support group is a good way to meet neighbours, get involved in your community and keep yourself and each other safe. Neighbourhood Support aims to make our homes, streets, neighbourhoods and communities safer and more caring places in which to live.

“It’s not only crime prevention,” says coordinator Willie Paul. “The groups also work in with Civil Defence, the local council and we even share information on keeping our kids safe in cyberspace.”

If you would like to enquire about a Neighbourhood Support group in your area, contact the police and ask for details of your local coordinator. You can also try a Google search on the internet. [➔](#)



Neighbourhood Support Coordinator Willie Paul and Michelle have set up a group that encourages neighbours to talk with each other and help keep the neighbourhood safe.

**“It’s not only crime prevention... the groups also work in with Civil Defence, the local council and we even share information on keeping our kids safe in cyberspace.”**

**Willie Paul** Coordinator

## You found so many words!

We received 145 entries in our recent *Close to Home* Wordfind competition. Great care was taken in checking every entry. Unfortunately, some entries had words duplicated where they should only have been used once. There were also lots of strange words that weren’t in our very large dictionary, and according to the conditions of entry, we couldn’t allow them. We are pleased to announce the following winners.

### 5–9 years

- Corbyn Baker, Christchurch (85)
- Ethan Jessop, Auckland (56)
- Gabrielle Kenworthy, Ruatoria (44)
- Belinda Petherick, Auckland (36)

### 10–14 years

- Olivia Atkinson-Robertson, Lower Hutt (124)
- Tessa Green, Christchurch (86)
- Rebecca Bealin, Dunedin (68)
- Cheyenne Mamanu-Gruppelaar, Dunedin (66)

### 15+ years

- Henri Maes, Lower Hutt (139)
- Melody Freeth, North Auckland (112)
- C Geale, Wellington (111)
- Roger Tozer, New Plymouth (103)

### Your \$50 book tokens are in the mail!

Thanks so much everybody. We had such a positive response from our entrants that we intend to run a similar competition in our September issue.



Joanna Wilkinson carefully checking competition entries.



about

# Type 2 diabetes

Diabetes, particularly Type 2, has now reached epidemic proportions in New Zealand. It affects a large number of our Māori and Pacific Island communities. Type 2 diabetes is caused by having too much glucose (sugar) in your blood.

Glucose comes from the foods you eat such as carbohydrates (starchy foods like taro, potato, bread and rice), sweet foods and drinks. You need to have some glucose in your blood, but it has to be at a healthy level and not too high. Too much sugar in your blood can damage your body over time.

Everyone is at risk of contracting diabetes but people who are overweight – adults and children – are more so. It is extremely important to develop better eating habits and never too late to reap the benefits from regular exercise.

There is no cure for diabetes, but by making good lifestyle choices, you can manage it and lead a full and active life.

## 270,000

New Zealanders have either Type 1 or Type 2 diabetes.

Diabetes New Zealand represents people with diabetes.

Go to the Diabetes New Zealand website [www.diabetes.org.nz](http://www.diabetes.org.nz) for more information or ring 0800 369 636 to join Diabetes New Zealand or your local diabetes society.

### What are the first signs of diabetes?

You may have had diabetes for a while without realising it because not everyone has symptoms. What are the first signs?

- Feeling tired and lacking energy.
- Feeling thirsty.
- Going to the toilet often.
- Getting infections frequently.
- Getting infections that are hard to heal.
- Poor eyesight or blurred vision.
- Often feeling hungry.

If you think any of your family are at risk of getting diabetes, you should visit your doctor or a local healthcare professional, especially if they have any of the symptoms. **It is important they get checked if they are:**

- overweight
- 40 years of age or older (risk increases with age)
- Māori, Pacific Island, Indian or Asian and 30 years of age or older

or if they have ever had:

- diabetes during pregnancy
- high blood pressure and/or raised cholesterol levels
- a heart attack or stroke.

**Healthline is a free 24-hour health advice service – you can call them on 0800 611 116 to talk through any concerns you have and see what options are available in your area.**

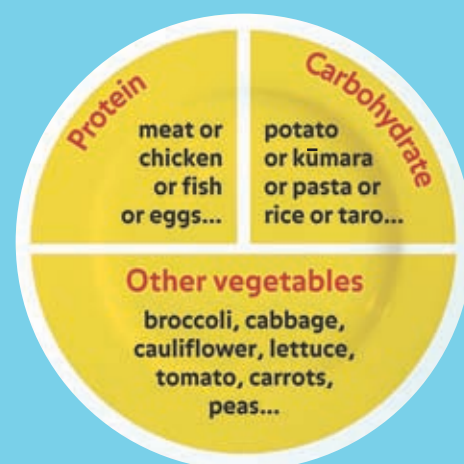
### Healthy food choices

People with diabetes do not need to buy special foods or cook separate meals.

The whole family can eat the same healthy foods:

- Drink plenty of water and stop drinking fruit juice and sugary drinks.
- Eat regular meals – breakfast, lunch and dinner every day.
- Eat some carbohydrate at each meal, but not too much.
- Stop eating foods high in sugar.
- Choose foods low in fat.
- Match the food you eat to your weight, medications, medical conditions and activity.

The Diabetes New Zealand Healthy Plate shows the ideal balance of foods you should have on your dinner plate.





AUTHOR

**Siobhan Miller**

Public Health Nutrition Advisor, Toi Te Ora – Public Health Service

## Lentil soup

### – a bright meal to warm you up!

SERVES 6

This is probably one of the quickest and easiest soups to make. It really warms and fills you up!

**TIME TO MAKE**

15 minutes preparation

45 minutes to cook

**COST**

Approximately \$6



Jack enjoys his hearty lentil soup.

**Ingredients**

1 onion chopped

60ml (two tablespoons) olive oil

2 celery stalks chopped

2 carrots peeled and diced into small pieces

2 cloves garlic chopped

1 can chopped tomatoes

385g dry red lentils

8 cups water

A few leaves of spinach or silverbeet, rinsed and thinly sliced

3–4 basil leaves torn into pieces (optional)

½ teaspoon dried thyme or oregano (optional)

30ml (two tablespoons) vinegar

Salt and black pepper to taste

**Method**

1. In a large soup pot, heat oil over a medium heat. Add onions, carrots and celery.
2. Cook and stir until onion is tender.
3. Stir in garlic and basil, and cook for two minutes.
4. Stir in lentils and add tomatoes and water.
5. Bring to the boil. Reduce the heat to a gentle simmer and simmer for 45 minutes.
6. When ready to serve, stir in the spinach or silver beet leaves and cook until they wilt.
7. Stir in vinegar and season to taste with salt and pepper.

Serve with warm wholemeal bread or rolls.

### INFORMATION

**What are lentils?**

The plant originated in the Near East and has been part of the human diet for more than 10,000 years.

With 26% protein, lentils have the third highest level of protein from any plant-based food, making it an important food, especially for vegetarians.

Lentils range in colour from yellow to red-orange to green, brown and black, red, white and yellow! Lentils are a good source of fibre, calcium, phosphorous, B vitamins and iron. This makes them an important part of a vegetarian diet and useful for preventing iron deficiency. Iron is particularly important for adolescents and pregnant women, who require larger amounts.

Most lentils need to be soaked overnight, but this recipe uses common red lentils, which don't need to be soaked. ⓘ

**TIP****01**

Lentils make a good store cupboard item. They can be added to soups, stews and casseroles. Experiment with different types of lentils.

**TIP****02**

Lentil soup can thicken after cooking. To thin it down, just add a little water until you get your desired consistency.

**TIP****03**

Lentil soup freezes really well. Place cold soup in a plastic container or sealable plastic bag. Remember to label it!

Toi Te Ora  
Public Health Service  
BAY OF PLENTY DISTRICT HEALTH BOARD  
Serving Bay of Plenty and Lakes Districts

# Garden diary

## June

- Raise vegetable beds as the weather cools and the rain arrives, so you can plant a wider variety of veges.
- Plant seedlings of cabbage, cauliflower, broccoli, winter lettuce, spinach and silverbeet.
- Sow seeds of peas, onions and lettuce.
- Start collecting autumn leaves for composting.
- Plant pots with pansies, polyanthus and primulas for winter colour, and bulbs for spring.
- Slow down watering of houseplants and move them away from draughts.



## July

- In warmer areas, sowing of many vege crops can begin in July. If the soil is too heavy and wet, sow in seed trays for planting out later. Keep building up vege beds with compost.
- Plant seedlings of artichoke, cauliflower, lettuce, onions, potatoes, rhubarb, silverbeet and cabbage. To allow earlier plantings to germinate in cooler districts, protect seedlings with an empty 2-litre soft drink bottle with the neck cut off.
- In the flower garden, prune or plant roses, and prune hydrangeas and fuchsias.
- Sow seeds of broccoli, cabbage, broad beans, cauliflower, peas, lettuce, onions, radish, spinach, silverbeet, swede and turnips. In warmer districts, sow carrots, parsnips and beetroot.



## August

- Prepare the garden for spring planting, digging in generous amounts of compost.
- Plant seedlings of cabbage, cauliflower, lettuce, broccoli, silverbeet and spinach. Lay seed potatoes in a tray in a sunny place for 7–10 days until the 'eyes' sprout, then plant.
- Cabbage, celery, spring onion, onions, silverbeet, spinach and lettuce seeds can be sown in trays for transplanting later.
- Divide up the perennial herbs and plant out as the soil warms. Lift and divide clumps of rhubarb.
- Plant new season flowering annuals in containers.



### Contact

Publication enquiries should be made to [closetohome@hnzc.co.nz](mailto:closetohome@hnzc.co.nz).  
[www.hnzc.co.nz](http://www.hnzc.co.nz)

### Printing

This document is printed on Sumo, an environmentally responsible paper manufactured using pulp

harvested from sustainable, well-managed forests and bleached using an Elemental Chlorine-Free process.

### Email option

If you would prefer to receive this publication via email, send your email address to [closetohome@hnzc.co.nz](mailto:closetohome@hnzc.co.nz).

ISSN 1175-8058

[newzealand.govt.nz](http://newzealand.govt.nz)