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Bunnies galore!




We were delighted with the massive response to the colouring competition in our March newsletter. By the time the competition closed at the end of April, we had received 2,070 entries.

Bunnies in every colour arrived, some adorned in the foil wrap from Easter eggs, some covered in glitter – one was even good enough to eat if you happen to like ‘hundreds and thousands’. The different creative approaches made opening the daily mail a real treat.

We invited art curator Jill Trevelyan to judge the Easter colouring competition. Jill was delighted to take on the challenge and was very impressed by the number

of entries received and the quality of work from our youngsters.

She said, “I’d love to give a prize to all of them. They’ve put in such a lot of work, and it’s so hard to choose.”

Entries that caught her attention were those that brought something new, fresh and lively to the challenge of colouring in the bunnies. “There was a lot of personality in all the winning entries,” she said. 

Competition
results on
page 3



Jill with the 2,070 entries, unconcerned by the difficult task ahead of her.

Welcome!



Winter is here – read some of the success stories inside to help take your mind off the chill. We are fortunate to live in a land of opportunity where people can still realise their dreams. The stories on pages four and five are reminders of this. Haven't they done well?

We love receiving and sharing the great stories on events and achievements that come from our communities. If you've got any good stories you'd like to share, please contact us at closetohome@hnzc.co.nz

Winter is a difficult time for asthmatics with colder temperatures and more exposure – particularly for school children – to cold and flu bugs. Dr Emma Dunning gives some useful advice on page 10.

Try out my mother's recipe for chicken broth. I loved coming home to the smell of it cooking and eagerly awaited serving time. My children have grown up with it too – as soon as any of them start sniffing, the big pot comes out and the broth goes on. It's real food for the soul!

Ros . Editor



AUTHOR
Stuart Greenshields

First Merivale Community Festival hits the spot!

Remember the Merivale Idol? Well, we now have Tauranga's Merivale Festival. The first one was held in Yatton Park on Saturday 27 March.

The weather was hot and sunny. Music, dance, side shows, food and Zumba were all part of a fantastic day. There was something for everyone young and old. All of Tauranga were invited to come and enjoy Merivale and see how it has changed.

There were ethnic and other food stalls – giving an opportunity for local groups to raise funds – and carnival rides for children, and music was provided by some local bands. Spot prizes were also a feature.

Local groups also held stalls, among them Ngati Rangī Iwi Health Service, Housing New Zealand, Plunket, Budget

Advice and local education providers like the Bay of Plenty Polytechnic.

Housing New Zealand Tenancy Manager Marie Hawira said, "It was a great day with a fantastic atmosphere, and people were saying that it was good to see Housing New Zealand there."

Graham Cameron, service manager at the Merivale community centre, and his helpers organised what was a very enjoyable day.

Graham said, "It was a chance to show how positive the Merivale community has become, and it was hugely enjoyed by everyone who attended."



Fun for everyone on the witch's hat.

Several hundred people from all over Tauranga attended during the day, and the general opinion was "bring on the next one." I am pleased to say this will be an annual event. 📌

AUTHOR
Chris Rowney

Thousands flood to Creekfest

On Saturday 20 March, more than 30,000 people attended Creekfest 10 – the annual health and cultural festival held at Cannons Creek Park, Porirua.

Stall holders included local health groups, government agencies, sporting bodies, and arts and crafts groups. There was a lot of food, music and dancing.

This year's Creekfest theme 'Are You Ready?' was a response to recent major events all having had a severe impact on our communities; the tsunami in Samoa, earthquake in Haiti, cyclone in Tonga and also the swine flu that affected many of our families. These disasters raised a real awareness of the need for us to be prepared for surviving in an emergency and to think about how we can help others.

Housing New Zealand and ACC shared their tent with Waitangirua Action Group (WAG), Pasefika Pulse Trust and Department of Building and Housing. Karina Ratana, representing WAG, said, "This is very important for WAG. It's the first time we've ever had the opportunity to showcase what we do and how far we've come."

The feedback from the community was excellent, and Karina managed to get some of the residents to sign up to become graffiti guardians (part of the 'adopt a street' programme to control graffiti in Porirua City).

Children visiting the tent had fun with the art activities. The Porirua Youth Advisory Group helped children with making leis from recycled materials (paper flowers, straws and string) and colouring in.

Nearly 300 'Creekfest goers' were pleased to answer the Housing New Zealand survey. It gave people the chance to comment on Housing New Zealand services and the changes in Eastern Porirua. 📌



Karina Ratana working on behalf of the Waitangirua Action Group.



AUTHOR
Ros Fogel



And the winners are...

Selecting nine winners from a total of 2,070 entries was a daunting task, but not one that worried our guest judge Jill Trevelyan.

Jill has worked in the art world all her life and recently won the prestigious Montana Book Award for her biography of New Zealand artist Rita Angus. She works for New Zealand's Ministry of Foreign Affairs and Trade as the Works of Art Advisor giving her the opportunity to see a wide range of work from young artists all around the country. She buys works, which are then sent overseas for display in New Zealand's embassies and high commissions.

We were so thrilled with the enthusiasm shown for our Easter-themed competition that we've decided to award some highly commended prizes.

We had 288 entries in the under 5 age group, 1287 in the 6–10 age group, and 495 in the 11–16 age group. Congratulations to all our winners! 🎉

Above: Competition judge Jill Trevelyan was impressed by the amount of hard work put into all of the entries.



Winners Under 5-year olds:

Hamish Andrew Moncur, Thames
Chartreuse Tiitii, Lower Hutt
Dinera Wihongi, Whangarei

Highly commended

Zena Gebreisadik, Dunedin
Marlene Eva-Rose Inamata, Auckland
Thomas Mathew, Wellington
Montana Morunga, Auckland
Daytn Paulo, Auckland
Samantha Robb, Timaru
Maya Waters, Dunedin

Winners 6–10 year olds:

Tekawana Lioha-Lutau, Porirua
Samuel Mathew, Wellington
Ezra Angel Tautari, Levin

Highly commended

Kristen Butler, Wellington
Holly Gibson, Christchurch
Chloe Inkson, Rangiora
Lilieta Lute Taula, Auckland
Courtney Page, Lower Hutt
Boydie Raerina, Otorohanga
Aaria Rolleston, Christchurch

Winners 11–16 year olds:

Sefo Kapeteni, Auckland
Samantha Kirkpatrick, Napier
Prabhjeet Manak, Lower Hutt

Highly commended

Amy Jade Carline, Hamilton
Falaviena Faiva, Tauranga
Dillon Heisifa, Auckland
Caprice Kawiti, Auckland
Shakayla Lemalama, Auckland
Gerry Murphy, Auckland
Mele Silika Tongia, Auckland



AUTHOR
Tamsin Vuetilovoni

Let the sun shine



Southern Tonar development – ready to harness the warmth of the sun.

Northcote's community renewal project is getting hotter with a trial on hot water heating systems underway.

The hot water heating trial in the Southern Tonar development in Northcote, Auckland will benefit our tenants.

Solar hot water systems will be compared with hot water heat pumps and standard electric hot water heaters in 44 units.


The trial led by Charles MacCulloch, Northcote Community Renewal Project Manager, says using the sun's energy to generate hot water is a huge benefit for the community and the environment.

"It means tenants are able to afford hot water because less electricity is required and fewer greenhouse gases are released."

Greenhouse gases, like carbon dioxide and methane contribute to climate change. We need to reduce greenhouse gases to protect our environment.

Charles notes that the involvement of Frank Rawiri, Chair of Northcote Central Development Trust (the Trust), has been instrumental in the project's success.

"Frank and the Trust have been with us on this journey of community renewal in Northcote. The Trust and community have been fully involved in this project, we agreed early on that good design and sustainability were high on the agenda."

"One of the outcomes that everyone agreed on was to incorporate energy efficiency where practicable." 

AUTHOR
Stuart Greenshields

Age no barrier to education


Finishing a certificate in social services in 2009 has inspired Gloria, a Housing New Zealand tenant, to pursue further qualifications in mental health.

"I wanted to get back into mental health as I did this type of work while in Australia."

Gloria wanted to go into Nursing but age was the barrier, Gloria is 58 years young. So having been a caregiver both here and Australia she thought that she might do the next best thing.

Gloria's first step was as a volunteer for St Johns, at Tauranga Hospital, with the FEDs (Friends of the Emergency Dept). Here she worked with families helping them by offering advice and comfort. This then led to the polytech course in social services but this was not enough for Gloria. This year she will be aiming towards gaining a certificate in mental health studies. Who knows where this will lead?

"I eventually want to become more independent not just sit around on my bum," says Gloria.

Gloria is passionate about following her dream of working in the health sector. 



Gloria pondering her bright future in the health sector.

STORY AND PHOTOGRAPH REPRODUCED COURTESY OF
The Dominion Post



Porirua is their paradise

A Burmese refugee couple in Porirua East have turned their garden into a vegetable and herb oasis producing enough to feed friends and neighbours and all in only a few months.

The desire to provide for others is ever more poignant when you learn just what the couple has suffered and sacrificed to have a chance to live in a peaceful and safe environment.

Niang Ha Aung and Khaw Lam Maung escaped the military regime of Burma (now called Myanmar) in 2005, leaving behind their parents and siblings.

They spent three years in Malaysia waiting while the UN refugee assessment procedure went through its slow process. They shared a two-bedroom flat with 35 others with the women sleeping in the two bedrooms and the men sharing the living room floor.

Their only wish for their new home was for a peaceful existence. The UN offered choices like Finland, Sweden, Denmark, the United States, Australia and New Zealand.

“We said every country OK but we like peaceful country. The UN pick New Zealand and then New Zealand Immigration come and interview us and then after two months we have blood tests and then after three months they say OK and prepare to go to New Zealand.”

They are positive and happy and extraordinarily grateful to be here in their own home with a garden, a job and an income. For this couple, life is about opportunity and looking forward, not dwelling on the past of sadness.



Niang Ha Aung and his son Peter in their Porirua East garden.

When they moved to their Housing New Zealand home after three months in the Mangere refugee camp, they were delighted to find an area around their house that they could turn into a garden. Niang Ha had trained as a horticulturist in Burma and worked his family farm cultivating fruit trees, paddy fields, vegetables and herbs.

He now works full-time in the plant nursery at the Porirua City Council and spends his leisure time at home developing a vegetable patch. He has built eight tiers of garden to maximise use of the clay slope using timber that was other people's scrap. He collects seeds from his plants to grow the next season – he has had great success with cabbages, lettuce, bok choy, onions, garlic, leeks, coriander, broccoli, parsley, mint, pumpkin, tomatoes and sweet corn.

“We eat a lot of chilli. We plant, but no good, too cold,” said Khaw Lam.

Recently, a Wellington woman who had read an article about this couple in *The Dominion Post* late last year made their dream of owning a greenhouse come true. She was so moved by the couple's struggle and determination to make the most of life in New Zealand, the woman contacted the paper offering to donate a greenhouse, the one thing Niang Ha Aung eventually hoped to afford to make life in New Zealand easier.

“It was coming to Christmas, and I thought how nice it would be to make their Christmas time special,” the woman said. “We have more than we will ever need, and when I read about what his family had been through, I just wanted to help.”

In his typical self-help style, Niang Ha set about preparing his backyard for the greenhouse. Despite his limited English, he made it very clear how overwhelming it was to have the support of people in New Zealand. 🏠



There's no going back

Every two weeks a child in New Zealand is hospitalised with serious injuries received from a vehicle driving on a private driveway. On average, a further four children are killed every year in the same way.

THE COLD HARD FACTS

- 1** Most children are injured on their own home driveway.
- 2** In many cases, the driver reported seeing the child in a safe place before the accident.
- 3** Injury tends to be severe, typically involving significant trauma to the head, chest and lower limbs.
- 4** In a study carried out in 2002 by Auckland's Starship Hospital, of the 75 children who died, four suffered massive skull fractures, with only one child surviving longer than 24 hours.
- 5** According to the *New Zealand Medical Journal*, New Zealand has the highest reported rate of driveway accidents in the world.

Most children injured in driveway incidents are toddlers, aged about two years old and when death does not occur, the injuries they receive are often severe. The driver is usually a close family member. The devastating impact of these events on families cannot be overstated.

The number of these tragic accidents has not changed significantly over the past 15 years but the good news is that these deaths and injuries are preventable.

What you can do to prevent this happening to someone you love:

- Know where the kids are before getting in the car
- Check for children before driving off
- Supervise children around vehicles – always
- Separate play areas from driveways.

THERE'S NO GOING BACK

A parent's story...

"Reuben was 15 months old when it happened, the youngest of our children and the only boy. Everyone called him 'my little shadow' but I never thought he'd follow me out to the car that day.

I saw him inside just before I got into the car. When I felt that bump as I backed the car out I knew I'd hit something. Then I heard my wife screaming. I'll never forget the sound of her screaming as she ran behind the car where Reuben lay. He died in our arms before the ambulance got there.

That was five years ago and if I could take that day back and make it different, I would - but I can't. No matter how much we love him and miss him, we can't bring him back."

✓ **CHECK**

✓ **SUPERVISE**

✓ **SEPARATE**

KNOW WHERE THE KIDS ARE

THERE'S NO GOING BACK

Safe Kids
NEW ZEALAND

www.safekids.org.nz

BE WAI-WISE



EVEN THOUGH WE'RE HEADING INTO THE WETTER WINTER MONTHS, WE STILL NEED TO BE MINDFUL OF WATER CONSERVATION. HERE ARE A FEW IDEAS TO CONSERVE THIS PRECIOUS RESOURCE AROUND YOUR HOME.

IN THE BATHROOM

- 💧 Turn off the tap while brushing your teeth or shaving.
- 💧 Use less water in the bath and take shorter showers. Allow one 4 minute shower per person per day. A bath can use up to 80 litres of water, while a shower uses less than half of that.
- 💧 Flush the toilet less often.

IN THE LAUNDRY

- 💧 Wait until you have a full load or make sure you set the machine for smaller loads. A full washing machine uses about 150 litres of water for one cycle.

IN THE KITCHEN

- 💧 Store a bottle of drinking water in the fridge to help avoid running more water than you need for a glass of water.
- 💧 Put the plug in the sink when washing vegetables and avoid running the tap.
- 💧 Look for the AAA water conservation rating when purchasing new appliances.

STOP THOSE LEAKS

- 💧 Check taps and pipes for leaks. Leaks waste water 24 hours a day, seven days a week. A dripping tap can waste up to 3,600 litres a year – that's more than one full bath a week.

IN THE GARDEN

- 💧 If you really have to water your garden, only water once every few days in the evenings, and water the soil, not the leaves.
- 💧 Provide mulch and shade where practical.

OTHER TIPS

- 💧 Leave the car dusty.
- 💧 Sweep the path rather than hosing it.
- 💧 Delay house washing.

IF YOU HAVE ANY LEAKS OR DRIPPING TAPS, THEN CALL US ON 0800 801 601 SO WE CAN FIX THEM.

New library for Aranui

Excitement is mounting in Aranui as locals say what they'd like to see in the new library to be built in their neighbourhood.

Building starts later this year, and the Christchurch City Council looks forward to opening the doors from the middle of next year.

The library will be built in Aldershot Street, bordering on Wainoni Park. On the other side of Wainoni Park are the Council's Wainoni Aranui Family Centre, a kindergarten, Salvation Army facility, Aranui Heartlands and the offices of the Aranui Community Trust.

"This is a fantastic site and means that the library will be really well connected to the local community," says Carolyn Robertson, the Council's Libraries and Information Manager.

"Libraries can do a lot to help strengthen communities – as well as all the other things they do," says Carolyn "so this new facility will be a place to meet friends, get books and other resources, use the internet, learn and relax. Many locals are stepping up to say what they want to see in the library and how they want to be involved in its development."



The collaborative art work that has been gifted to the new Aranui library.

The new library has already received a significant koha in the form of a collaborative work by six Maori artists. The kaupapa of the collaborative work is Matariki. Each artist explored this theme in their medium and produced a panel that reflected their Matariki theme. The work is in several forms including photography, weaving, carving and painting. 🇳🇿



4
KIDS

TREEHOUSE IS THE
'KIDS ONLY' ZONE FOR
CLOSE TO HOME.

TREEHOUSE!



Following instructions! When we asked colouring competition winner four-year-old Chartreuse Tiitii to look into the camera, she did!

Thanks!
Chartreuse



Brothers in arms! Thomas (left) and Samuel Mathew were both winners in the competition – Samuel traced his entry so his younger brother could enter.

Looking for something to do on those awful winter days when you just have to stay inside?

Check out: <http://kids.nationalgeographic.com>

for activities, games, videos and word searches. There are really cool ways you can test your knowledge of all things geographic and even a blog if you'd like to have your say.

JUST JOKES!



What did the traffic light say to the car?
Don't look. I'm changing!

Why is it windy at sporting events?
Because of all the fans!

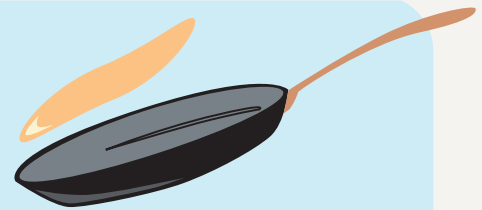
What time was it when the elephant sat on the clock?
Time to get a new clock!

How does a penguin make pancakes?
With its flippers!

What do you think this friendly creature is?
Join the dots to find out.



KIDS IN THE KITCHEN!



Whip up some baking for your friends or family.

Pikelets

- 1 egg
- ¼ cup sugar
- ¾ cup milk (about)
- 1 cup flour
- 1 tsp baking powder
- ¼ tsp salt
- 25g (1oz) butter (optional)

Beat the egg and sugar until thick and add with the milk to the sifted flour, salt and baking powder. Add melted butter. Mix until smooth and drop spoonfuls into a hot greased pan to cook.



REMEMBER! Safety First

WORDSEARCH

F A R M E R S O L D I E R
 I F C T D A T E A C H E R
 R B A K E R S T A I L O R
 E U R L N C C A D D H P B
 F T P A T H I S R O T L U
 I C E W I I E T I C A U I
 G H N Y S T N R V T U M L
 H E T E T E T O E O T B D
 T R E R Y C I N R R H E E
 E B R T T T S A I L O R R
 R A R T I S T U R O R J V
 K B P I L O T T N U R S E
 P H O T O G R A P H E R J

WORDSEARCH TOPIC:

Occupations

Can you find the hidden words?
They may be horizontal or vertical.

- | | | |
|-----------|--------------|-----------|
| ARCHITECT | DENTIST | PILOT |
| ARTIST | DOCTOR | PLUMBER |
| ASTRONAUT | DRIVER | SAILOR |
| AUTHOR | FARMER | SCIENTIST |
| BAKER | FIREFIGHTER | SOLDIER |
| BUILDER | LAWYER | TAILOR |
| BUTCHER | NURSE | TEACHER |
| CARPENTER | PHOTOGRAPHER | |



Living with Asthma

In New Zealand, over 800,000 people have a respiratory illness. One in four Kiwi kids is estimated to have asthma, and it's the most common cause of hospital admission among New Zealand children.

What is asthma?

People with asthma have sensitive airways (breathing tubes). When they get asthma, their airways swell and the muscles around them get tight. This makes their airways narrower with less space for air to get through. They also make more mucus, which can block the airways. It is hard to breathe in and even harder to breathe out. They get a tight chest, cough and their breathing gets noisy, which is called wheeze.

What triggers asthma?

Different people have different things that bring on their asthma. Some common ones are:

- cigarette smoke – their own or someone else's
- house dust mites – tiny insects that live off dead human skin
- pollen
- mould
- pets
- colds and flu
- exercise
- cold weather.

What can I do to keep my home healthy if someone in my family has asthma?

The most important thing is not to smoke if you have asthma and not to smoke around a person who has asthma. It's brilliant if you can give up.

If you're not ready to give up, there are things you can do to keep your family healthy. Cigarette smoke hangs around in your curtains, your sofa, your clothes and the seats in your car. It's best to


smoke outside. Put on a jacket when you go out for a smoke and leave it hanging outside. Keep your car smoke-free.

If your asthma is triggered by house dust mites, try:

- using a special mattress cover available from your local asthma society.
- asking someone who doesn't have asthma to do the vacuuming every day or as often as they can.
- keeping out of the house while the carpet is being vacuumed and for half an hour afterwards.
- line drying your clothes and bedding. UV light kills house dust mites.
- putting kids' soft toys in a plastic bag in the freezer for 2 days every 3 weeks. Cold kills dust mites.
- wiping off mould wherever you see it. House dust mites and mould love damp houses.

Pet hair, especially cat hair, brings on asthma for many people. Be aware of this when visiting homes that have pets.

Sometimes you'll notice easily what triggers your asthma. If it's hard to work out, you can get a skin prick test through your doctor.

Your doctor and nurse have heaps of information about asthma that they can give you. The Asthma Foundation website at www.asthmafoundation.org.nz is a great place to look too. 

Inhalers

Reliever inhalers: The blue inhaler acts to relax the muscle around your airways. This is the one to use if you are feeling wheezy or tight in the chest. It should make you feel better within a minute or two.



Preventer inhalers: If you are wheezy or coughing most days or needing to use your blue inhaler more than twice a week, your doctor will talk with you about using a preventer inhaler every day to take down the swelling in your airways. This is a brown or orange inhaler. You won't notice a difference straight away when you take it, but if you keep using it every day, you will notice your asthma getting better and you will need your blue inhaler less often.



Spacers: If you put your inhaler straight in your mouth, a lot of the small particles of medicine land on your tongue and throat. Using a spacer means the particles float in the air inside the spacer and then get breathed all the way down into your lungs. Your inhalers will work better if you use a spacer.





AUTHOR
Ros Fogel

Chicken broth: two delicious meals in one!

SERVES 6

Winter has arrived. One of the best things about winter is the promise of a hearty soup when you've just come in from the cold.

Preparation time: 15 mins
Cooking time: 60 mins



My mother used to make this with old chooks. You can use fresh, frozen or even chicken carcasses, and if you want a meatier broth, you can add a couple of pieces of cross-cut blade steak.

Ingredients

1 size-14 chicken, fresh or frozen, or approximately 6 carcasses

3 medium-sized onions, peeled

3 carrots, peeled and chopped

2 parsnips, peeled and chopped

3 sticks of celery, chopped into 5 cm lengths

2 leeks, cut into 5 cm lengths

2 tbsp chicken stock

1 medium-sized potato, peeled

2 tsp salt (to taste)

Salt and pepper to taste

Finely chopped parsley for serving (optional)

Method

1. Wash and dry the chicken and put in the bottom of a large pot.
2. Put the peeled onions in a bowl, cover with plastic wrap and cook in the microwave on high for 3 minutes. Put them and their juices into the pot with the chicken.
3. Add in all the other vegetables, stock and salt and cover with water. Bring to the boil, then reduce to simmer for about an hour.
4. Season well with salt and pepper. It's ready to enjoy now, but you may want to remove the fat from the top before serving. (Skim it off carefully with a large spoon.) Serve with a sprinkling of chopped parsley.

The next day...

The boiled chicken is great heated up under the grill and served with creamy mashed potato and vegetables! It also makes a delicious sandwich filling.



Be in to WIN!



Send us your favourite cheap and cheerful recipe – it must cost under \$10 to make – and we'll enter you in the draw to win some fantastic prizes.

Post or email your entries (to reach us by 30 July 2010) to:

Close to Home Cooking Competition
Freepost 143385,
Housing New Zealand
PO Box 2628, Wellington 6140
or closetohome@hnzc.co.nz

Don't forget to include your name, address, daytime phone numbers, and an explanation of what makes your recipe a winner.

The top three recipes judged best overall will win a Russell Hobbs slow cooker and cookbook valued at \$100.

Ten other readers will win Warehouse vouchers to the value of \$50.

We'll share the winning recipes with readers in upcoming issues of *Close to Home*.

TIP

01

Delicious with fine-cut egg noodles, boiled according to instructions on the packet, then drained and added to your bowl before serving.

TIP

02

If you like a heartier texture, try adding 1–2 cups of barley as you start your soup. You won't need noodles for serving.

TIP

03

Chunks of the boiled chicken and vegetables from the pot can be added to the soup before serving.

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 pea, onion 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 house plants 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, onion, potato, 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 bean, cauliflower, pea, lettuce, onion, radish, spinach, silverbeet, swede and turnip. 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, onion, 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 www.hnzc.co.nz

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