

# Close to Home<sup>🏠</sup>

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## Art with heart



Armed with paint, fabric and a whole lot of creative energy, youngsters from Rata Vine went to work recently.

Illustrating who they are and their feelings towards Rata Vine, a close-knit neighbourhood in Manukau City, was the focus of a large colourful artwork created by the group of young people as part of Youth Week.

"It was the first event to kick off Youth Week this year in Manurewa," says Liz Kiriona from the RaWiri Residents Association.

"We've learned about art and about helping our community and making it a better place to live," says Teteva, aged 10. The sewn together artwork was

presented and gifted to Manukau City Mayor Len Brown at a function in late July. The artwork will go on display in the council chambers in the near future.

The project was initiated by the residents association and was supported by Housing New Zealand, the Wiri Licensing Trust and the Clendon Leisure Centre. Community Development Coordinator Bronwen Gray says that it's great to see the community getting involved in these types of events. "It's also a great illustration of how Housing New Zealand helps to achieve its mission of contributing to community life." 🗣️



Young artists pose with community supporters.

## Welcome!



The first glint of spring has lightened our spirits after what seems to have been a long winter. With the warmer weather comes thoughts of how best we can save our money to make sure we have enough for the holiday season.

So with this in mind, we've explored a few ways to help your dollar go further, from saving money on fuel, to using common household products in more ways than intended.

Just like the youth from Rata Vine, many of our tenants are involved in all sorts of exciting community activities. Recent visitors to Pataka Museum in Porirua were delighted to see some of our migrant tenants cooking up a storm. You can read about the Afghan experience here.

On a more serious note, we're giving support to the Cancer Society of New Zealand's Quit Smoking campaign – critical for your health and yet another way to save money!

### Editor

Close to Home




# Stretching your fuel dollar

Fuel prices have shot up this year, so it makes sense to think hard about fuel usage.

Nowadays, putting \$20 or \$30 worth of fuel in your tank doesn't go far. The rising cost of fuel means we're all faced with the challenge of making it 'stretch' a bit further.

Lots of things can affect how much fuel your vehicle uses, such as the way you drive, the type of vehicle you use and driving conditions. Here are some tips to help you save money at the pump and be kinder to our environment.

- Think before you drive. If it's practical, could you walk, bike or take public transport instead? If it's safe, could you walk to your local shops or dairy?
  - Plan your travel. About a third of New Zealand car trips are under 2km long. Short trips use 20 percent more fuel driving when your engine is cold. Combine multiple trips into one or two a week if you can.
  - Drive smoothly. Accelerate steadily and smoothly. In a manual car, change through all the gears. If you drive an automatic, choose 'economy' or 'overdrive' to keep the engine speed down.
  - Don't speed. By travelling at 100km/h instead of 110km/h, you can cut about 13 percent off your fuel bill.
  - Look ahead a few cars. Check what's happening up ahead – maintain a safe following distance, and you'll maintain a regular speed. This uses less fuel than accelerating and braking all the time.
- 
- Reduce idling time. If you're going to be stopped for more than 30 seconds, switch the engine off – as long as it's safe to do so. When you start from cold, move off steadily to give the engine time to warm up.
  - Check your tyre pressure. Keeping tyres pumped to the maker's recommended pressure gives you significant fuel savings. Check the tyre pressure at least once a month.
  - Look after your vehicle. Have the wheel alignment and engine tuning (including air filter and spark plugs) checked regularly. A well maintained car can use 10–20 percent less fuel.
  - Watch that air-conditioning. Only use it if you need to, as it can eat up to 10 percent more fuel. Same with the rear window demister – turn it off when it's done its job. Roof racks or driving with the window open can increase air resistance and fuel consumption by 20 percent.
  - Keep your load down. The more weight your vehicle carries, the more fuel it uses. An extra 50kg can increase your fuel bill by 2 percent.
  - Take advantage of discounts. Most supermarkets are using fuel discounts to encourage shoppers. They'll often increase their fuel discounts on long weekends, so time your shopping to make the most of these if possible. 📌

## Top pre-Christmas budgeting tips

**“The Christmas season is a great time for families to get together, but financial stresses can take the shine off,” says Shirley Woodrow, Director of the Dunedin Budget Advice Service.**

Shirley has been working with Dunedin families for 24 years and offers the following tips to help make Christmas a happy family occasion. She says that one of the best things you can do is to plan and prepare in advance.



Shirley Woodrow, Director,  
Dunedin Budget Advice Service.

- 1. Steer clear of hamper companies.** A much better option is to buy supermarket Christmas Club vouchers, which work out to be around 25 percent cheaper. If you have already signed up for a hamper scheme, you should be able to cancel at any time and either get your money back – you may lose 10 percent of what you’ve paid – or if you decide to keep your money in the scheme, you can still use it to buy some goods at Christmas time.
- 2. Plan ahead for Christmas.** What sort of meal do you want? A traditional Christmas dinner or a BBQ? If you are hosting the dinner for extended family, how about making it pot luck?
- 3. Make a list** of presents or food to buy and the jobs that need doing.
- 4. Start buying** some things now (little gifts and food that will keep) and put them aside.
- 5. Be creative.** Can you make gifts? Encourage the children to make presents and cards.
- 6. Make it fun** for the children and then it will be easier on the parents.
- 7. Talk to your family.** Decide on a limit for how much you should spend on each present. Talk to your extended family about not buying for everyone – introduce the “Secret Santa” idea where a ballot is drawn and each person buys for only one other person.
- 8. Don’t borrow** for Christmas, and make sure you still pay your regular bills like rent and electricity.
- 9. Create your own traditions.** You don’t have to do what everybody else does.
- 10. Give the gift of time.** How about making a voucher that promises you will mow the lawns, babysit or bake a cake? 🍪

## What’s your best family tradition?

**The ones that cost nothing and make our spines tingle. Tell us in less than 20 words and go into the draw for a \$50 Warehouse voucher.**

Write your entry on a separate sheet, and cut out, complete and attach the form at the bottom of this page. Address your entry to:

**Close to Home  
Family Tradition Competition**  
Freepost 143385  
Housing New Zealand Corporation  
PO Box 2628, Wellington 6140

Entries must be received no later than Friday 30 October 2009.

### Close to Home Family Tradition Competition

Name: \_\_\_\_\_

Contact address: \_\_\_\_\_

Contact phone: \_\_\_\_\_ Email (optional): \_\_\_\_\_

Age group (tick one)  5–9 years  10–14 years  15 years and over



## Vinegar – the wonder cleaner...

How much do you spend on cleaning products each month? It's time to stop using all those chemicals to clean your home. Vinegar cleaning is much cheaper and it's better for the environment.



White vinegar is a cheap and effective alternative as a household cleaner.

White distilled vinegar is the best type of vinegar to use for cleaning because it has the most acid content. You'll quickly find that you can clean just about everything with white vinegar. It's a really simple way to make your home chemical-free.

Cleaning with vinegar dates back thousands of years. It's easy to buy white vinegar for cleaning, it's a lot less expensive than buying commercial cleaning products and it's still the best for cleaning and your health.

Here are a few ways to use vinegar as a cleaning product.

### Vinegar window cleaner

Mix one tablespoon of white vinegar to one litre of water. White vinegar cleaning for any kind of glass or windows will stop all those awful streaks from grease build-up. It's also great for cleaning your eye glasses!

### Remove lime residue

Tea kettles and irons build up lime deposits over time. When they get really bad, fill them with white vinegar

and turn them on. Turn off before rinsing. Rinse them out, fill with fresh water and run them again.

### Drain cleaner

Boil two cups of vinegar and pour it down the drain a small amount at a time. Allow the vinegar to remain in the drain for about 5–10 minutes before pouring a pot of very hot water down the drain. The alternative is to use ½ cup of baking soda poured into the drain followed by ½ cup of warm vinegar. Cover the drain and allow to stand for 5–10 minutes before running cold water down the drain.

### Ant remover

If you are having a problem with ants, just wipe your benches with a solution prepared from equal parts of vinegar and water. Crawling insects hate vinegar. It works well on your floors too. If you find where the ants or insects are coming into your home, spray the area with white distilled vinegar.

If you would like to find out more, try a Google search on the internet. [➔](#)

## What is green cleaning?

The main goal of green cleaning is to use cleaning solutions and methods that keep our environments healthy and safe. As well as specially designed green cleaning products, you can also use substances like baking soda, vinegar, salt and lemons as cleaning agents around the home.

Many cleaners are now marketed as being biodegradable. This means that they are able to decay within the environment.

Other cleaning products may use recycled packaging or their producers donate a portion of profits to environmental causes. Whatever choices you make about your cleaning supplies, there is a huge variety of environmentally friendly choices for those interested in green cleaning. Read the packaging first.

You can make your own green cleaning kit using the four common household ingredients listed above.

### Try using:

- an open box of baking soda in your fridge to help get rid of nasty odours
- baking soda rubbed directly onto clothing to remove the smell of vomit or baby spills and stains
- lemon juice and salt mixed to a paste and dabbed onto clothing to remove rust stains
- lemon juice mixed with vinegar and/or baking powder as a cleaning paste on dishes, surfaces and stains
- salt poured directly onto carpet to soak up red wine spills.

More information on removal of household stains can be found on the Consumer website, [www.consumer.org.nz](http://www.consumer.org.nz)



AUTHOR  
Wendy Murphy

## Fulfilment of a dream – home ownership

**Gisborne tenants Lawrence and Annette recently made the long-awaited step into home ownership.**

The couple had rented their modified home in Kaiti, a suburb in Gisborne, for the last nine years. A ramp and other modifications made life a little easier for wheelchair-bound Annette.

In 1985, when they first applied for housing assistance, they were staying in a caravan at Lawrence’s mother’s home. Their three children slept in the house. The family moved to Auckland soon after Annette had a serious accident at work and needed special medical treatment. Nine years ago, with all the children having left home, they returned to Gisborne, following the offer of a newly built wheelchair-accessible modified house.


“We have wanted to own our own home for a long time,” says Annette. “We planned and worked towards that dream.”

They took their time searching for a home to buy. “We love the area where we live,” says Lawrence. “We were lucky enough to find just the right home not far from the one we rented.”

Lawrence and Annette were sorry to leave their neighbours in the small four-home complex, who had always been so friendly and helpful.



Home ownership is not only a dream come true for Lawrence and Annette, it is also a dream come true for the waitlisted tenant who moved into their vacant rental home.

They are grateful for the hand-up that Housing New Zealand gave them when they most needed it. “It was time for us to move on and make way for someone else who needs a modified home. 



## THOUGHT ABOUT OWNING A HOME?

  
**Welcome Home**  
**First Steps**

Our FREE course will help with all the things you need to know before making the big move.

Freephone 0508 935 266  
Visit [www.welcomehomefirststeps.co.nz](http://www.welcomehomefirststeps.co.nz)

Supported by  
  
**Housing New Zealand**  
Housing New Zealand Corporation



AUTHOR

**Fiona Maddison**

Promotions Officer, Canterbury SPCA

# Being a responsible cat owner

Kitten season will soon be underway, but sadly, many of these kittens will be unwanted. Fiona Maddison from Canterbury SPCA has some good information and advice on ways to avoid this seasonal problem.

Late spring to mid-autumn is generally the kitten birthing season, and each year, towns and cities are populated with hundreds of unwanted kittens. These cute little furry bundles soon grow into adult cats, and the breeding cycle starts all over again.

Did you know that a female cat can conceive as young as four months of age? A pregnancy normally lasts from 64 to 69 days, and a female can come into heat two to five times a year. With up to five kittens in a litter, one female cat could produce up to 25 kittens in one season.

Male cats reach puberty around six to eight months of age, and if left unneutered, they can father a great number of unwanted kittens for up to 14 years or more. Unneutered males are also very territorial. They get into fights regularly, and any injuries may result in costly vet bills.

The welfare of animals is vitally important to the SPCA. Every year, our animal centres are put under immense pressure to take in unwanted, stray and lost cats and kittens. We don't like seeing and hearing about starving or dying animals.

So what can you do to help? If you own a cat or kitten, please take responsibility to get it desexed – this will result in fewer unwanted kittens in the future. Early spaying and neutering of young cats is encouraged by the SPCA and will have no ill-effects on their health or well-being.

Ring around your local veterinary clinics and compare prices to have your pet desexed. Make sure you are comparing prices for exactly the same service and treatments. 📞

## How can you help?

Become a responsible cat owner and help reduce the population of unwanted cats in your neighbourhood:

- Have your male or female cat desexed at your local veterinary clinic as early as possible.
- Have kittens desexed before they go to new homes.
- If you are moving home, don't leave your cats or kittens behind – please either take them with you or give them to people who will look after them.

## You asked us

### Q. Can I have a pet in my home?

**A.** We recognise that having pets is part of normal family life, and we allow tenants to have pets in some situations, but you have to arrange this with us first. Some properties are more suited to pets than others, and decisions about whether pets are permitted in them, and in what number, are made on a case-by-case basis.

### Q. Are dogs allowed?

**A.** Generally, we don't allow dogs in your home. If you do want to keep a dog, you must ask us to make an exception. We consider all requests for dogs on a case-by-case basis, taking into account the breed and the type of home you're living in. If we allow you to keep a dog, you need to sign an agreement that the animal is registered and kept under control on the property. If the dog becomes a persistent nuisance or a hazard, you may have to remove it from the property.



Early desexing of cats and kittens is good for your neighbourhood and the health of your pet.



## Tenants get six-month prison term



Two tenants have been given prison sentences for defrauding Housing New Zealand.

This is the first time tenants have been sentenced to a prison term for fraud and is part of an effort to reduce abuse of state housing. Over 60 more cases of fraud by Housing New Zealand tenants are currently before the courts.

“We will not tolerate tenant fraud, and for those abusing the system, there will be consequences,” says Lisa Tipping, General Manager Advisory and Assurance.


The first tenant jailed was South Auckland man Sean Sullivan, a former professional boxer. He pleaded guilty to subletting his tenancy, not declaring that he part-owned other properties and that he was living with a partner. His fraud over a period of five years totalled in excess of \$30,000.

The second was a Bay of Plenty tenant who failed to declare she was living with a partner. Her fraud totalled over \$48,000.

“The vast majority of our tenants do the right thing, but Housing New Zealand will vigorously pursue those who are abusing the benefits provided by state housing and depriving families in genuine need of support,” says Ms Tipping.

Since June 2008, 42 tenancies have been terminated and more than \$2 million in debt has been identified for recovery following investigations.

If convicted of fraud, sentences are likely to range from community work to home detention and imprisonment.

If you have any questions, contact your tenancy manager or the contact centre on 0800 801 601. 



### INFORMATION

#### What happens if your circumstances change?

It's very important to tell us if your circumstances change, as this could affect the rent you need to pay. If you're not paying enough rent, you will end up with a debt to pay, so it's best to get any changes sorted straight away.

A change of circumstance may include a change in your income or a change in your household, such as:

- your partner moving in or out
- you or your partner starting work
- you or your partner changing jobs
- you or your partner changing benefits
- additional people moving into your home – remember that your Tenancy Agreement states how many people may live in your home.

### Our commitment to you

Throughout our relationship with you, we will:

- treat you fairly, with respect and courtesy
- listen to what you say and communicate clearly and openly with you so that we understand each other's needs and expectations
- be knowledgeable and skilful so that we can provide you with options and solutions that take your individual circumstances into account
- do what we say we'll do.



AUTHOR  
Ian Gall

# A winning volunteer!

Christchurch tenant Michael Turner's 'can-do' attitude saw him win a major award at the national 2009 Volunteer of the Year Awards announced in June.



**"I find Michael positive, and the way he has learned to manage his life is quite inspiring."**

Lindsay Daniel Case Manager

PHOTO CREDIT: Christchurch Mail

No quitter: With his 'can-do' attitude, Michael has become indispensable to staff of Burwood Hospital. Here, he collects the daily paper from Burwood receptionist Joyce White.

Michael has lived with cerebral palsy since he was eight years old. Several operations were unable to stop his condition worsening, and his speech, coordination and ability to walk are now all significantly affected. In 2003, Michael began physiotherapy at Burwood Hospital in Christchurch. Arriving early, Michael collected the mail from reception and delivered it to the physiotherapy department. After his physio session, he walked to the other end of the hospital to learn computing skills – a walk that took an hour. Michael says he could get there more quickly, but he stops a lot to chat up the nurses!

In 2006, Michael's help at Burwood Hospital saw him offered a volunteer position with the NZ Spinal Trust's Useful People Volunteer Programme.

He now delivers mail to every part of the hospital, and his role has helped to improve his walking ability, stamina and speech. Michael is popular with hospital staff and respected for his role there. He also serves on two committees at CCS Disability Action and helps organise social functions for people who experience cerebral palsy. It was Michael's 'can-do' attitude that saw him nominated by the hospital as a 'community hero' in the 2009 Volunteer of the Year Awards.

Housing New Zealand Case Manager Lindsay Daniel says Michael is a remarkable and determined person. "Michael has been a Housing New Zealand tenant since 2001, and his home has been modified to suit his health needs. I find Michael positive, and the way he has learned to manage

his life is quite inspiring" says Lindsay. "I wasn't surprised to learn that Michael had been nominated for these awards and was thrilled to hear he was a winner."

Michael won the Health and Disabilities Services category, one of five categories in the 2009 Volunteer of the Year Awards. The five category winners went through to the finals, and Michael was runner-up to the main Award – Michael won the Highly Commended Finalist 2009. In her speech at the awards ceremony in June, the Hon Tariana Turia, Minister for the Community and Voluntary Sector, spoke of Michael's "amazing enthusiasm – a positive spirit, which has truly touched the heart of all he comes in contact with." [H](#)

AUTHOR  
Tamsin Vuetilovoni

## Food connects cultures

An Afghani Housing New Zealand tenant recently had the opportunity to share her culture through food.

Fahima Haidari was taking part in a cooking exhibition where refugees shared recipes and their cultures with the people of Wellington.

She was happy to demonstrate how to cook a traditional Afghan meal during the Migrating Kitchen exhibition at Pataka Museum last month.

"Thank you for accepting us," she said as she started to make dumplings.

"This is called mantu, and Afghan people love it because it has meat. My mother cooked it once a week, and this is her recipe."

As Fahima quickly wrapped the meat mixture into a wonton wrapper, she shared her story with us.

"My husband and my five children arrived in New Zealand four years ago as refugees. It was hard. The winter was very cold, and there were only two other Afghan families in Wellington. Now we are very happy. All my children are at school, my husband and I are studying IT and we dream about owning our own home."

Fahima put the dumplings into a steamer and took out the ones that had already been cooked. She served them up with a rice dish called kabili. As everyone started to eat, she apologised for the taste.

"I am not sure if there is enough salt, I could not taste it."

She explained that today was the first day of Ramadan, which means she wouldn't be able to eat or drink until after dark.

Fahima did not need to apologise – it was beautiful. 🍴



Museum visitors were welcome to sample Fahima's mantu and kabili.

### Recipe for mantu

If you'd like us to send you Fahima's recipe for mantu, email us at [closetohome@hnzc.co.nz](mailto:closetohome@hnzc.co.nz) or send a note to "Close to Home Recipe", Housing New Zealand Corporation, PO Box 2628, Wellington 6140.

AUTHOR  
Jo Wilkinson

## A united front

A recent Housing New Zealand video shoot for new immigrants had a multicultural focus in front of and behind the camera, with an ethnically diverse cast and crew.

There were people from nine different countries helping with the filming. Tenants appearing in the video were from India, the Pacific Islands and Zambia, while the crew included those of Korean, Iranian, Japanese, English and Fijian-Indian descent.

National Refugee Coordinator Phyllis Nichol, says the 'United Nations' approach to filming was perfect for the DVD. "It was consistent with the many different nationalities in New Zealand," she says.



Some of the multicultural filming crew for the Housing New Zealand DVD for new immigrants.

The video will be used in the Neighbourhood Units and is for people from other countries who come to us for housing solutions. It talks about Housing New Zealand's role, the tenancy agreement, and also provides information about maintaining homes, gardens and neighbourhoods.



AUTHOR

**Belinda Keenan**

Tobacco Control Adviser, Cancer Society of New Zealand Inc

# Support is on hand to help you quit smoking



Most smokers want to quit but don't know how to seek help. Together with Housing New Zealand, the Cancer Society is encouraging people wanting to quit smoking to get the help they deserve.

Getting a quit coach and using products like nicotine patches, gum and lozenges, which can be very cheap if you get them through your quit coach or doctor, doubles your chances of success.

There are lots of different types of services available to help you quit for good. You can get support in person, over the phone, by text, from your local doctor or on the internet.

The most important thing is that you keep trying to find out what works for you.

For more help visit:  
[www.QuitSmoking.org.nz](http://www.QuitSmoking.org.nz)

# 90%

of adult smokers and 75% of youth smokers say they wish they'd never started to smoke.

A pack a day at \$15 amounts to \$5,500 spent over a year. The same money could help towards a deposit on your own home.



Gaye finds the short walk to her letterbox difficult.

## Gaye's story

After over 50 years of smoking, Housing New Zealand tenant Gaye finally quit smoking for good in June 2008.

Smoking, she says, has taken a lot from her, including her beloved husband of 43 years. Her message is clear: "Don't put off quitting until it's too late."

After losing her husband to a heart attack caused by smoking, Gaye's own health is deteriorating. She has been diagnosed with chronic obstructive pulmonary disease and is constantly short of breath. The short walk to her letterbox is a struggle.

She looks at her children and grandchildren and prays they'll learn from her experience.

"The sad thing is, they'll find out the hard way too, when it's too late."

Gaye has tried to encourage her granddaughter to quit smoking but doesn't want to push her too much.


"Well, I think she's a bit like me, you know, we just don't want to be told to do anything. But people just don't realise what smoking is doing to their body."

Looking back on her life, Gaye can't believe how much money she has spent on smoking.

"In the end, I was smoking 50 cigarettes a day, costing \$12.25 a pack – that's over \$170 a week! Over a year, that's nearly \$9,000! To think what I could have spent that money on!"

Through the years, Gaye tried to quit many times, but it was only as her health began to suffer that she finally contacted a local Aukati KaiPaipa quit coach for help.

"My quit coach was great. She was just lovely. She didn't push me or anything, she was just really supportive. Sometimes, you think you're the only person in the world that has had to get through the craving, but my quit coach would always reassure me and keep me focused. She was an ex-smoker herself, and I think that's why she understood what I was going through."

Gaye says she'll never go back to smoking now and hopes that other smokers might learn from her experience rather than waiting until it's too late. 

**Don't put it off – you can quit.  
Give it a go today!**



AUTHOR

**Siobhan Miller**

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

## Chicken and broccoli stir-fry – a healthy and economical meal!

SERVES 4

This recipe is completely flexible. Adapt it and use whatever vegetables you have, fresh or frozen.

**TIME TO MAKE**

10 minutes preparation

15 minutes to cook

**COST**

Approximately \$6–7

**Ingredients**

250 g chicken (skin and fat removed)

---

1 packet rice noodles or 2 packets 2-minute noodles (do not use flavour sachet)

---

1 tbsp rice bran oil or sunflower oil

---

2–3 tbsp water

---

2 cloves garlic, peeled and finely chopped

---

1 tsp finely chopped or grated root ginger

---

1 cup cauliflower florets

---

1 cup broccoli florets

---

1 carrot, sliced

---

1 zucchini/courgette sliced

---

1 celery stick, sliced

---

2 tbsp soy sauce

---

Optional: 1 pack bean sprouts, 1 red pepper and 1/2 red chilli deseeded and finely chopped.

**Method**

1. Cut chicken into bite-sized pieces.
2. Poach or microwave the chicken until cooked through.
3. Place noodles in a large bowl and cover with boiling water. Leave for 2–3 mins until softened.
4. Heat oil in a large frying pan or wok, add garlic, ginger and all vegetables.
5. Stir fry for 2–3 mins then add 2 tbsp water to create steam. Heat through for 2–3 mins until vegetables are just soft.
6. Drain the noodles and add to the pan. Add the cooked chicken and soy sauce. Mix well and heat gently until warmed through.



## INFORMATION

**What is tofu?**

Tofu is a food originating from China made from soy milk. Salt and acids are added to boiled milk, and the resulting curds are pressed into blocks.

Tofu has very little flavour or smell on its own, so it can be used in either savoury or sweet dishes and is often seasoned or marinated to suit the dish.

Tofu is low in calories, contains a relatively large amount of iron and little fat.

There is a wide variety of tofu available, either fresh or processed. The most common ones here are soft or silken tofu, which has the texture of fine custard and is often eaten as a breakfast or dessert dish, and firm tofu, which can be used in many ways including on barbecues and in Indian-style curry dishes. 🍴

## TIP

01

To get the flavour of fresh ginger, try grating it. Place it in the corner of a dampened tea towel and twist the tea towel to squeeze the juice out.

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## TIP

02

Any type of noodle can be used: dry, soft straight-to-wok udon or hokkien, thin or thick rice noodles and 2-minute noodles.

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## TIP

03

Try adding chopped tofu to this recipe for a vegetarian alternative. See above for some background info on tofu.

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

# Garden diary

## Sept

- Plant out cabbages, cauliflowers, lettuces, onions and silverbeet.
- Hoe around all growing crops – loose soil warms more quickly.
- Set out seed potatoes for sprouting. Plant seed potatoes now if your area is frost-free; at the end of the month if slightly frost-prone.
- Water indoor plants as the weather gets warmer.
- Feed established fruit trees with citrus food.
- Remove winter flowering annuals and replace with summer bloomers.



## Oct

- October's a great month for planting, and a good time to feed the entire garden.
- Sow cucumbers, dwarf and runner beans, marrows, melons and pumpkins at the end of the month.
- Plant summer vegetables such as beans, sweet corn, tomatoes and zucchinis once the soil is warm enough. Stake peas.
- Plant basil, which grows well with tomato plants. It repels pests and promotes healthy growth.
- Ensure the bursting buds of grape vines, kiwifruit and berry fruits are given a fungicide spray.
- Sow or plant warm-climate fruits such as citrus, passionfruit, guavas and tamarillos.



## Nov

- It should be safe to plant frost-tender vegetables – chillies, cucumbers, zucchini, eggplants, kumara, peppers, dwarf and runner beans, marrows, melons, pumpkins and sweet corn.
- Sow beds of brussels sprouts, cabbages, cauliflowers, leeks and broccoli.
- Start harvesting asparagus, beetroot, broad beans, cabbages, cauliflowers, lettuces, radishes, spring onions, spinach and turnips.
- Continue to mound up potatoes.
- Holes in your potato foliage could be signs of attack by the potato tuber moth. Water well to discourage them.
- To encourage tomato flower set, spray with a mixture of 1 part sugar to 9 parts water. Remove side shoots, and tie plants securely to stakes.



**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)

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