

Newtown News

Food Is Love!

Your community zine: for Newtown, by Newtowners
Tō koutou makahini hāpori: mō Newtown, nā ngā tāngata o Newtown

Brought to you by the Newtown Community Centre
Nā Te Whare Hāpori o ngā Puna Waiora

HUI-TANGURU
FEBRUARY 2024

kia ora Newtown

Kia ora koutou!

Before we jump in to highlighting the details of this February | Hui-tanguru Newtown News edition, I am going to take the opportunity to introduce myself! I'm Megan and I've been in the office at the Centre since November in a Kaihautū Pāpāho & Kaitautoko/Administration Support & Marketing role. First off, I love it here! The staff and the community of Te Whare Hapori o ngā Puna Waiora | Newtown Community Centre have been warm and welcoming, and I am so chuffed to be learning all about Newtown and this vibrant corner of Pōneke. Born up the road at St Helen's on Coromandel Street, it is so great to be back in Aotearoa after a majority of life abroad. There is no perfect place, but it indeed feels like I'm able to breathe deeper and dig in since returning about a year ago.

When chatting with Eryn about a theme for this issue, silly thoughts of love came to mind due to St. Valentines, etc...however that mushy stuff isn't my style. But food and community aroha are totally up my alley, and there's so much of that always swirling in the air at the Centre and in the 'hood. I had heaps of fun chatting with Quick Kai kaiārahi Andy to learn more about him and local food systems - an added benefit of my gig here is sitting near the kitchen and seeing, smelling and tasting all the yummy creations. Plus, there are always sweet tunes wafting out as well.

In a previous part of my life, I lived and cheffed in New York City, so to be able to connect with and highlight superstar food and community organisations Seeds to Feeds, Kaicycle and Travelling Kitchen was a real honour - these are cool people doing such cool things. Check out more about the work they do in this issue, as well as the recipes shared. We are lucky to live in a place where fruit and veg are bountiful, and yet some still really struggle to keep themselves and their whānau fed. On page 6, we've compiled a small (but growing!) list of resources. Give us a shout if you've got a resource to share and we'll get the word out.

Pop on by the office to say hi, and happy eating and sharing the love this summer!

Ngā mihi nui
Megan

Cover art is a drawing by Sylvia Lauris called "Wee Toms". Sylvia is Farm Manager at Kaicycle.

Thanks for the support of our amazing local businesses! Please support 'em back!



ELYSIUM

The views and opinions expressed in this publication are solely those of the original authors and other contributors. They do not necessarily reflect those of the Newtown Community Centre.

Notorious NEWTowner

Megan sits down with Andy Grieve, Quick Kai kaiārahi, to talk kai, community and cricket!

If you've been at the Newtown Community Centre on a Thursday morning, you've most definitely seen (and smelled!) the buzz and activity coming out of the kīhini. On Thursdays, when the Centre opens its doors at 9am, the crew of Quick Kai bound in and the first order of business is to set the menu. At the helm of this is Andy Grieve, who volunteers his time and skills to support the team in creating the menu, shopping for ingredients and getting the knives chopping and pots bubbling. There are always good tunes playing and friendly banter being volleyed back and forth.

Andy's involvement with Quick Kai began over 4 years ago, when he popped into Te Whare Hāpori o Ngā Puna Waiora to say hi to his mate Eryn (our kaiwhakahaere). Andy was cheerfully roped in and he's happily here every Thursday, supporting the rest of the team in creating the awesome vegetarian (often vegan and gluten free!) ready to heat n' eat meals available at the Centre.

When asked what he likes about his time on Thursdays with Quick Kai, Andy shared that "it's cool – I just enjoy it. It's cool hanging out with Anahid and George, teaching them a few things and giving something back to the community really." Andy's spirit of tending to community and volunteerism was ever present in our chat– and even during the height of the COVID pandemic, Quick Kai was up and running with the crew masked, distanced and vaxxed. Andy remarked that just as there is a greater need for support for kai and social services during these challenging economic times, the pandemic also highlighted the intensified need for accessible and affordable food in Newtown and all of Aotearoa. Andy truly believes that "if you can help people do stuff, do it" and that "it doesn't matter who you are and what you do, as long as you give a little bit back then it all actually all balances out...we can't all be takers".

As Andy does so much to take care of others, I asked what are some of his hobbies and activities he does to fill his cup and he shared about his fondness for sports! To this recently returned Kiwi who was mostly raised abroad, I loved hearing about his passion for cricket, rugby and bowls. While no longer playing some of the more physically aggressive sports, bowls is still something Andy is quite keen on. Returning to the motherland of Central Otago for holidays, Andy joins Dad's club bowls team for the Easter tournament where he says they do "quite well" as well as keep the bar in business.

And for feeding himself, Andy's favourite comfort food is a bolognese sauce with proper homemade pasta. Not only is this something he makes for himself as it is, as he says, "so simple and so good", but for his mates when they come around for a feed.

In addition to volunteering and cooking, Andy is a keen reader, and can be found perusing the stacks at the local library. In addition to Andre the Giant, super sportsman Jeff Wilson, and Nina Simone, Andy would invite Mark Twain to his fantasy dinner party! He believes that Mark would tell one hell of a story and I think he's spot on.

Andy's interest in community, kai and sports kept the conversation rolling, and references to American author John Steinbeck were an opportunity to reflect on Andy's role with Quick Kai. Steinbeck was lauded for his sympathetic humour as well as finger on the pulse on the social wellbeing of people and communities. Andy opined on how climate change and cultural shifts have changed how we access and relate to food, and his contributions to the Newtown Community Centre and Quick Kai continue to nourish those around him, and always with a smile and compassion for all.



When asked Andy what he'd like to see shift in people's habits with food, he shared that "I hate wasting food... I'm not into it!". Quick Kai and Soup Friday's at the Centre are ways that Andy and the kitchen crew here mindfully cook with what's available and share with the community to reduce food waste as well as create kai reka for all.

KAICYCLE by Sylvia Lauris

Kaicycle is a composting hub and urban farm in Newtown demonstrating regenerative, biology-first growing, and closed loop practices in an urban environment. Kaicycle runs regular volunteer sessions and community events, more info at [Kaicycle.org.nz](https://kaicycle.org.nz) or pop on up to find 'em at 5 hospital rd, newtown.

Sylvia is the farm manager at Kaicycle, and in addition to the sweet tomatoes included in the cover art, she has shared with us this delish recipe! Read, cook & enjoy.

Raumati is upon us and it's the season of the salad! A great salad idea is a variety of leafy greens (microgreens, lettuce, edible weeds), other veggies (capsicum, radish, cucumber), herbs (fennel, parsley, basil), and some sort of carb to bulk it out (lentils, noodles, rice). This way your salad can be the main dish or an awesome side for sharing! With the actual salad constructed you enter the vast world of dressings. There's so many options and something to suit every palate. Below is a recipe we have made for Kaicycle gatherings in the past and it has been a huge hit!

Sorrel Salad Dressing

You will need a blender or nutribullet and the following ingredients:

- Sorrel (Garden sorrel NOT wood sorrel, although wood sorrel and its flowers in moderation are a delicious addition to a salad)
- Extra virgin olive oil
- Nutritional yeast
- Salt and pepper to taste

Optional additions:

- Yoghurt (dairy or non)
- Fresh chilli or some other form of spice

Simply blend everything up until it's smooth. No need to remove the sorrel stems as they are as tasty as the leaves. The amount of everything is up to you! Keep tasting as you go along and find what's good to you. If the mixture isn't blending well add more oil or yoghurt. If the dressing feels too thin you can always bulk it out with other greens; it's an especially good way to use up less commonly eaten parts of veggies like the leaves of carrots, turnips, radishes, or beetroot.



HISTORY FILES: NEW HOSPITAL by Chris Rabey

In 1907 Wellington Hospital staff comprised 17 registered nurses, 68 probationers, 4 cooks, 10 maids, 12 laundry assistants, 8 porters, and two gardeners. There were 272 bed patients, and 807 outpatient visits. Accommodation was the Victoria Nurses Home, the Home of Consumptives and the proposed Hospital for Infectious Diseases.

Scarlet fever, diphtheria and whooping cough epidemics led to the procurement of 7 acres of land off Coromandel Street with an infectious diseases' hospital erected the following year, at a cost of 30,000 pounds. The new Fever Hospital (later renamed St Helen's) was designed as a long single level pavilion. By 1910 it has treated over 100 cases without a single death.

The Hospital & Charitable Act of 1909 brought the Wellington region's main hospital, secondary hospitals, cottage hospitals, old people's homes, sanatoria, district nurses and midwives all under the control of a single hospital board.

Image : Ewart Hospital, Coromandel Street, Newtown, Wellington, under construction, photographed by Sydney Charles Smith, circa 1909



Seeds to Feeds by Sarah Mills

Seeds to Feeds is a grassroots movement that connects communities around local, sustainably produced kai. We activate and support groups of local growers, hosts and cooks to build local food capability in their wāhi. This is done through a series of events ranging from garden working bees, foraging walks, preserving classes, cooking classes and more.

We culminate this mahi with a "Harvest Celebration Festival", a series of community meals hosted locally in areas where Seeds to Feeds has been active. These are to showcase and share the connections, knowledge and mahi we have created over the Spring and Summer.

Seeds to Feeds is part of a global movement dedicated to creating vibrant local food economies through the re-localisation of food systems. Seeds to Feeds is a positive, opportunity-focused holistic community development initiative, in a world where problem-focused, control-based piecemeal approaches to development are common.

Seeds to Feeds is part of the solution for the ongoing fight against climate change, encouraging healthier practices for both the earth and its people.

PREP TIME 20MIN. COOK TIME 1-2HRS
MAKES 2-3L

SWEET N' SPICY RELISH - A GREAT WAY TO USE UP EXCESS OR SLIGHTLY OLD VEG!

INGREDIENTS

METHOD

2 TBSP OLIVE OIL FOR FRYING
1KG ONION
1KG FRUIT/VEG
2 C SUGAR
300G DRIED FRUIT (OPTIONAL)
1 TBSP SPICES (TOTAL)
1.5 C RED WINE VINEGAR
750G/ML PASSATA OR CRUSHED CANNED TOMATOES
1.5 TBSP SALT

1. FRY ONIONS ON MEDIUM HEAT IN OLIVE OIL, JUST TIL SOFT
2. ADD SPICES, QUICKLY STIR IN, THEN ADD THE REST OF THE VEG/FRUIT
3. SIMMER FOR AT LEAST AN HOUR OR MORE UNTIL CONSISTENCY AND FLAVOUR IS TO YOUR LIKING, TASTE AND ADJUST FOR ACIDITY, SEASONINGS, SPICES AND SWEETNESS
4. SPOON INTO STERILISED JARS WHILE STILL HOT, CAREFULLY SECURE A STERILISED HOT LID AND KEEP FOR 3 MONTHS OUT OF THE FRIDGE. ONCE OPENED, REFRIGERATE!



There's no one way to celebrate a holiday season, but one of the things we love seeing more of is the heaps of offers for kai and comfort all over the Newtown social media groups! For example...

"Is there anybody who would like some Christmas food? Perhaps you might be isolating. We have far too much and don't want it to be wasted. We have huge amounts of roast potatoes and vegetables (not cooked with meat - vegan/vegetarian friendly), and a smaller amount of cheesy vegetable bake (vegetarian). Happy to deliver in Newtown/Berhampore area. Merry Christmas!"

WHAT A WAY TO SHARE THE LOVE AND BUILD COMMUNITY! KA PAI!

The people who give you their food give you their heart. - Cesar Chavez

FOOD SECURITY!

Te Whanganui-a-Tara has a lot of work to do to make the food system sustainable, and equitable! As our communities shift and grow, we need to support and nourish each other. Here are a few local (ish!) resources - Have any to add?! Drop us a line and we'll add it to the list!

- WELLINGTON CITY MISSION - SOCIAL SUPERMARKET

19 GORDON PLACE, NEWTOWN

WELLINGTONCITYMISSION.ORG.NZ

- THE FREE STORE

211 WILLIS STREET, TE ARO

THEFREESTORE.ORG.NZ

- VIC U COMMUNITY PANTRY (STUDENTS ONLY)

STUDENT UNION BUILDING

VUWSA.ORG.NZ/COMMUNITY-PANTRY

- EVERYBODY EATS

60 DIXON ST, TE ARO

EVERYBODYEATS.NZ

- THE SALVATION ARMY

NEWTOWN SALVATION ARMY WORSHIP & COMMUNITY CENTRE

4 NORMANBY STREET, NEWTOWN,

SALVATIONARMY.ORG.NZ/NEWTOWN

- ST. TOM'S CHURCH

FAMILY BREAKFAST, SUNDAYS @ 9AM

NEWTOWN SCHOOL HALL, MEIN STREET, NEWTOWN

STTOMSNEWTOWN.ORG.NZ

- NEWTOWN FRUIT & VEGE CO-OP

JOIN FOR AFFORDABLE PRODUCE!

TO REGISTER:

NEWTOWNCETNRE.FINANCE@SALVATIONARMY.ORG.NZ

- NEWTOWN COMMUNITY CENTRE | Te Te Whare Hapori o Ngā Puna Waiora -

CORNER OF RINTOUL & COLOMBO STREETS, NEWTOWN

QUICK KAI: THE QUICK KAI FREEZER IS ALWAYS STOCKED WITH HEALTHY READY TO

"HEAT AND EAT" MEALS. ONLY \$2 A POP!

FREE SOUP FRIDAYS: EVERY FRIDAY, 1-2PM

TECH TIPS with Maddy

of  smart•newtown

It's the end of the holiday break. We all have leftover food ingredients. Don't try to deny it. It sits there, waiting for somebody to figure out what to do with it. Fortunately, you can stop wracking your brain because the internet is riding to the rescue.

Let's say you have a pile of ingredients and no idea what to do with them. Wouldn't it be convenient if you could just list them all and receive some suggested recipes to make with JUST those items you have on hand.

MyFridgeFood is one convenient way to do it. It's available as both a website and as a mobile app for Android and iPhone. Once there, you simply tick the boxes that correspond to your ingredients, click "Find Recipes", and you'll get that list.

Website: myfridgefood.com

Mobile Apps: Search for **MyFridgeFood** in the Play Store or App Store

Your Ingredients

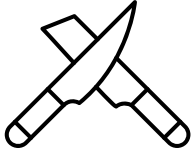
Clear All

☐ Bacon

☐ Beer (in general)

☐ Brown / Dijon Mustard

Find Recipes



Travelling Kitchen

by Alison Herft

Travelling Kitchen is a social enterprise that aims to empower and connect people through food experiences and knowledge-sharing. We partner with many wonderful organisations to offer unique experiences such as 'Eat the Garden', 'Eat the Sea', and 'Make from Scratch', and always offer free spots in our workshops for anyone who is facing financial hardship.

We love bringing tamariki, rangatahi, whānau, community networks, schools, and work teams together through food, and raising people's confidence in their own skills. This recipe is one of many we develop with partners and workshop participants. They're all 'living recipes' that are designed as guidance only, and we encourage everyone to feel comfortable adjusting ingredients to suit your own taste.

Follow us on Facebook and Instagram, or get in touch with us :-). Details found on www.travellingkitchen.co.nz

Kumara Nuggets/Pota Kūmara

Ingredients | Ngā Kai Whakauru: Makes 15-20 nuggets | Ka 15-20 ngā pota

- 1 large kumara | Kia 1 kūmara nui
- 1 1/2 cups gluten-free flour | Kia 1 1/2 kapu parāoa kurutene-kore
- 1/2 tsp garlic powder | Kia 1/2 kokoiti rehu kāriki
- 1/2 tsp white pepper | Kia 1/2 kokoiti pepa mā
- 1 tsp salt | Kia 1 kokoiti tote
- Cooking oil | Hinu tao

*Optional to add egg if you want the extra richness.

You'll need more dry ingredients if you add egg | Hei kōwhiringa kia tāpirihia te hua heihei mēnā e hiahia kia haumako ake ai. Me tāpiri kai whakauru maroke anō mēnā ka tāpirihia te hua heihei

*Optional to add other herbs, other seasoning, and breadcrumbs | Hei kōwhiringa, tāpirihia amiami anō, namunamuā anō, parāoa tākongakonga anō hoki

1. Preheat oven to high heat | Whakamahana tōmuatia te umu ki te tārahu wera
2. Peel kumara, wash it and chop into cubes | Waruhia te kūmara, horoia ka tapahia mataonotia ai
3. Put kumara into baking tray and mix oil through | Raua atu te kūmara ki tētahi paetunu ka whakaranua atu ai te hinu tao
4. Roast for about 15 minutes | Tunu mō te 15 miniti pū anō
5. Remove kumara from oven when mushy | Tangohia te kūmara i te umu ka tāhohō ana.
6. Put roasted kumara in a mixing bowl, then add garlic powder, salt, white pepper (and egg breadcrumbs, and other seasonings if you want). Mix it all through, mashing the kumara as you mix | Raua atu te kūmara kua tunua ki tētahi oko whakaranu, ka tāpiri ai te puehu kāriki, te tote, te pepa mā (te hua heihei, ngā amiamiā, ngā parāoa tākongakonga me ētahi atu namunamuā). Whakaranua katoatia, kia penupenuhia te kūmara i a koe e whakaranu ana
7. Add gluten-free flour and mix it through to make a loose dough | Tāpirihia te parāoa kurutene-kore ka whakaranua atu ai kia hangā ai tētahi pokenga tangoro
8. Shape the mixture into flat discs | Ahuahungia te ranunga hei kōpae pararahi
9. Lightly flour the outside of each kumara nugget | Āta puehu parāoangia ia taha o ia pota kūmara
10. Heat a frying pan or grill to medium-high heat. Add enough oil to coat the surface | Whakamahanatia tētahi parai rore rānei ki te tārahu waenga. Tāpirihia te hinu tao kia uhi rā anō i te papa o te parai
11. Fry the nuggets on one side then flip them over to fry the other side. You can fry in batches if that helps no to overcrowd the pan | Paraingia ngā pota ki ia taha ka kauhurihia ai kia paraingia ai tērā atu taha. E pai ana kia parai huingatia kia kaua te parai e kōpipiri.
12. Once the nuggets are browned each side, place in a baking tray and into oven to cook them through to the inside *if they have cooked enough from the pan-frying, they won't need the oven as well | Ka parauri ana ngā pota kei ia taha, meatia ki tētahi paetunu ka tuku atu ai ki te umu kia maoa rāroto ai.
*Mēnā kua maoa rāroto nā te parai, kāhore he take anō mō te umu
13. Eat! | E kai!

WHAT'S THE HAPPS?

**AT THE COMMUNITY CENTRE,
CNR RINTOUL/COLOMBO STS**

Steady As You Go - Tuesdays, 12-1pm

Classes designed to help Seniors maintain and build strength and flexibility. Contact Age Concern for more details: www.acwellington.org.nz / (04) 499 6646
Every Tuesday at 12pm. \$2/class

Citizens Advice Bureau Free Legal Clinics - 2nd & 4th Wednesdays of the month

Free confidential legal advice with a lawyer. By appointment ONLY please visit or call CAB Newtown to arrange a time: (04)389 3813

Airhorn! First Friday of every month, 8pm

Another year and another dose of comedic chaos from the Airhorn crew! On the first Friday of every month, Airhorn! brings you an hour of near-dangerous levels of hilarity, laughter so hard it could and WILL dent a car! Tickets and more info: airhorn.nz

Pform.nz - Monday afternoons, various times

Pform.nz provides performing arts classes, drama classes, and dance classes to kids, teens and young adults of all skill levels. A wide array of dancing, acting, musical theatre and singing games. Check out www.pform.nz for details, prices and registration.

Sugarfoot Stomp Swing Dancing – Monday & Tuesday evenings, various times

Sugarfoot Stomp is all about building community through the joy of dance! Join to learn partnered Swing Dancing (Lindy Hop, Collegiate Shag, Blues, Solo Jazz, Charleston) - all Black American Cultural Art Forms. Three different classes on offer – so find out more here: www.sugarfootstomp.co.nz

Mahi Toi: Open Art Club for ALL - Sunday, 18 February, 2-4pm

Collage card art w/ artist Bronwyn Haines. Refreshments provided! Material cost:
Timebankers - \$5 plus 2 hours time credits
Non Timebankers - \$10 unwaged/\$15 waged.
Text 0221200355 or email info@wellingtontimebank.org.nz to book a spot.

ELSEWHERE IN NEWTOWN

Why do Scottish Country Dancing?

Why do Scottish Country Dancing? Great music and aerobic exercise for body and mind - have fun and meet new people while getting fit! Suitable for all levels of fitness. No partner needed. Beginners' classes start 8 Feb 2024 Newtown School Hall, 7.30-9:30pm Thurs 8th, 15th, 22nd & 29th Feb 2024, \$5 per class, or \$18 for 4 classes. Contact: capitalcityscdc@gmail.com, Peter on 021 756 068 or Juping on 021 079 7771.

Upcoming Classes at Smart Newtown - 9 Constable Street, Newtown

Want help navigating the digital world? End-of-year classes run Wednesday evenings (5.15pm – 7.15pm) and Friday mornings (10am – 12 noon), covering topics like: computer and smart phone basics, Zoom, Trade Me; and Google Drive, Docs, and Photos. To register and find out more, visit bit.ly/462zsnK

Newtown Tool Library - 9 Constable Street, next to the Newtown Library

Drop into the new Newtown Tool Library to join up, borrow or return tools. For more info visit their website www.newtown-tool-library.com or contact them here: newtown.tool.library@gmail.com

GET IN TOUCH

www.newtowncommunity.org.nz
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04 389 4786 / info@newtowncommunity.org.nz
Instagram [@newtown_community_centre](https://www.instagram.com/newtown_community_centre)