

Introduction to Growing Tasty & Nutritious Vegetables and Growing Your Own Seeds

A Presentation by Colin Walker

Drawing upon his lifetime of experience and knowledge, Colin will explore the basic concepts of ecological design and biological growing as the foundation of producing tasty, nutritious vegetables and good quality seeds. These concepts reflect a return to traditional growing methods that are now supported by the latest scientific knowledge, which challenges many of the ideas currently promoted under the heading of "organic gardening". This will include answers to questions such as

"To dig or not to dig your soil?"

"What food do vegetables need to be healthy and produce nutritious food for us?"

"What makes a good quality compost?" "Are liquid fertilizers a good idea?"

"What do aphids in our gardens tell us?"

Colin will also outline the importance of using traditional varieties of vegetables if we want to produce tasty & nutritious food. Through exploring the issues involved in maintaining these varieties for today and for future generations, he will introduce some of the practicalities of producing our own seeds and the challenges these create. This will include a basic discussion on the dynamics of self & cross pollination, annuals & biennials and maintaining genetic integrity in varieties, as well as an outline of growing from seed, selection processes, harvesting, processing & storage.

About the Presenter

Colin has a lifetime of experience and knowledge in ecological design and biological growing, beginning as a child working alongside his grandfather, a traditional market gardener. During the last decade he has been involved in growing seed of hundreds of traditional varieties of vegetables, herbs & flowers, including spending three years leading a research project into organic seed production. Colin was recently the Head Gardener in the popular Veggie iPlot segment on RadioNZ's This Way Up with Simon Morton. Currently he is overseeing the establishment of the gardens, orchards and nursery at the Elm Tree, Ohacawai, Bay of Islands.

10th July 2010, 1-4 pm

Start at RAP house and finishing at Ranui community Garden.

Cost \$15p/p

Booking essential call Buffie on 832 6049 or email communitygarden@ranui.org.nz