

11th July 2019

To the Kaikohe – Hokianga Community Board

Tēna koutou

Re. Real Food Hokianga, May 2019

Thank you for the funding support that you gave for this year's Real Food Hokianga event. The support was very much appreciated and enabled us to organise this well attended event.

The report for the event was sent along with this letter and you will see from the report that we did not spend all of the funds allocated. This is largely because RAD provide such an excellent service that we underspent on printing costs and because many of our volunteers did not request re-imbusement of their expenses.

The remainder is \$703.56 and we are writing to request that we be allowed to utilise this funding in ways that align with the kaupapa for the day and increase the benefits to this community.

We would like to utilise the funding in the following ways:

- A one-day Fermented Food Workshop to be held in Rawene. This would cover a range of ferments including yoghurt and simple cheeses, sourdough bread, lactic pickles and fermented drinks such as kombucha and kefir soda. It would complement the demonstrations on the food day and allow participants to increase their skills and knowledge of these fermented foods and their health benefits at a deeper level. Interest in such a workshop has already been expressed from within our community. The funding would allow us to offer this workshop free of charge in Rawene, ensuring that anyone who wanted to would be able to attend. Previous similar workshops have been very well attended.

Costing	
Fermented Food workshop	\$140.00
	Hire of Rawene Hall
	\$70.00
	Workshop expenses (milk, veges etc)
	\$200.00
	Tutor costs 5 hours @ \$40 per hour
Total	\$410.00

- That would leave \$293.56 which we would like to spend on Food Day related books for our local libraries to be resources for our community. As part of the Food Day we worked with both Rawene and Kaikohe Libraries having an information display in Rawene Library with relevant books displayed. There are significant gaps in the books available through the library service which we resolved for the display by making these important resources available from our own book collection. Obviously these were for display only and we would like to purchase some of these books for the library, ideally (if the library service would agree to this) to spend part of the year at Rawene Library and the rest at Kaikohe Library to be accessed by people across the Far North. The costing is overleaf

Books	Fishpond
Nourishing Traditions	36.64
Carbon Farming	96.97
Forest Garden	55.89
The Resilient Homestead	48.95
Mycorrhizal Planet	55.18
Total	293.63

Extra details of the titles requested are given below and they are all important resources to support changes to the way food is grown and prepared.

Ngā mihi

Gail Aiken

on behalf of Hokianga Environmental Protection Group

Books requested:

- **Nourishing Traditions**
By Sally Fallon, Mary Enig

- **The Carbon Farming Solution**
A Global Toolkit of Perennial Crops and Regenerative Agriculture Practices for Climate Change Mitigation and Food Security By Eric Toensmeier

- **Creating a Forest Garden**
Growing Edible Crops for a Changing Climate
By Martin Crawford

- **The Resilient Farm and Homestead**
An Innovative Permaculture and Whole Systems Design Approach
By Ben Falk

- **Mycorrhizal Planet**
How Symbiotic Fungi Work with Roots to Support Plant Health and Build Soil Fertility
By Michael Phillips