



# WAIMARIE: HAMILTON EAST COMMUNITY HOUSE

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## LISA ON SYMMINGTON

# Enjoy the rain and crops in the garden

As I am writing this article we are enjoying much-needed rain — long may it last for at least another few days.

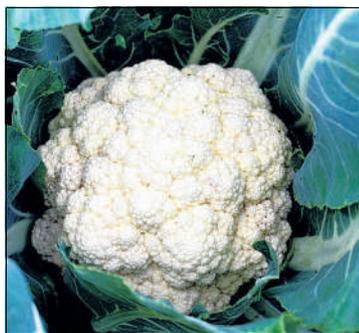
The gardens and the last of the summer produce needed it desperately.

We have spent the past few weeks harvesting the last of the tomatoes, cucumbers and eggplant to make room for the autumn super foods.

The tomatoes that are still going strong have had their foliage removed to quicken up the ripening.

The beds have been dug over and fertilised with liquid seaweed and we have planted all our brassicas as the beds are becoming empty.

We have a variety of different broccoli and cauliflower, but the one brassica I suggest that should be in everyone's



backyard is kale. This provides exceptional nutrient richness to a diet.

While brassicas can be grown over the warmer months you need to get them in now so they are able to establish a healthy root system.

We have also planted two beds of broad beans coming from

England — this was one of my favourite veges growing up. And more people are using them in cooking today.

We have red onion, leeks and multiplying onions. As well as all the winter crops we still continue to plant radish, lettuce and Asian mix.

We have a variety of silverbeet. The compost is having an overhaul as it was not being used to its full potential so we have pulled it apart and have sourced new pallets for this.

Our fragrant garden has been beautiful this year and the bees have been out in force to pollinate some of the crops.

This is another season to enjoy in the garden over the next few months before winter kicks in.

Happy gardening.

— Lisa Keenan

## Neighbour's Day



We had pizzas made in our oven for our Neighbour's Day celebrations on March 28. We had a great turnout and met some new neighbours and old friends. There was music and singing in the garden. The pizzas and music went down a treat. A big thanks to Michael, one of our board members and garden volunteer for putting your hand up and sweating it out in the garden for most of the day — with a little help from a couple more blokes.

## WHAT'S ON

### Services, activities at Waimarie

The following services and regular activities are available:

- Photocopying, 13¢ per A4 page and 25¢ per A3. More than 10 copies 11¢ and 20¢.
- Rooms for meetings and seminars.
- Vege boxes — \$11 for a box of veges (includes some fruit). Phone with your order and pay by Wednesday lunchtime.
- Collect from lunchtime Thursday. Online payment option available.
- Cuppa and a chat.
- Referrals.
- Budgeting service. This free service is on Tuesdays from 9am. Phone for an appointment. Barry Wilcox is the budget adviser.
- Advocacy. Phone Craig Wills on 850 4013. Craig is based at Waimarie by appointment.
- Laminating.
- Holiday programmes.
- Free use of a computer for job search, CV writing and research.
- Community education classes.
- Pickles and seedlings for sale.

And you can now pick up the latest Entertainment Book from Waimarie. For \$60 you will receive more than \$20,000 worth of valuable offers. This is a fundraising stream for the house.

Also on sale are fundraiser first aid kits. Proceeds from the sale of the kits go towards the lending library. The kits are \$39. Similar kits retail for more than \$60. For every kit sold, \$12 goes towards the lending library. Call in to Waimarie for the Entertainment Book and first aid kits.

## TERM ONE COOKING CLASSES

# Roast chicken on the menu

For the past seven weeks I have been tutoring a cooking class on Monday mornings.

I have been concentrating on keeping the recipes healthy and affordable.

This week is the last class for the term and we will be roasting a chicken with homemade stuffing

and gravy.

During the classes we discuss healthy eating options and possible recipes for future classes. I have chosen recipes based on discussions with the class as to what they need to learn.

Feedback from participants so far has been very positive and we

are all enjoying the informal learning environment at the Waimarie House kitchen.

Happy, healthy cooking everyone.

— Joy

■ For inquiries about cooking classes for next term, please phone the house or check out the website.

## Corn salsa recipe

- 2 cobs fresh corn (cooked)
- 1 red and 1 yellow or orange capsicum
- ½ red onion or bunch spring onions
- 1 clove garlic (crushed)
- Extra virgin olive oil
- Lime or lemon juice
- 1 rounded tsp crushed coriander seeds
- 1 rounded tsp cumin
- Salt and pepper to taste
- 1 small handful fresh chopped coriander or parsley for garnish



Cook whole corn cobs in oven or microwave, when cool enough to handle slice corn kernels off cobs.

Place in serving bowl.

Add chopped capsicum and onion to corn. Stir to combine.

Make dressing in a jar using all other ingredients and shake well to combine. Taste dressing to check seasoning and pour over salsa.

Garnish with fresh chopped coriander or parsley.

## WAIMARIE SCHOOL HOLIDAY PROGRAM

# Holidays have something for all

We would like to extend a warm welcome to all our existing families and new families of the Waimarie School Holiday Program.

These school holidays are shorter than most with two public holidays occurring during the break. However, we still have eight days planned of fun-filled activities for all the children to enjoy.

During the school holidays the children will unleash their competitiveness with a range of indoor and outdoor activities using hand eye co-ordination in badminton to expressing their beautiful voices in Sing Star.

The children will also use their cooking creativeness to make scrumptious cupcakes and home made pizza that will be cooked using our very own outdoor pizza oven and for the more adventurous, turning goats milk into soap!

But the fun doesn't stop there!

Girls, be prepared for a makeover and boys, let's use those carpentry skills to make something special for your mums for Mother's Day and to end the school holidays with a bang — a trip to Raglan (weather permitting) for a fun-filled day of kayaking.



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## OPPORTUNITY SHOP

Come and have a look at our retro shop and grab a bargain or two!

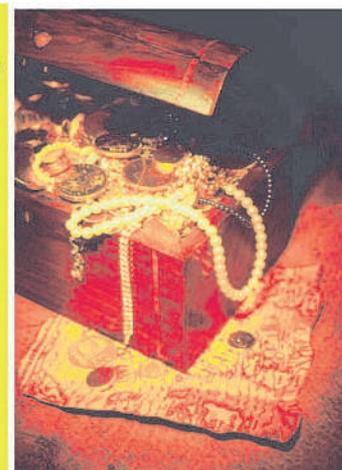
Waimarie Hamilton East Community House is excited to let you know that we have reopened our fabulous retro opportunity shop

Hours: 9.30 am to 3.30pm Mon to Fri

53 Wellington St

Cash sales only at this stage

- Books
- Bric-a-brac
- Curtains
- China
- Jewellery
- Handcrafts
- Cushions
- Linen
- Tools



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