

EcoBuzz

EcoBuzz Edition 68

Term 4 2017



*Pinegrove Kindergarten celebrate their
Enviroschools GreenGold achievement.*

IN THIS ISSUE: Enviroschools celebrations, meet Joanna Wilson from NCC, many amazing school action stories, eat your banana peels and more

Kia ora tatou

How is your community sustainable?

The Enviroschools Guiding Principle of Sustainable Communities recognises that sustainability is about the health and viability of our environment, society, culture and economy and the importance of role modelling sustainable practices, recognising diversity and inter-connectedness, partnerships and working together as one.

The staff at Pinegrove Kindergarten in Brightwater, posed this question to their children, parent and support community; "How is Pinegrove sustainable?" Over forty written responses were received, on the back of colourful, paua cut-outs and in visual images on cardboard art pieces, recognised a range of ways and each response was different. Making use of natural resources; engendering community connections and feel; enjoying working with nature and learning about conservation; giving and receiving the benefits over many years of baking buddies who provide family support with a new baby; and modelling environmental care practices that continue to deepen, were the items on just four of these paua. The teachers, parents, children and other providers all contributed to the context and development of this sustainable community and they all received the benefits. Congratulations to Pinegrove reaching the GreenGold Enviroschools level.

The work being done by Enviroschools teachers is growing the environmental strength of our communities. Thank you for all the work you are doing this year towards this.

Seasons greetings and have a wonderful holiday break.

Thanks Adie, Heather, Joanna and Claire



“The proper use of science is not to conquer nature but to live in it”

Barry Commoner

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Joanna helps out an Oi – Grey-faced petrel chick.

Greetings from Joanna Wilson

“Hi everyone! It’s great to be here in sunny Nelson. My name is Joanna Wilson and I’ve just moved down to Nelson from the winterless north, where I was working for Whangārei District Council on water quality, biodiversity and environmental education projects. In my new role of Environmental Programmes Advisor at Nelson City Council, I’ll be looking after Nelson’s urban ecology, particularly our urban streams, as well as being part of the EnviroSchools team.

My interest in the environment and conservation began at a young age with holidays around New Zealand, particularly Stewart Island where my mum grew up. Over the years, I have been lucky enough to be involved in some really cool projects. I particularly love getting out in communities and supporting them to make positive changes to enhance their environment. There’s nothing quite like watching the amazement of someone seeing their first in the wild kiwi up close, the pride at the end of a community planting day, or the determination to reduce litter after a beach clean-up.

I’m really looking forward to working with you all and helping you to achieve your environmental goals.” Joanna



NZAEE Conference
An Ecosystem for Environmental Education
He Pūnaha Haurōpi mō te mātauranga a taiao
18-20 April 2018, Wellington

Conference Website: <http://www.nzaeeconference.nz/>

New Zealand Association for Environmental Education (NZAEE)

8th Biennial Conference: An Ecosystem for Environmental Education

Wednesday 18– Friday 20 April 2018

Wellington Girls College, Wellington, New Zealand

Skatepark Tour 2018

6 – 21 January

The Skatepark Tour returns to the region this summer, showcasing the best talent on skateboards, bmx bikes and scooters. Skate, BMX and scooter competitions are split into junior (5-11 yrs), senior (12-17 yrs) and open (18+ yrs) categories.

The tour's championship leaderboard has riders across all ages and disciplines competing for competition points from placing at each heat.

Helmets are compulsory for all competitors entering the competition.

The tour is visiting Murchison, Takaka, Mapua, Tapawera, Motueka, Brightwater, Richmond and Nelson. Check out <http://www.itson.co.nz/> for more information.

Go By Bike Day in Motueka, Richmond, Nelson and Takaka

Wednesday 14th February 2018 7:30am - 9:00am

Get on your bike and cycle to work or school and be rewarded with a free cyclists' breakfast.

Go By Bike Day is held at:

- Takaka – The Quiet Revolution
- Motueka – Museum
- Richmond – Sundial Square
- Nelson – 1903 Square, Trafalgar Street (opposite Cathedral steps)

<http://www.itson.co.nz/2018/15847-go-by-bike-day-in-motueka-richmond-and-takaka>

Family Bike Fun in Golden Bay and Motueka

Golden Bay is at the Rec Park Centre Saturday 24th February 2018 11:00am

Motueka is at the Saltwater Baths, North Street Sunday 25th February 2pm.

This is a fun event open to all and is about celebrating and enjoying cycling. Test your skills on the bike ramps, or enjoy other activities including a slow bike race, cycle skills and decorate your bike competition.

<http://www.itson.co.nz/2018/15968-get-moving-family-bike-fun-in-golden-bay>

Loving our water!

Nelson City Council has just launched a Freephone hotline to call you or your students/family spot a pollution problem that could affect our water. The number is 0800 NOPOLLUTE or 0800 667655.

It's particularly easy to pollute stormwater drains as they lead straight into our rivers and stream – things like paint, diesel, petrol, dirt and debris, and detergents from washing cars really aren't great for our waterways. By giving Council a heads up if you spot anything that could cause pollution, you help us work with the community to take quick action to protect the environment – particularly our freshwater and streams.

For more information contact Joanna Wilson,
Environmental Programmes Advisor – Joanna.wilson@ncc.govt.nz.



DOC Conservation Week Enviroschool stall

Adie and Heather had fun at the recent DOC conservation week event. Lovely to see students with their families and even a teacher or two!

Children enjoyed taking a break and building with natural resources down on the Enviroschools whariki, and interacting with activities from the "water for life" theme area kit.



Congratulations to Pinegrove Kindergarten for becoming a GreenGold Enviroschool.

Teachers at Pinegrove in Brightwater invited their parent and helper community, along with the children to help them reflect over the last couple of months on their ten-year sustainability journey as an Enviroschool. Their rich responses came as written gems and creative artworks.

On Tuesday 7 November, after a mihi whakatau led by Matua Madsen, Anne Turley and Dean McNamara, local councillors, early childhood teachers and regional Enviroschools facilitators offered their outside view after interacting with parent stories, the tamariki and teachers. Everyone was confident that Pinegrove's sustainability efforts were embedded in the Kindergarten, providing a wonderful foundation for the children and benefits to the Brightwater community.

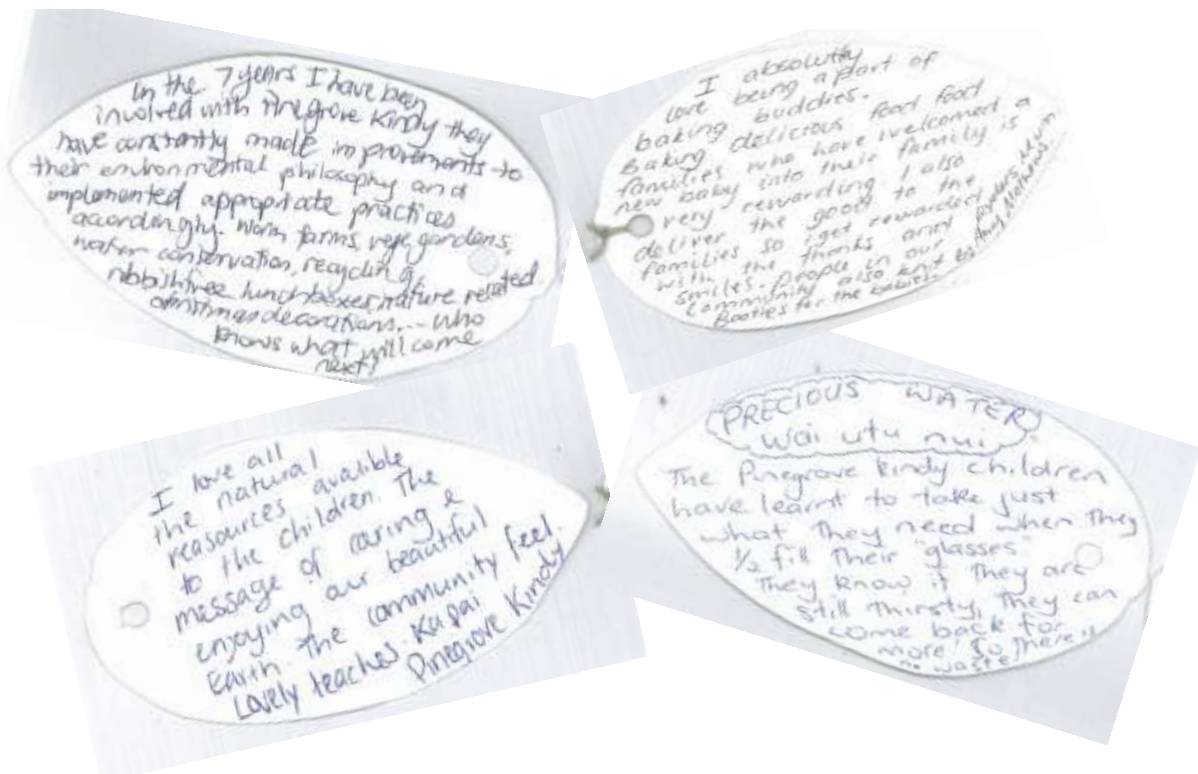
The review considers the guiding principles of Enviroschools and found Pinegrove outstanding in Sustainable Communities where collaboration and generosity is strong, in particular where the parent and teacher group of the kindergarten support the parents of new babies.

Cover photo - Part of the review is to plan next steps on their journey and after receiving an Enviroschools flag, they will need to find a flagpole.

Everyone was involved in agreeing that Pinegrove is now a GreenGold Enviroschool.



Some of the reflection leaves



Congratulations to Hampden Street School, Stoke Kindergarten and Nelson College for Girls!!

Beautiful reflection days full of rich sharing about the journeys that schools and kindergartens have invested their time energy and passion into have been held over recent weeks.

Everyone's journey into education for sustainability is unique to their school and we mihi to the action that you take and the learning that you do.

It was particularly nice to see so many local community members and other school students supporting schools with their journeys. And, many thanks to our visiting Enviroschool facilitators and coordinators, school management and Council members who were also a vital part of the process.

Hampden Street School, Stoke Kindergarten and Nelson College for Girls are now all Silver Enviroschools.

Hampden Street School celebration



Stoke Kindergarten recording their journey

Nelson College for Girls students proudly in front of their silver Enviroschools sign.



MY PIECE OF NATURE

Nelson Tasman Enviroschools had the privilege of hosting the workshop lead by Artist Janet de Wagt exploring "my piece of nature" as part of the Tamatea "art and conservation in the Dusky Sounds"

<https://blog.doc.govt.nz/.../art-and-conservation-dusky-sound/>

This opportunity for teachers to explore sustainability and the environment in a different way was funded by DOC and Creative NZ.

<https://blog.doc.govt.nz/art-and-conservation-dusky-sound/>

Teachers created not only wonderful art in its own right but pathways for future learning at their school.

During the workshop, Enviroschools Facilitator in Nelson, Heather Graham, was reminded by fellow Enviroschools Facilitator Adie Leng, of the wonderful books by Peter Reynolds. His books *The Dot* and *Ish* are a great launch pad for finding everyone's creative flair.

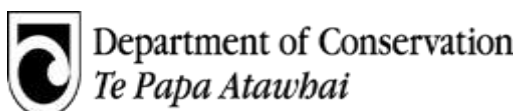
<https://www.youtube.com/watch?v=t5mGeR4AQdM>

This workshop coincided with the Nelson Art Festival of which the masked parade, which again highlighted art as an important medium for communicating what is current and important in people's minds.

Many thanks to the sponsors.



Janet de Wagt.



Nelson Action Fund Fruit Bowls of the Future – Birchwood School

It was great to see it was not just the trees growing at Birchwood but the relationships between Kindergarten and school nurtured with the funds from this year's action fund.

Thanks to a love of fruit, blossom and bees, the Enviro Kids Club at Birchwood School decided to take a shot at growing something a bit more substantial that they could nurture over the years they attend the school.

This initiative was also linked to taking positive steps in the garden which could combat/survive the ongoing issue of vandalism which was getting the students down.

Katrina, Birchwoods EnviroSchools' lead teacher, asked her students 'what fruit trees they would like to plant?' The School Facebook page was used to gain whanau voice on suggestions for fruit trees that they knew grew well in our area and produce lots of fruit.

Students went around both centres and took note of the fruit trees we already had and considered what would grow well where we are located.

Finally, we were all ready to make informed choices, with the kindergarten settling on blueberries, black currants, a lemon tree, a seedless grape and a variety of stone fruit and citrus for Birchwood School. We also decided to get a tree for each class at the School so all students had the opportunity to feel connected to the project.

New relationships have been formed and others strengthened. The children now have an edible connection between them that allows students to gain a variety of learning and experiences and measure change not only in the plants but in themselves too!



Garin College Gardening project.

At Garin we have been busy with the environment group taking on the existing gardens to bring them back to life. We have pruned the fruit trees and cut up the branches to mulch the gardens. We weeded, brought in excess compost from student's houses, and we took out a huge flax that was taking up a lot of the garden space.

We made flax flowers from the leaves to decorate the garden beds. We transformed the empty glass house to a seed nursery where we raise our own plants for the garden. We started a composting project

where we collect and compost all the school waste. All the children involved are learning skills like seeding, propagation, composting, soil maintenance, growing vegetables, pruning, weeding, watering, seed saving, and harvesting. They are encouraged to take home the produce and prepare it for their family. This garden is now up and running again, with berries, currants, fruit, and vegetables ripening for all students to graze on.

Our next exciting project is on the way. We are converting three by 12 meters of lawn into a low weed, low water vegetable garden as a prototype. We have had a working bee to put it all together, see photos. Watch this space as the garden continues to develop, a garden website be available next year. The garden will be resting over the summer so the worms can move in and loosen the very compact soil underneath the newspaper. We are waiting for a delivery of wood chips to be put over the compost layer on the top.



Children learn to love and protect Nature



Freya Godsiff, 8 years old, and the Bug Hotel.

I was walking along a gravel path at Ngatimoti School with eight-year-old Freya Godsiff. No sooner had I spied a tiny piece of lolly-paper in the gravel than Freya dived on it like a hawk upon prey. The children, I learned, take pride in ensuring no garbage litters their grounds, and are highly aware of proper waste disposal. Every classroom at the school has a compost bin. The school promotes 'zero-waste lunches'. If some food does come in paper or plastic wrappers, this waste is sent back home. No writing paper enters the waste stream without being used on two sides. This is only the beginning of this school's extraordinary ecological consciousness.

Teacher Debbie Godsiff is in charge of the environmental programme. It starts with the physical plant. The school swimming pool is solar heated. Their new buildings incorporate passive solar principles of heating and cooling. Space heating is by wood fires in old classrooms, heat pumps in new ones. Debbie looks shocked when I ask her about any coal use. 'Heck, no,' she says.

Most kids come to school by bus; a few bicycle. Car-pooling is encouraged, and always used by teachers if they have a course to attend in Nelson.

Energy use is frugal. Each class has an 'energy monitor' who checks that lights and appliances are being turned off. When the children thought

people were being lax about this, they constructed attractive signs around light switches to remind folk to minimise waste in energy. The children visited a nearby farm, which uses a waterwheel to grind grain. They built their own solar dehydrator to dry food for their planned camp.

The school's setting is extremely beautiful – on the Motueka River with a backdrop of Kahurangi mountains. The grounds include raised beds where the children grow vegetables, which they harvest and cook. A greenhouse shelters native seedlings, which the children are tending both for fund-raising purposes and also for forest regeneration. A 'bug hotel', a bee garden, a skink garden and areas planned for birds are part of the landscaping. Debbie tells me that kereru are plentiful and allow the children to get very close. Science is incorporated into every undertaking – careful observation, measurement and controlled experiments are carried out. Ecological values, including Maori kaitiakitanga are deeply integrated. In this school, ecological understanding is not an added-on subject. It's more like a way of life. 'We're always thinking "What can we do next?"' said Debbie.

This is an Enviroschool, a school which seeks to exemplify living harmoniously with nature. Tasman District Council supports all its Enviroschools with a facilitator and some funding. Envirotimes occur every Friday. The children circulate around each teacher who introduces them to a particular area of understanding of Nature – predators, native plants, water care. From this the children choose an area in which to seek deeper knowledge. Some work is done with a buddy system, called tuakana/teina (big sibling/little sibling).

The children care for a stream, and monitor its water quality. Understanding its deterioration has led them to talks with forestry workers. They are restoring a local wetland, next door to an original native forest that required fencing to exclude cattle. The children even dug the fence postholes. They laid down tracking tunnels with ink pads to identify predators and then acquired and repaired broken traps from DoC.

When the focus was on conservation, the children made toys for kea, as a hoped-for solution to distract them from more destructive play with the heavy equipment of forestry people. This is the kind of creative solution to environmental problems the children are encouraged to seek. The children have raised funds, for example, for kiwi restoration in Kahurangi National Park. The children are very aware of large-scale environmental problems. They know that waste plastic in the ocean is killing marine life. They know about climate change. 'We try not to frighten them,' said Debbie.

I asked Freya what was her favourite part of nature education. 'I like to climb a tree, lie down on a branch and listen to the birds, to see how many different ones I can hear,' she said. I felt a surge of gratitude to the teachers and others who are guiding these children in an interwoven deep spiritual and scientific understanding of Nature and the problems of the human impact on Nature.

By Joanna Santa Barbara for Nelson Mail

How Room 5 at Tahunanui School Saved the Harakeke



We were talking about Papatuanuku and what we can do to care for Mother Earth so we went for a walk around the playground to look at the plants. When we got to the stand of harakeke near the playground we were absolutely devastated and disappointed to see them so squashed and flat, Legend said he had seen kids playing hide and seek amongst them. “But why are they so important?” asked Jake. Jeliza suggested we do some research and find out. “The native birds like the nectar” reported Sophia. “And we can use harakeke for making baskets, kete, flowers and mats” added Ella. We brainstormed lots of ideas of ways to protect the plants and Aaliyah offered to take them to her next ‘Green Ninjas’, Enviroschools meeting.

Aaliyah made a sign that says ‘Please don’t jump on the harakeke’ and added some information for people to read. Then in the holidays caretaker Ian put a little rope fence around the bushes.

Czylah was really excited last week when she saw that the harakeke were shooting up flowers and that new leaves were forming. People are showing more respect towards our school’s gardens and Room 5 is feeling very proud of themselves. “We hope some native birds might come and feed now” said Sophia.

By Room 5 at Tahunanui Primary School

The Joy of Giving

Central Takaka School get into some Christmas caring



The Golden Bay Community Workers Collective have a Christmas tree going up this weekend in the Library in Takaka. Public can put presents under it for redistribution to those in need.

The senior students of Central Takaka School put their thinking caps on – the challenge was to come up with ways to make Christmas decorations for the tree and Library that would:

- Look really nice
- Younger students could successfully help make
- Use materials that didn’t destroy recyclable materials or create lots of waste.

They came up with so many wonderful ideas – including: paper chains, clay beads, bunting, willow ornaments, decorative hoops, paper trees and much more.

The senior students ran stations for others to get instructions from and then create their own. It was an incredibly productive afternoon. The tree was decorated by some of the students and now stands proudly in the Library entrance.

Mapua School's Wai Festival

I, Adie Leng had the pleasure of attending the Mapua School Wai Festival on 17 November on the Mapua waterfront. The whole community event was very well organised and led by teacher Teressa Hosie and the Year 5 and 6 syndicate of teachers and students to celebrate water and educate people about the need to conserve and protect Earth's water. The weather and setting with a full tide were perfect for the hundreds of guests, parents, grandparents and community and other students from Mapua attending for the two hours.

The students welcomed the visitors with a waiata and haka before we all walked through a beautiful kūwaha, gateway, to start the Festival. A student gave a speech about the state and quantity of water we need to protect after a dance group welcomed us with a stunning masked Tangaroa dance-drama sequence giving special acknowledgement to Deputy Mayor Tim King. The area was surrounded by colourful gazebos with information and activity stands that we were invited to check out for the following hour.

All of the students communicated really well the purpose of why their topic was important for us to know about – wetlands, clean streams, household water use, water desalination, animals need water too, water in food and the unseen quantities of water required for food production, marine life, world water facts and water conservation tips. Games, a play, sculptures, quizzes, facts, commitment boats, pamphlets, videos and prehistoric creatures all provided wonderful information.

To close, students sang original songs, the choir sung Beatle songs and the whole syndicate did a water cycle rap dance. The visitors expressed how convincing the students were in imparting their messages to not take our wonderful water for granted.

- 'Every drop counts'. The gazebo was adorned with students' written stories inspired by a Journal story re traipsing long distances to access dirty and sometimes polluted water for drinking and cooking. The activity invited participants to fill a bucket of dirty water, complete with mud and straw, and then carry it on their head for a long distance and come back to put back in the water trough and report on that experience.
- The painted water word stones encouraged people to create their own poetical connection to water.
- The net and flags had advice, information and stories, driftwood fish art and fish cut out of cloth entangled in the net – from the Year 3-4 Middle Learning Team.



Adie Leng

Nelson Central School Room 4 saves the penguins!

– Kotahitanga

My first link to Room 4 – Kotahitanga’s learning journey was an email from their teacher Sue

“I recently discovered little blue penguins nesting under our deck. (We live out at the Glen). So I was considering getting the children motivated in the issues penguins face in today’s world. I hope to guide the tamariki to consider building Penguin boxes for McKays Bluff, can you help” – Sue

And so the children of Kotahitanga were off on a journey based around the question “Why did the penguins come to live at Sue’s house?”

Sue drew the Students to build their knowledge of penguins through a series of “I wonder” question’s

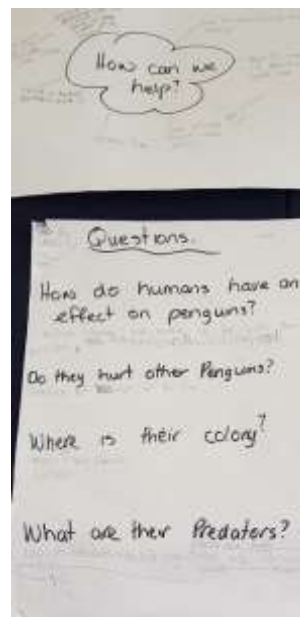
I wonder how

I wonder where

I wonder what

The children explored what it means to be an endangered species and were encouraged to use their newly gained knowledge about penguins to answer questions about the current situation for the penguins out at The Glen, where Sue lives and apply these answers to the exploring alternatives section of the ALC. This was then delivered through a design and technology project.

Some of the outcomes from this focus were that students designed and built penguin houses and lobbied the Council for signage to educate people in the Glen about the penguins.



Precious Energy - Transport

Nelson Enviroschools have been investigating links between the Enviroschools Kaupapa, the Enviroschool precious energy theme area and the issue of school travel.

Can we use the Enviroschools kaupapa of creating a healthy, peaceful and sustainable world in order to deliver learning that makes a difference to the choices families are making when children are traveling to and from school?

Quantifying the issue.

Tahunanui and Nelson Central schools undertook a hands-up survey. This is a super easy and effective data collection method to use in schools.

Each class teacher asked the same questions – how did you get to school today?

This data gathering was also supported via a google form survey that was sent to parents.

The survey results showed that about 40% of children are walking, biking, skating and scooting to school.

Parents seem to be struggling with the issues of time, weather, safety and distance when making decisions about how to get children to school each day.

Tahunanui school have been working with their junior syndicate to support the children's knowledge around natural energies, with each class spending 45min a week focusing on this with the schools Enviroschools lead teacher.

Next steps for them is to then link energy to our energy and how we can choose to make best use of the energy we have in our bodies to get to school each day. It is thought that this will link well with health and wellbeing topics also.

A Nelson Central School senior class had already looked at issues around transport and pollution and were keen to take action to educate others in their school about how they can reduce the impact on the planet by making other transport choices.

The class led the surveys, made videos, placed education and information in school newsletters, researched possible solutions and discussed the barriers people face.

They developed a logo and launched their initiative with a Wednesday event where people could make extra effort to try a new way of getting to school and then enjoy bike and scooter activities, a cuppa for the parents and toast and pic's peanut butter for a post-action snack.

The schools different deliveries have given great data to inform the next steps in developing ways to support schools with this type of learning. We look forward to sharing more with you as things unfold.

In the meantime if you are keen to take action on this type of issue here is my favourite site for information and resources:

<https://at.govt.nz/cycling-walking/school-travel/travelwise-schools/travelwise-resources/>

But feel free to get in touch and I am happy to share top tips and insights☺

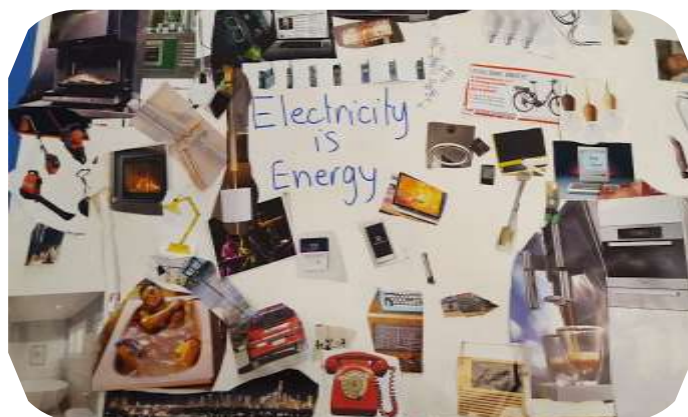


Tahunanui School learning about Energy

Heather Graham

Enviroschools Facilitator & Nelson Regional Coordinator

0211460247 enviroschools@ncc.govt.nz



This is the action that I am most passionate about at the moment! Park and walk.

Promoting a convenient and safe place to park, with only a short walk to the school entrance.



Aim:

To reduce congestion outside the school gate by getting parents/caregivers to park in alternative locations. Parents supervise their children to and from school. To create travel change and develop new travel and parking behaviours. To develop children's walking skills with the support of their whanau so they can do so independently when this is age appropriate.

Method:

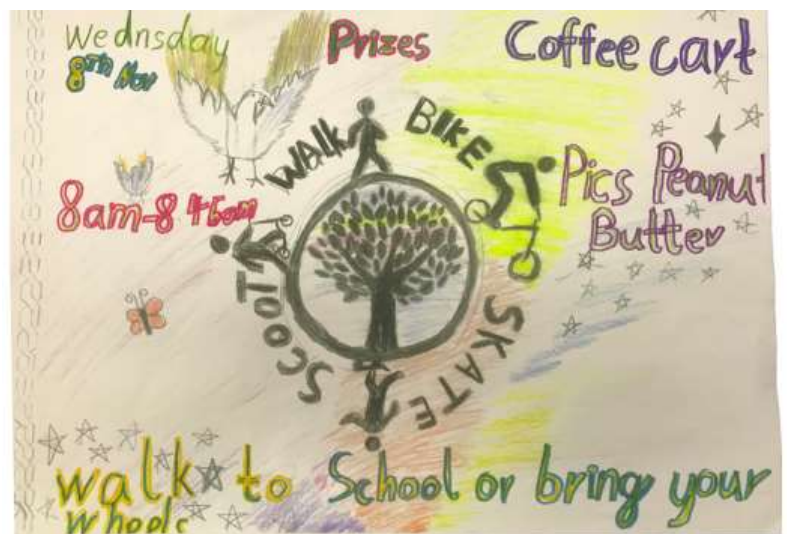
Investigate and identify a close, practical and safe park and walk area eg side street, road with walking access way, community venues or another carpark for parents/ caregivers. This can be checked with your EnviroSchool Facilitator, Community Constable and Council if you desire.

Promotion:

Add some fun to what is already happening. You could try any of the following:

- Fancy dress walk
- Decorate your car
- Fly a flag walk
- Rewards when arriving at the school gate
- Choose a famous walking buddy for the day (high profile locals)
- Spot prizes

By Isobelle Nickalls and Jessica Gallagher



On Wednesday the eighth of November Room 1 will launch Walk and Wheels Wednesdays taking action on reducing carbon emissions and making our journeys to school more active, social and interesting. We encourage you all to try new ways of getting to school such as biking walking, scooting or skating. This may take some practice, but we recommend checking out the route with mum and dad, practice on the weekend with family for support and always use walkways, footpaths and designated crossings where possible.

We will celebrate the launch with a coffee cart, prizes for awesome walkers and wheelers some Pic's Peanut Butter toast. It will be a fantastic free morning event from 8am-8.45am to socialise with the school community, enjoy being active and taking action to reduce carbon emissions while making our roads around the school safer for our tamariki. So come along, dress up in your most fun active gear and celebrate our commitment to being an active and healthy enviro school.

We will continue this initiative through the school year and look forward to seeing those who can walk, scoot, bike or skate to school getting active and helping the environment.

By Isobelle Nickalls and Jessica Gallagher



Provider Update



Mountains to Sea Wānanga Conference 2018 Saturday 21st April – Monday 23rd April 2018 Motueka, Te Awhina Marae, Nelson-Tasman

Theme "Succession" for marine and freshwater conservation action and education"

Purpose

An inspirational professional development and networking opportunity for all those involved or interested in freshwater and marine conservation.

Objectives

- ✦ provide a forum for marine and freshwater educators to network about education for sustainability initiatives and projects around science communication
- ✦ provide professional development opportunities
- ✦ provide a forum to discuss the effectiveness of existing and potential partnerships that foster action for marine and freshwater conservation
- ✦ ensure strong delivery of the Experiencing Marine Reserves (EMR) and Whitebait Connection (WBC) concepts around New Zealand
- ✦ raise the profile and value of succession planning for conservation

Wānanga registration will include

- ✦ powhiri at 11am on Saturday 21st April
- ✦ marine & freshwater keynote presentations from **Aneika Young, Jane Goodman and more TBC**
- ✦ fresh wholesome meals and marae accommodation over the 3 day conference- wānanga
- ✦ idyllic scenery of the Abel Tasman National Park
- ✦ marine and freshwater field trips including local conservation initiatives and attractions such as Te Waikoropupū Springs
- ✦ an opportunity to share your own project during 'show n tell', displays & facilitated workshops
- ✦ inclusion of local residents, tangata whenua & conservation groups throughout the programme
- ✦ an additional 1.5 days of specialist training workshops for Experiencing Marine Reserves & Whitebait Connection coordinators prior to the wānanga (Thursday 19th and Friday the 20th of April)

Previous wānanga proceedings <http://www.emr.org.nz/index.php/events/55-annual-marine-and-freshwater-wananga-conference>

Registrations essential early bird rates: \$390 waged professional \$290 non waged/student/teacher/not for profit

Follows on from NZAEE conference in Wellington

For more information and registration forms contact

Kim Jones (09) 425 5681 or 027 243 4818 or kim@whitebaitconnection.co.nz

Mountains to Sea Conservation Trust would like to thank the DOC Community Fund for funding support.

Mountains To Sea - www.mountaintosea.org.nz - www.emr.org.nz - www.whitebaitconnection.co.nz

Activity One: Banana Peel Dhal

Freak out the class with this funny recipe – “Lets eat banana peels everyone!” Don’t throw away banana peels, use them to make this banana peel dhal. The banana peels give a nice texture and a very mild flavour, making an overall tasty and light dish. Banana peels are safe to eat, just make sure you wash them before using them.

Ingredients

- 2 tablespoons oil
- 1 onion, finely chopped
- 2 garlic cloves, grated
- 2.5cm ginger root, grated
- 1/2 teaspoon turmeric
- 1 1/4 cups red lentils (uncooked)
- 8 banana peels, finely chopped
- 1 teaspoon salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander,
- 1/2 teaspoon garam masala
- Sugar and lemon or lime juice to taste
- Ground pepper and fresh herbs (optional)
- Rice, to serve



Method

1. Heat the oil in a large fry pan. Fry the onion, garlic and ginger over a gentle heat for approximately ten minutes, until soft and fragrant.
2. Add the turmeric and fry for a further minute.
3. Add the lentils and fry for two minutes.
4. Add the banana peels and 4 cups boiling water. Bring to the boil and simmer for 15 minutes, stirring occasionally.
5. Mix in the spices and seasoning and simmer a further 10 minutes.
6. Taste. Add sugar and lemon or lime juice, if desired. Mix through the pepper and fresh herbs.
7. Serve warm on rice

Cooking Tips

- A simple way to cut the banana peels is to use your hands to peel off the skin into strips about half a centimetre wide, then stack them on top of each other, and chop as evenly as possible.
- You can freeze banana peels until you have enough to make the recipe. It is best to freeze them as strips or already chopped into small squares rather than chunky peels.
- For a creamy dhal use three cups of water and one can of coconut cream. Add the water in step 4, add the cream in step 5.
- If you would like a spicy dahl, add in fresh or dried chilli.
- When short of time, using canned lentils work well too.

Use two cans of lentils, drained and rinsed, then boil with the liquid, banana peels, and spices for 15 minutes – removing step three and combining step four and five in the method.

When using this recipe there can be class discussions about what else we throw away thinking its not edible but actually it is. For more recipes that save on waste check out:

<https://lovefoodhatewaste.co.nz/our-recipes/>

