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INGLEWOOD

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been kind to us, and the mild weather has kept everything growing, even the lawn. It's easy to want to stay inside by the fire when it turns chilly, but on the sunny days, get outside and enjoy a few gardening hours, while you benefit from the Vitamin D from the

June is a good month to still plant vegetables, like carrots, peas, and spinach to name a few. Carrots are a great source of vitamins and minerals and also contain beta-carotene, which is the orange pigment that helps make carrots orange. Our bodies convert this beta-carotene into vitamin A, which is a fantastic vitamin for promoting eye health. Yates Carrot 'Topweight' are perfect for sowing all around New Zealand in June, and just need a sunny garden bed that receives at least 6

Email: info@sentryhillcattery.co.nz Web: www.sentryhillcattery.co.nz hours of sunshine a day. Carrots need soft and loose s otherwise they won't grow nice and straight. Sow the seed 6 mm deep and then it's crucial to keep the area moist until the seeds germinate and begin to establish. Lack of moisture, eve for a short time, can mean the end for the germinating seed Seeds may take up to 3 weeks to germinate, so be patien Your carrots will be ready in around 16 weeks time.



benefitting carotenoids, a good source of vitamins, fibre and protein, so healthy, why not plant some. Yates@ Spinach "Winter Queen" is a tasty, prolific and early maturing spinach variety with large deep green leaves. It can be sown in June and it's as easy sowing a few seeds in a clump, direct where they re to grow in a sunny spot in the vegie garden. eeds will take I – 3 weeks to germinate so don't eds will take I - 3 weeks to germinate so don't e up on them too quickly, and you can be rvesting leaves in as little as 8 - 10 weeks. The auty of loose leafy vegies like spinach is that you n harvest individual leaves as you need them. cious vegetables fresh from your garden, and oh so good for your health! Happy gardening.

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Rainfall for May 2019

(Mary Boekman)

2476.95 mm

ainfall for May 2019

Total rainfall for 2018:

cannfall for May 2019: tainfall for May 2018: No of rain days for May 2019: No of rain days for May 2018: Total rainfall so far for 2019:

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section of books. Fiction, non-fiction aphy's, auto-biography's, health, sport, crafts ies, war and information on New Zealand and

rar and information on New Zealand and countries around the world – not to forget the children's section of books, dvds, cd's and puzzles. They also had some left over children's books donated to Rotary for a project that they made vailable free at the book fair. So then available free at the book fair. So there was a great variety to suit everyone and no excuse for anyone not to have books in the home at the prices. The raffle was well supported and the BBQ which together with the books raised a good amount of money that these and directivation are not because the provise of the process of the provise of the provis

Lions are distributing among the youth of our community. Lions have already had several requests that they have supported, and it gives them a great deal of satisfaction being able to help. See you all again next year

NW

NEW WORLD



Issue 243



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nunity project is now available between the reezer this community project is now available between the Lassrooms (up the ramp) at the Manaku Centre. The fridge and freezer are being stocked with many generous donations from our local community and are available to anyone who is struggling to get a meal on the table. It is open to the public from 9.00am-5.00pm weekdays and at other times by rrangement (txt 027 909 4401)

A huge thanks to Inglewood Lions for their generous donation of the fridge and freezer, which has helped to enable this community project!

Birds Eye View (Karen Moratti)

Bird expert Roger Tory Peterson once said: "Birds are indicators of the PORANA" of the environment. If they are in trouble, we know we'll soon be in trouble."

He is so right and this quote is the base for the whole idea of conservation and birding, along with a sense of hop for the future. There must be hope that not everything is lost and never develop the attitude of "Why bother".

Visitors to Pürangi have often excitedly reported back all the birdlife they had seen on the walloways: robin, tom tit, fantall, fernbird, belbird, tui, kingfisher and kereru are usually on the list counted off on the fingers. In the project the "indicator species" are the kinw and it is know that if they are doing well other native species



The Club held their AGM on 21 May. They

The Club held their AGM on 21 May. They elected a new president, Heather Grant and a new secretary, Alison Paterson. Jane Chamberlain was re-elected club captain. They are always chamberian was re-elected clue captain. Inexp are always looking for new members, young and old so please contact. Heather on 022467819 or Jane on 0274670462 for further

information. Winter playing times are Tues and Thurs 10.00am - 2.00pm and Sat 9.30am - 12.00pm. They look forward to seeing some





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Grafting Workshop
Waitoriki Hall
Tuesday 25 June 6.45pm
Laurence Frost certified
horticulturist
RSVP by Sunday 23 June
Shonagh Hopkirk 7520889
taranakilandgirls@gmail.com

Sustainable Taranaki Art of Soap Making Worksho Sat June 29 10.00am-1.00pm Highlands Intermediate \$30 www.ustainabletaranki.org.nz

PG Nops Working Bee Sun 30 June 2.00-4.00pm Brennan 0800 736 222 brennan.mahoney@trc.govt

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