

Local Food Week
Neighbours Aotearoa
Community Gardens
Open Sundays

Absolutely Positively
Wellington City Council
Me Heke Ki Pōneke

GROW Pōneke: celebrating community and kai together



NEIGHBOURS
AOTEAROA

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Disclaimer: We made this brochure to encourage you to get involved in local events. Wellington City Council has to the best of its knowledge sourced accurate information. We will not be held responsible for any errors, changes in pricing, or misinformation. **For more information phone 04 499 4444 or go to wellington.govt.nz**

Kia ora koutou

Welcome to GROW Pōneke, a celebration of local kai, community, and the ways they connect to make our city flourish!

The celebrations begin on 26 February with **Local Food Week** – an annual festival showcasing the food producers, spaces, and initiatives that bring vitality to the city's local food scene. A week of activities and events has been created in partnership with Seeds to Feeds. Come join us for a feast of ways to cook, eat and grow food together in Pōneke!

Next up is **Neighbours Aotearoa**, a month-long campaign inviting everyone to get to know their neighbours better. How can you create big or small opportunities for your neighbours to connect? This year's theme of 'Growing Together' naturally leads to eating together, so what about organising a plant swap, a garden bee, or a potluck with an autumn theme?

Festivities wind-up in April with the **Community Gardens Open Sundays**. If you've ever wondered what happens at the city's many community gardens and how you can get involved, this is your chance to find out. Each Sunday, gardens in a different area of the city will be hosting visitors.

With so many opportunities, what are you waiting for Pōneke? Grab a hat and a friend and go grow community, grow kai, and grow together.



Don't forget to include smart and sustainable travel in your plans - walking, cycling, car sharing, car pooling and public transport are great options for getting around the city.

Local Food Week

26 February to 3 March

Local Food Week is an annual festival of local food producers, spaces, and initiatives that make the Pōneke food scene so special.

Working in partnership with Seeds to Feeds, we've got a week of delectable activities and events lined up. From community gardens and local producers to veggie growing innovation and small business success stories, there's something to tempt everyone.

Most events are free and don't require registration – the exceptions are marked ✨

For more Local Food Week events, visit wellington.govt.nz/local-food-week



* Backyard Garden Workshops - Gourmet and Functional Fungi

Saturday 24 February | 12-4pm
Innermost Garden Community Hall,
end of Lawson Place, Mt Victoria

Join Innermost Garden's Tim Packer for a 4 hour, two-part workshop on Fungi. Dive into learning about how fungi are used in food, medicine, and more. Learn where and how this amazing species grows. Following this, you will prepare an oyster mushroom bucket to grow your own at home.

Cost: \$50 per person. Bookings essential.
For information and tickets visit
events.humanitix.com/backyard-garden-workshop-gourmet-and-functional-fungi-production



Local Food Week launch

Monday 26 February | 10am-12pm

Hopper, 11 Hopper Street, Mt Cook

Join us in opening Local Food Week. We'll share local kai, coffee and conversation. More information at seedstofeeds.nz/events

Local food tastings

Monday 26 February - Sunday 3 March

Commonsense Organics, 147 Tory Street, Te Aro & 37 Rongotai Road, Kilbirnie

Commonsense Organics is a long-time champion of local food producers, all year round. To celebrate LFW, they'll be showcasing their range of quality local foods with in store tastings, specials and giveaways. Pop into any Commonsense store to see what the local organic community has on offer!

Local is your backyard

Tuesday 27-Thursday 29 Feb | 9.45-11.45am & 12.30 -2.30pm

The Discovery Pavilion, Wellington Botanic Garden
Ki Paekākā, 101 Glenmore Street, Kelburn

Food doesn't come more local than from your backyard! In our urban garden, the Botanic Garden Education team are going to show you how to grow in even the smallest spaces. We'll be planting seeds, harvesting some of the food we've grown, and focusing on reducing waste and our carbon footprint.

Food doesn't come more local than from your backyard!



Herbal tea pop-in

**Wednesday 28 February-Sunday 3 March
From 12pm**

Hopper, 11 Hopper Street, Mt Cook

Hopper team invites you to enjoy a free cuppa made with fresh leaves from community and friends' gardens - relax for a few minutes, or longer, in our new garden/outdoors space. Bring your lunch, a friend, your neighbour. Have a chat. Hopper garden is for everyone to enjoy!

Kaibosh Pōneke open door days

**Wednesday 28 February
& Friday 1 March | 11am-2pm**

Kaibosh, 11 Hopper Street, Mt Cook

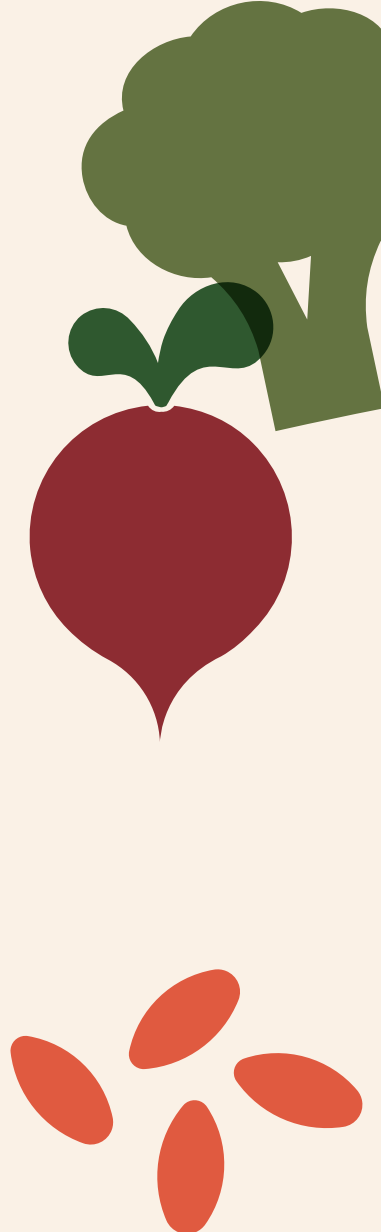
See behind the scenes of local food rescue! Meet the Kaibosh team and find out what up to one tonne of good surplus kai looks like as they sort and pack it to distribute to community.

Kaicycle Farm picnic & seed swap

Thursday 29 February | 6-8pm

Kaicycle Urban Farm, 5 Hospital Road, Newtown

Come hang out in Wellington's one and only urban farm to share some kai and chat all things gardening and local food resilience. Bring a picnic blanket, kai to share, and a plate/cup/cutlery. Bonus points if your kai contains something locally grown! We'll also be facilitating a seed swap, so bring any seeds you may have to share. Bringing friends, flatmates and tamariki is also encouraged. This event is weather dependent.



Island Bay and Berhampore Community Orchard

Saturday 2 March | 10am-12pm

Beside 559 Adelaide Road, Berhampore

Join us at the orchard for a fun-filled morning with games and challenges for ngā tamariki, orchard tours, a seed and plant swap, and a mini workshop about making seaweed tea (a fab natural fertiliser and support for the garden). We'll finish with some shared kai. Bring the whānau, seeds, or kai that you want to swap and a container to take your seaweed tea home in. This is a zero waste event. We look forward to seeing you there. To get in touch, email [**communityfruit@gmail.com**](mailto:communityfruit@gmail.com)



✱ **Haewai Local Food Festival:
dinner to fund our food forest**

Saturday 2 March | 5.30-8.30pm

Houghton Valley Community Hall,
80 Houghton Bay Road, Houghton Bay

More information
about Seeds to
Feeds is at
seedstofeeds.nz

Join us for our Haewai/Houghton Valley community dinner as part of the Seeds to Feeds Harvest Festival. We have a wonderful menu of locally grown kai and the famous foraged salad, harvested from Te Raehaihua. Bookings are essential and can be made via seedstofeeds.nz/events

Celebrations continue throughout March with the **Seeds to Feeds Harvest Festival** - a moving feast of community meals centred around locally grown fresh food. See seedstofeeds.nz/events for details.





Neighbours Aotearoa

1-31 March

Neighbours Aotearoa is a month-long national campaign celebrating the day-to-day connections that create community. This year's theme is 'Growing Together'.

Isolation is an increasing challenge in New Zealand. Together, we can foster a sense of whanaungatanga and manākitanga that makes our neighbourhoods friendlier, more resilient, and all-round happier places.

Strong neighbourhoods are built on big and small gestures of kindness and care.

How do I get involved?

Strong neighbourhoods are built on big and small gestures of kindness and care. What opportunities can you create for local people to connect? Could you host or attend a neighbourhood picnic, a street potluck, or a working bee at a community garden? Share surplus fruit? Set up an online group for your apartment building? Even a great tree starts from a small seed.

More information

For ideas and support, reach out to your local Community Centre at wellington.govt.nz/community-centres

Or you can find lots of helpful resources online:

- wellington.govt.nz/neighbours-aotearoa
- wellington.govt.nz/neighbourhoods
- neighboursaotearoa.nz

To find out what's happening around the city, see wellington.govt.nz/neighbours-aotearoa for event listings. And if you have an event you'd like to add to the calendar, email CommunitySupport@wcc.govt.nz





Community Gardens Open Sundays

7-28 April

Community gardens are the hidden gems of our city. From lush pocket gardens to rambling urban oases, you'll find them tucked away behind bowling clubs on Mt Victoria and nestled between houses in the Brooklyn Hills. They're as varied as the people who tend them but are all great places to learn about growing local kai, to connect with others, or take some time out.

Community gardens are the hidden gems of our city.

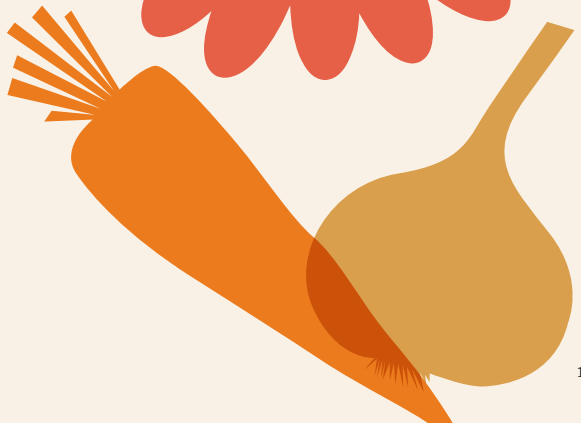


If you've ever wondered what happens at a community garden and how you can get involved, Open Sundays are your chance to find out more. Each Sunday in April, community gardens in a different area of the city will be hosting visitors:

- **7 April - Central**
- **14 April - South**
- **21 April - East**
- **28 April - West/North**



For a programme and more information about our community gardens, see wellington.govt.nz/community-gardens





Grab a hat and
a friend and go
grow community,
grow kai, and
grow together.



Matariki Puanga

28 June 2024



Me haehae Matariki Tātou

This kōrero comes to us from the 19th century chief Te Rangihaeta. It refers to the migration of Ngāti Toa and the idea that all endeavours, such as planting, harvesting and other pursuits, should be approached with great precision.