



**Central Otago REAP Inc.  
Membership Application Form  
1 January - 31 December 2010**

I wish to become a member of Central Otago REAP.

**Name:** .....

**Contact person (if group):** .....

**Address:** .....

**Email:** .....

**Please find enclosed Annual Subscription of:**

- \$10 (Individuals, Playgroups, Kohanga)
- \$10 (Non Profit organisations)
- \$20 (Kindergartens)
- \$30 (Schools/Businesses)

Membership of Central Otago REAP gives our community members the opportunity to vote at the AGM or stand for the Board

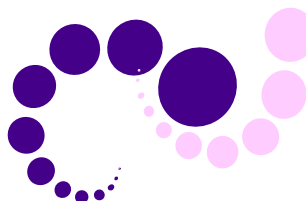
Information including newsletters will also be forwarded to you throughout the year keeping you updated on REAP activities.

**Please return to:**  
*Administration Secretary,  
CO REAP, 17A Brandon Street, Alexandra.*

# Thyme Festival

15 - 22 November

- Working Artists
- Workshops
- Events
- Exhibitions
- Lunch Time Concerts
- Walks
- Gala Night
- Markets
- Long Lunch
- Talent Quest



[www.thymefestival.co.nz](http://www.thymefestival.co.nz)

Learners are encouraged to provide any information that will meet their learning needs, for example a disability, literacy issue or cultural issue.

A qualified Career Coordinator at Central Otago REAP will be happy to help you with your plans for future employment and/or career path.

The office staff at Central Otago REAP will answer queries and provide access to a variety of community services.

Central Otago REAP, 17A Brandon Street, Alexandra  
Ph: (03)448-6115, Fax: (03) 448-6345, Email: admin@coreap.org.nz, Freephone: 0800 267 327



## Start Your Own Vegetable Garden



**Tuesday 17 November**

**Tutor**  
*Fred Peyton*



**Venue:** Pioneer Park Pavillion  
Central Stories  
Alexandra

**Tutor:** Fred Peyton

**Cost:** \$5

**Dates:** **Tuesday** 17 November

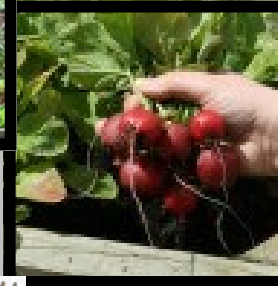
**Time:** 10.30am - 12pm



### Learning Outcomes:

By the end of this workshop participants will be able to:

- Name which minerals and vitamins should be in our vegetables.
- Grow some vegetable varieties that give you healthy eating through the winter period.



### COURSE CONTENT

Supermarket prices for winter vegetables have sky rocketed in the last 5 years. Grow your own and make huge savings. During the course we will discuss...

- How and when to plant, in Central Otago conditions
- The nutrition of vegetables
- How to cook them so you don't lose the minerals and vitamins
- The nine vegetables you can grow yourself to use through the winter months



### About the Tutor:

Fred Peyton is an ex market gardener and orchardist. He is very involved with Waste Busters, also worm farming and composting. Fred has used these principles to develop his own garden.

*Why take supplements when you can have home grown vegetables filled with nutritious vitamins and minerals?*

*Vegetables grown commercially using chemical fertilizers and sprays do not have the nutritional value of home grown.*

## REGISTRATION FORM

### Start Your Own Vegetable Garden

Name: .....

Address: .....

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Phone: .....

Email.....

Ethnicity.....

Age Group: 16-19, 20-29, 30-39, 40-49, 50-59, 60+

**Dates:** **Tuesday** 17 November

**Tutor:** Fred Peyton

**Time:** 10.30am - 12pm

**Fee:** \$5

Fee Enclosed

Please make cheques payable to Central Otago REAP and forward to Central Otago REAP, 17A Brandon Street, Alexandra.

**Full payment is required with registration.**

(Please discuss with us if this is not possible).

At least 48 hours notice of cancellation is required for a refund. A 10% cancellation fee will apply to all refunds.

**Unless you hear otherwise, your place on this course is confirmed.**

For further information please contact Central Otago REAP, 17A Brandon Street, Alexandra.

Phone: 03-448-6115, Fax 03-448-6345.

[www.coreap.org.nz](http://www.coreap.org.nz)

Freephone: 0800 COREAP (267 327)