

COMMUNITY FEEDBACK

I just want to let you know how much I enjoyed Saturday and how much I got out of it. For someone just starting out, the day with you was a little like filling in all the gaps that would have been filled if my mother had gardened and passed on her knowledge to me... Your generosity in sharing what you do was amazing. I now know how to plant garlic, that I can use coffee grounds to keep slugs and snails at bay, how to prepare beds for planting, where to plant what, how to set up a worm farm, how to make liquid fertiliser, different ways of keeping pests down, what to plant during the winter months, how to use cloches to get the best out of young winter plants, how to get the most out of composting, how to plant fruit trees to get the best result, the basics of seed-raising, and so many other things...

Well that's all from me, Karen

I have been meaning to write and thank you for the most enjoyable and informative day I spent with you recently on your **organic gardening course**.

As if I too had been administered with some worm tea, I returned to my garden with great vigour and enthusiasm. I really feel now that I must just keep planting, planning, pruning, watering and fertilizing and not to be too worried if I make mistakes or feel confined by my lack of knowledge. The garden itself will show me what I am doing right or wrong.

Clare Sutton

Dear Papawai Press,

I was at the book launch of **Growing Gardener's** at Verran School late last year, as a member of the NZ Assn of Environmental Educators, and bought a copy. I have been very impressed with the common sense and clear way that soil and garden health and plant processes are presented and explained.

I have made use of the book many times already, and always show it to my students as a recommended book.

My teaching is varied- I teach environmental education to primary school children, propagation to adults working towards NZQA qualifications, teach medical herbalist students how to sustainably grow and harvest herbs for making herbal medicines at the South Pacific College of Natural Therapies, and teach adult community workshops on vege growing , growing herbs and sustainable gardening.

I will be listing your book as required reading for my herb students this year.

Thank you very much, Dee and everyone else who created this great resource.

kind regards, Marian Jones, Budding Potential

FEED ME RIGHT

Share in Dee's
passion for
organic
gardening,
cooking and
nutrition



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Re: **Feed Me Right Book**

I am a first year mature student doing my Bachelor of Nursing Degree. I had trouble in Biology for the first semester and tried different avenues to assist my learning but to no avail. Then I came across your book in the library and have read this endlessly for the last couple of months, I would just like to say a big thank you as for my style of learning with this book it has helped me so much that I have finally passed two exams, and am now awaiting the result for my Nutrition / Metabolism Assignment. Please if there any other books to which you think would assist me I would very much like to know of them especially if it has been homegrown. Thank you all once again.

Yours Sincerely, Stephney Edser.

Dear Mike and Dee

Thank you so much for letting us **home school families look around your lovely garden**. We also enjoyed exploring the bugs and creepy things under the microscope. My boys were very interested and we are even going to grow our own vegetable garden. Thank you for your enthusiasm and willingness to pass your knowledge on to the next generation.

Regards Caroline, Michael Jonathan and Nicholas.

Thanks Dee, and thank you for the day - it was inspirational - just what I wanted. You have a well prepared honest style of teaching, and I particularly appreciated your nutritional advice which I will utilize. What a great bunch of girls as well! Best wishes, and I look forward to keeping in touch.

Regards Karen

Hi Dee

Just wanted to say a heartfelt THANK YOU for giving us the time on Sunday. I was THRILLED for my children to see your beautiful garden, as **I'm aiming to make our gardening journey part of their home schooling next term**, and it was good for them to see where we're heading with composting and worm farming. (So they know their mother hasn't gone off her rocker!!) They were much impressed by both the chooks and the bees as well. And Martin has built me a wonderful compost box having seen yours. Despite an initial lack of confidence, he made a splendid job - we're all proud of it - baby steps!! I really do appreciate you giving us your time, which is so valuable, especially on a Sunday.

Thanks again Dee - we're looking forward to the course.

Warm regards Angie

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Dear All,

Thanks for the lovely day. I feel all inspired to get into the garden and plant more food crops.

I'm glad you liked the chicken cakes.

Here is the recipe for the spicy chicken cakes

300g lean skinless chicken roughly chopped (I use the chicken mince and often double quantity of chicken)

2-3 kaffir lime leaves torn

1 red onion (can use spring onion)

finely grated rind 1 lime or lemon

2 tbsp Thai sweet chilli sauce

1 egg white

salt and freshly ground black pepper

1/4 cup coconut cream (I use trident lite coconut milk)

Place all ingredients, except coconut cream and oil, in a food processor and blend to a coarse puree. Add coconut cream in a slow stream until evenly absorbed.

Heat a lightly oiled frypan. Drop heaped teaspoonfuls of the mixture into the pan and cook for about 2-3 minutes on each side over medium heat.

(The patties can be made ahead of time and quickly reheated in a hot oven)

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