

‘Buying raspberries locally’

Social implications – only one implication has been exemplified.

You can preserve raspberries, picking them when they are in season, freezing them to use in the winter for jam making, hot puddings, raspberry sauce or even a cold dessert such as Pavlova. This allows you to have the great raspberry taste all year round.

Picking berries is not only a sustainable practice, it allows you to spend time as a family, is a source of education for the younger children and the community. A negative effect on your social well-being is that many families today have parents who are working long hours even throughout traditional holidays and weekends. This would limit the chances of a family being able to interact while picking berries. Full time working parents do not need the added stress of spending time picking fruit.

1

Picking your own berries and making jam could show younger generations that food does not always come from a packet. Many young people do not know what to do with fresh fruit and vegetables and so some towns have started to focus on ways to revive these essential skills. The Nelson Environment Centre has partnered with a top local chef to try and involve local kids in preparing and enjoying local fresh produce. Luke Macann, says ‘Fresh Food for Life has been a rewarding project that we hope will gain momentum with the support of other chefs and community members, all of whom stand to gain mana and satisfaction by introducing children and young adults to the simple pleasures of cooking and the importance of a healthy diet’.

2

Making jam shows younger generations what homemade jam tastes like without additives and preservatives. The jam we made in class tasted of fruit, had 15% more fruit when compared to the bought jam – it contained less sugar and was a brighter red colour. The bought jam had gelling agents and acidity regulators as well as some preservative in it. These chemicals are used to help keep the food fresh, maintain the flavour and to make the product cheaper – less fruit is needed. We knew what ingredients were in our jam, whereas the bought jam had been made from local and imported ingredients so fruit from overseas could have been used. Some people may not like the taste of freshly made jam as the flavour is stronger and they may be used to the taste of bought jam.

3

Families could spend more time preparing and sharing food together, they would be able to share their new found knowledge and recipes with neighbours even the community. Having someone such as a grandparent who is experienced in making jam will ensure that the inexperienced people are more likely to be successful when they make jam. To ensure the foods are not wasted and jam making is a success means you must have knowledge of what fruit is suitable, how ripe it must be, how much sugar is needed and how long to boil the mixture to get the jam to set. Also knowledge is needed of what jars are suitable to recycle, how to sterilise them and how to cover and store the jam so it is safe to eat. Preserving this fruit could form new relationships between people and form stronger bonds as they would become closer and overall value spending time together. Any opportunity that involves people sharing food or practices will enhance family and community well-being.

4

Learning how to preserve food and make jam is becoming increasingly popular as people want to know where their food is coming from, what the ingredients in their food are, have they been naturally produced without herbicides and pesticides. This is a start to reviving

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traditions and passing on knowledge from one generation to another. Family recipes, family cookbooks and a family garden will all help to support developing sustainable practices and giving some control back over their food choices. Christchurch City Councillor Peter Beck talked about creating community gardens on some of the red zoned land to provide food – 'As well as making good use of the land, these are positive projects which lift our spirits, build community and fill our food baskets!'

Overall making raspberry jam is a sustainable practice as it allows families to interact with each other, make new traditions, and learn to value spending time with each other. As Annabel Langbein says, food is about 'discovering simple pleasures through exploring your creativity, connecting with nature, and sharing food and laughter with family and friends.'

Collecting and preparing local foods will enhance social well-being when exploring local food producers, farmers markets and so on. Families may begin to value eating natural and healthy foods as they are now gaining the highest quality for the price they pay.