

# Citrus Fruit project

## July'08



Since 1977, Titahi Bay Lions Club in association with **Hastings Host Lions Club** has delivered from Hawkes Bay a large quantity of Citrus fruit.

This arrives in bulk and with the help of The Whitford Brown Community Trust, and local clubs and groups that received help previously from Titahi Bay Lions, this is packaged and delivered to elderly people, churches, community groups, and schools of Titahi Bay and Porirua.

This project was conceived in the first year of the clubs Charter and has continued ever since. It has proved to be a very popular and rewarding project

Thanks must go to the Orchard pickers of Hastings who donate the fruit, and the members of Hastings Host who brave the elements to pick the Grapefruit and Lemons

Acknowledgement also goes to those others who assist us

**MainFreight** who so generously bring the fruit down

**Weck-Pack** for allowing us the use of their crates in which to hold the fruit

**Market Gardeners LTD** for allowing us to use their premises as a collection point

**Whitford Brown Community Trust** for providing a storing area, using of their forklift, and providing helpers.

## **HOW IT ALL BEGAN**

### **Hastings Host Lions Club**

This project began when a member of Titahi Bay Lions Club, Alf Mexted, was visiting Hastings and saw all the citrus fruit fallen from the trees and wasting on the ground.

He, with the help of one of Hasting Host Lions members filled the boot of his car with a few bags to take back home.

The outcome was that so many were grateful for a few grapefruit or lemons that some of Hastings Host members, including Jack French, started an annual collection over two or three weeks and the fruit was transported to Titahi Bay by another of Hasting Host member, Len Sowman.

Over ten years ago Jack was going overseas so a new system was born, collecting the fruit in one day as we have done since then.

The fruit is then delivered to Titahi Bay Lions by Mainfreight.

The fruit is then bagged by a community work group in Titahi Bay and delivered by Lions to over two hundred elderly people, hospitals, rest homes and schools free of charge.

Obviously there is the need to find the trees with fruit each year and estimate how much we will pick to fill the ten or so bins.

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### **Recipe for grapefruit marmalade which makes 4 half pints.**

#### **INGREDIENTS:**

- 2 large grapefruits, thick skinned
- 1 large lemon, thick skinned
- 2 cups water
- 4 cups granulated sugar

#### **PREPARATION:**

Peel grapefruit and lemon; cut away inner white part of peel, leaving rind and white pith. Cut rind into slivers 3/4 inch long and 1/8 inch wide. Chop fruit coarsely, reserving juice.

In an 8-quart non-reactive heavy kettle over moderately high heat, simmer rind, chopped fruit, reserved juice and water, uncovered, 10 minutes.

Pour into a large heatproof glass bowl and let stand, covered, in a cool place overnight.

Return mixture to kettle. Add sugar and set over moderate heat. Insert a candy thermometer and bring to a boil, stirring until sugar dissolves. Continue boiling, stirring occasionally, until thermometer registers 218 degrees F to 220 degrees F.

Remove from heat, skim off foam and ladle into sterilized half-pint canning jars, leaving 1/4-inch head space. Wipe rims, seal jars and process in a boiling water bath for 10 minutes (15 minutes for altitudes above 6000 feet). Remove jars from water bath, let cool for 12 hours and test for airtight seals. Label and store in a cool, dark place. If you decide not to sterilize and process jars, refrigerate marmalade and serve within three weeks.

Makes 4 half-pints

### **Welcome to your Titahi Bay Lions Citrus Fruit delivery.**

**Whilst it is very important to eat fruit and do your best to maintain a balanced diet, ask yourself this question.**

**Should I have grapefruit if I take medication?**

It is advisable for patients to avoid drinking grapefruit juice if they are taking any particular medications.

You should consult your doctor to find out if your medications mix when taking grapefruit juice, especially for those with heart conditions.

### **Hastings Host Lions Club (picking and sorting, getting ready to deliver to Wellington)**



### **Titahi Bay Lions Club (bagging up with the kids to deliver to the locals, churches, and schools)**



