

# Citrus Fruit project

## July 2013



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

This arrives in bulk, and with the help of Whitford Brown Community Trust, 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

**Cool Train** who so generously bring the fruit down.

**Chep - Weck Pack** : **Hastings** / **Takapu Valley** for allowing us the use of their bins in which to hold the fruit.

**MG Marketing** for allowing us to use their premises as a collection point.

**Whitford Brown Community Trust** for providing a storing area for bins and the forklift.

## HOW IT ALL BEGAN

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.

Alf, with the help of one of Hastings 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 Hastings Host member, Len Sowman.

In 1999 Jack travelled overseas so a new system was born, collecting the fruit in one day and as we have done since then.

## and now....

Chep since 2011 provide large bins for the fruit to be picked and collected. Previously this was undertaken by Weck-Pack.

The fruit is then delivered to MG Marketing for Titahi Bay Lions kindly by Cool Train, since 2009. Previously the fruit was delivered by Mainfreight.

The fruit is collected by Titahi Bay Lions and taken to Whitford Brown Community Trust, and has been such ever since the dawn of this project.

Dependant on the timing of arrival, the fruit is then bagged by members, family, and friends of Titahi Bay Lions to rest homes, churches, community groups, and schools free of charge.

Obviously there is the need to find the trees with fruit each year and estimate how much will be picked to fill bins. A tremendous job from the Lions Club of Hastings Host.

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## **Recipe for grapefruit marmalade which should make 10x 350ml jars.**

### **INGREDIENTS:**

- 4 Large Grapefruit - MINCED
- 2 Large Lemons - MINCED
- 3.5 Litres of water
- Sugar (or Splenda if you have diabetes)

### **PREPARATION:**

- Cover fruit overnight with water
- Next day, boil for 45 minutes or until fruit is soft and pulpy
- Measure pulp in cups and return to pan
- Bring to boil
- For each cup of pulp, add 1 cup of sugar (or use Splenda if you have diabetes)
- Boil briskly, stirring occasionally until the setting point has been reached

- Pour into sterile jars
- Ingredients should be 10x 350ml jars

If for some reason the jam does not set, get some 'Jam-Set' from the Supermarket and reboil the jam. This does work.

**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 it all to deliver to the locals, churches, and schools)

















