

INDULGE

flower power



Floral designer: Shani Hopgood lives in a wonderful world of colour and sits among the new spring flowers.

Floral Designer Shani Hopgood shares her love for spring flowers and tells Indulge reporter **Craig Lawson** why the rest of New Zealand is envious of Southland.

IMAGINE working in a world of flowers every day, experiencing all the different colours and fragrances. Ambrosia owner Shani Hopgood has been in the flower business for 17 years and could talk flowers all day. "After all these years, I still feel like a kid in a candy store."

Her fascination for flowers started at 7 years old, when she would pick roses and then place them in water. Waiting for the mixture to turn into a fragrance, but found it would become a stewed mess. "But I would still put it on, thinking it was perfume, but always wondered why mum wasn't so keen," she says. It was then an obvious choice to turn her passion for flowers into a career.

Going from secondary school into the field of floristry led to her working throughout New Zealand. "We are lucky in New Zealand as we have different climates giving us a broad range of flowers, everything from tropical flowers to garden varieties," she says.

But she remembers how, when working in Wellington, people would be envious of Southland. "The rest of the country is envious of us, because they can't grow peonies and in Wellington it means they have to pay a premium," she says. Southland has the best growing conditions for the beautiful peony flower, which grows for only two months of the year - November and December.

The shop she worked in at the time had a waiting list of clients to call when the peony arrived in store, each season.



Treasure: The peony is a Southland treasure and has become one of the most sought-after flowers in New Zealand.

Clients in Wellington were quite happy to pay \$10 a stem for the flower.

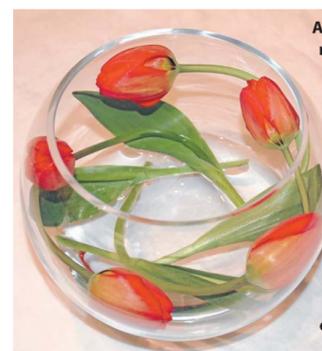
Ms Hopgood has now been operating Ambrosia in Invercargill for three years and still enjoys the flowers each season brings. "I am lucky, I love what I do."

Shani's flower care tips:

Daffodils: They like fresh room-temperature water with no preservatives.

Tulips: Put a copper coin in the bottom of the vase, to get them to stand straight.

Delphiniums, roses and snapdragons: To make them last longer use the boiling water treatment. Place their stems in 5cm of boiling water, then straight into room-temperature water. This helps to clear the air bubbles in the stems, giving them a longer life.



A fresh way to add sparkle to any dining room table. Shani's idea for a centerpiece:

- ▶ Select a glass fish bowl, or clear vase.
- ▶ Place about 5cm of water in the bottom.
- ▶ Polished stones or crystals may be placed in the bottom.
- ▶ Leave about five tulips out of water for two hours so that the stems become pliable without breaking.
- ▶ Remove the foliage. Re-cut the stem ends on an angle and work the tulips around the inside of the vase, ensuring the stem ends reach the water.
- ▶ In summer, tulips can be substituted for calla lilies.

eating simply

Shop Local, Eat Well
By Kathryn Hawkins
Published by New Holland
RRP: \$29.99
Reviewed by Naida Mulligan

food writer Laura Faire to produce this lovely book subtitled, *Cooking With Seasonal Produce in New Zealand*.

The book is split into seasons with a final chapter on home preserving, sauces and dressings. Each of the first four chapters include an introduction and contain a list of the fresh produce available that season including types of mushrooms, meat and seafood, and a list of New Zealand produce available fresh year round. Each recipe also has its own quick introduction. I love books presented for the New Zealand market that show thorough research and a real care for the subject



and audience as this one does. Forget food miles. To access many of the ingredients listed, you do need to purchase food imported from the North Island. But some healthy and delicious meals await you if you have this book.

Shop Local, Eat Well is by Scottish food writer and stylist Kathryn Hawkins. She has written 18 cookbooks and her special food interests are: cooking for restricted diets, healthy eating and growing your own fruit and veges. Hawkins has teamed up with Auckland-based chef, test-kitchen manager and

naughty or nice

Which one will you be this weekend?



naughty



or

nice

Night of Passion:
30ml vodka
30ml campari
Splash of passionfruit pulp
Grapefruit juice

Pour vodka and campari into martini glass with ice. Top with grapefruit juice and add splash of passionfruit pulp. Prepare for passion overload putting you into naughty overdrive.

Sweet Contradiction:
3 lemon wedges
4 raspberries
2 tsp brown sugar
L&P

Muddle lemon, raspberries and sugar in a shaker. Shake with ice into glass. Top with L&P and stir. Garnish with lemon. Sit back, relax in your bubble bath and enjoy your nice night in.

Jacqui van Dam
Award winning photography
www.lifestylephotos.co.nz
ph: 0800 47 46 86

Lifestyle
Central Otago & Southland

Molody
MASSAGE & BEAUTY

- ▶ Genuine massage for men & women
- ▶ We offer full or mini body massage
- ▶ Anti-Cellulite program
- ▶ Sport massage
- ▶ Aroma/Relaxation massage

Gift vouchers available for Fathers Day

61 Tay Street, Invercargill. (opp H&J Smiths)
Ph 03 214 9134 Mobile 021 166 8690

K B
KATHLEEN BERNEY AUSTRALIA

EXCLUSIVE TO MARGO'S

SIZES 18~22

There are easier ways to get noticed!

Shape Chic
Fashion Boutique

27 Kelvin Street ph 03 218 1165

If you are going to let something get this close, it had better be this good!

Superfine Merino Base Layer Long Sleeve T \$69.00

glowing sky
150 Spey St, Invercargill
open 9-5.30 Mon-Fri, 10-2 Sat
www.glowingsky.co.nz

TASMAN BUNKS

- Solid timber
- Converts to 2 single beds
- Locally made

WAS \$749
NOW **\$649**
CASH 'N CARRY ONLY

Save \$100

Quality you can Trust!
Thompsons
WE WILL NOT BE BEATEN!
FURNITURE

99 Leven Street. Phone 03 218 8105

Margo's
WINDSOR BOUTIQUE

4A Windsor Street, Invercargill Ph 217 8190.