



NEWSLETTER



Slow Food® Byron Bay

Leader's Report 2009

Here we are with our first newsletter for 2009. We are very much on track for a wonderful year filled with some interesting and exciting events.

Our Petit Snail was an impromptu start to the New Year and it was a very small group, but enjoyed by all who attended. We may have another dinner there later in the year.

Su Lee our delightful new Events Leader organised her first event for us a BYO plate at Annie and Ian Evan's lovely home. It was quite different and I hear it was a huge success with money raised to donate to the Victorian Bush Fires.



Sadly there was more tragedy, this time in Italy, the devastating earthquake around the L Aquila area, Slow Food convivia were asked by Slow Food Italy for any help and I am happy to say our committee agreed to generously donate \$200.

As you know I had a small break from Slow Food Byron Bay this year, I am finding that it is wonderful to be back and I am enjoying working with our excellent committee very much. I am also finding now that Slow Food Australia has its own council we get so much more attention than we did from Italy, understandable of course and it is lovely. Things have been slow coming from Victoria just now on account of all the help and support down there for the bush fire victims. Of course our Slow Food Australia web-site is up and running with so much great information for you all on it.

www.slowfoodaustralia.com.au

Myself and the committee welcome any comments and suggestions you may have at any time, we are hoping to involve our member much more

Looking forward to seeing you again and meeting some new members at our next event.

Rosemarie Toynbee

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Where does your garlic come from?

It is easy to see in the supermarket where your garlic comes from, even with the label "made in China"! But do you ask when you purchase from markets or the greengrocers? China produces over 500000 tonnes of garlic a year. The USA produces about 70000 tonnes a year. 90% of the garlic we use in Australia comes from China. Freshness is the other big factor, unlike imported garlic (especially garlic

from China) organic garlic is never treated with methyl bromide, never bleached with chlorine and never treated with growth inhibitors or gamma irradiation to stop it from sprouting. The fresher you get it, the better the flavor will be.

We are lucky to have garlic growers in our area but it is seasonal. You can preserve garlic by mincing with a bit of oil and keeping it in a sterilised jar in the fridge.



Autumn Lunch at Myocum

Our Autumn Lunch was a delightful affair.

Annie and Ian Evans generously opened their home to us and we had a lovely afternoon sitting on their wide veranda, looking out into the glorious sunny Byron hinterland, sampling a wonderful variety of dishes that we had all prepared for the occasion.

There was much animated talk about the food we had used and where we purchased our produce. A few members, whose dishes seemed the most popular, stood up and talked about their food and hopefully we will print the recipes in a future newsletter.

It was deemed pretty popular by the 18 attendees and the general consensus was that they would like more lunches of this ilk, so I think we'll probably do one each season.

We raised \$155.00 for the Victorian Bush Fire Appeal

Our thanks go to Annie and Ian for the use of their home.

Su Lee
Events leader



Soup
Chilled Summer Soup

Mains
Chicken Terrine • Thai fish Cakes
Broccoli Mousse with Red Pepper and
Tomato Sauce
Indian Chicken • Quiche
• Potatoes Lyonnaise

Salads
Greek Salad • Mixed Salad • Green Bean Salad

Desserts
Flourless Chocolate Cake
Hazelnut Chocolate Cake
Caramelised Walnut and Chocolate Tart

Raspberry Coulis

Coffee or Tea (including herbals)

Markets around Byron– Bangalow

Nestled in the lush green hills and valley formed from ancient volcanoes lies the village of Bangalow.

It is the only intact Federation village on Australia's east coast. Bangalow's elegant pace combines modern and traditional without the overdevelopment found elsewhere.

The Bangalow market is held every 4th Sunday from 9-3pm. Most locals know to get there early for the best bargains. There are a number of stalls selling farm produce as well as nurseries selling organic seedlings if you feel inclined to grow your own veggies

A percentage of the market profit each month is distributed to Bangalow Community Groups on a rotating basis. The market then benefits the whole community and fulfils its role as a community market.



Dinner at one one one

There were 30 members and friends who gathered on Thursday evening to meet with producers and enjoy the repast that Jade had prepared from their produce.

Hugh and Heather Armstrong from Coopers Shoot Tomatoes and David from Alstonville Poultry chatted happily with arriving guests – Janelle from Byron Bay Organic Produce was happy to talk once she had managed to get away from the farm, and Justin Telfer, too, had to make himself leave his factory to join us – you could tell that it was a hard choice – these people just love what they do. It was wonderful to talk with them about their produce. Another delightful guest was Thomas, a young German chef who normally works with Jade, it was lovely to hear him speak so warmly of working in the company of people who are dedicated to using only locally grown produce. For him this is a stark contrast to the huge international hotel in which he did his apprenticeship. Our producers and young chef spread themselves amongst the tables so that we could continue to quiz them throughout the evening.

The food that Jade served was wonderful; from the beautifully presented nibbles on arrival; to the shared entrée selection; and the main dishes of roast poussin

stuffed with almond butter on a bed of polenta with pecorino and thyme; or beef fillet and shin with stout and honey on a bed of creamy leek, potato and bacon – the slow cooked (10 hours) beef shin was my absolute favourite and everyone was commenting on just how large our servings were – but we soldiered on – I think only one doggy bag went out the door!!

Instead of giving us a talk at the end of the evening as planned – Jade decided to just sit at each table and chat – he didn't think he would be able to compete with the level of noise coming from the tables at this stage of the evening – this worked really well and we were able to ask him about the various dishes and the cooking methods, and the spiced praline that was sprinkled over the roast pumpkin – so simple and yet transforming in it's effect.

A wonderful evening was had by everyone – our thanks to Jade for organising both the producers to attend, and the wonderful menu, and to his staff for creating a seamless event for us.

One one one offers 10% discount to all Slow Food members—please mention your membership at the time of booking.

Heather Armstrong from Coopers Shoot Tomatoes



Growing Mushrooms- The Witch's Broomstick

Donna & Carole Harper bought the business late in 2008, ignorant about growing mushrooms. With the support of their families, they are successfully producing small commercial quantities now.

The mushrooms are grown in sheds on the farm. The cycle starts with the spores planted in sterilised compost and peat. The first flush appears about 14 days later. The crop is very susceptible to disease



and temperature change, which needs to be monitored constantly.

The mushrooms are picked early morning to ensure peak condition for the markets

They currently grow white, Swiss brown and Portobello mushrooms, with oyster and shitake mushrooms proving more of a challenge. They endeavour to have these on the market by end of 2009.

The farm also sells relishes and jams made from farm produce.

Slow Food members are invited to their stall at the markets and enjoy a 5% discount on their purchases.



Slow Food® Byron Bay

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Upcoming Events

- 30 May Lunch at Harvest Café–
meet new members
- 14 June Ganngjalah Cultural Gardens –Tour &
BBQ lunch (postponed due to injury)
- 5 July 100 Mile lunch
- August Olive Oil– information evening
- Sept The Petit Snail-Cooking local pro-
duce-Dinner
- Oct Film night
- Nov a producer focussed event TBA
- Dec Christmas Lunch

** Dates and times to be advised

Recipe of the Month

Chicken and Pork Terrine

650g minced pork
 350g minced chicken
 200g minced chicken liver
 12 smoked bacon slices
 50ml brandy
 1 clove garlic
 1 egg
 Salt and Pepper
 4 sage leaves
 4 sprigs of fresh thyme
 1 bunch blanched spinach
 50g pistachio nuts

Method

1 Line a 1.4-1.6 L terrine with
bacon slices, allowing edges to
hang over edge of dish.

2 Chop blanched spinach, mix with
all the other ingredients. If you have
time, put in the fridge to allow the
flavours to fuse.

3 Press mixture into terrine dish
and fold bacon back over the mix-
ture.

4 Place terrine dish in a pan of wa-
ter and bake for an hour at 160C.
Reduce the temperature to 140C
and cook until the internal tempera-
ture is 70-72C or when the juices
run clear when pierced with a
skewer.

5 Weight the terrine until it is cold
and refrigerate overnight.

Serve with a crisp salad and
toasted sourdough bread

Note: this terrine keeps well and
actually the flavour improves with
standing another day.

Owen Armstrong
Slow Food member

We appreciate your feedback on our convivium. If you have any suggestions for events please contact Su Lee. Contributions to our newsletter are very welcome, please email to arm02@tpg.com.au
We always need volunteers to help with our activities, so if you have the time please contact Rosemarie.

Always ensure your contact details are current by contacting Slow Food Australia phone 02 9380 8327 , email mail@slowfoodaustralia.com.au and web address <http://slowfoodaustralia.com.au/>

We now mainly communicate by email, but we will also list our all activities on the website, so peruse the website regularly.