



NEWSLETTER

Spring
Issue 2



Slow Food® Byron Bay

Leader's Report Spring 2009

Hello dear Slow Food members

What a wonderful year of events Su Lee has put together for us. They have been so varied, interesting, fun, with great experiences with food and a 'few' glasses of wine too. Great company as always and some lovely new friends.

We still have 3 events to go before this year comes to an end, how wonderful!

The very big news is that the founder of Slow Food Carlo Petrini is visiting Sydney for 3 days in October and it is an great opportunity for anyone who would like to meet him. Members and non members are included. He will wrap up his time here with us at the Sydney Opera House on Sunday October 18th. I am so fortunate to be able to be there for his time with Slow Food leaders from all over Australia, most exciting and I cannot wait.



It is with get pleasure to let you know that SF BB has recently contributed \$335 to the Rainforest Alliance and have also purchased two of the very large and magnificent Stephanie Alexander cookery books to be presented to the top pupils in hospitality at both Byron and Mullum High Schools end of year assemblies.

May I thank those of you who immediately answered my call for help for more content for this newsletter I am thrilled at the generous and thoughtful response, thank you so very much, it is wonderful to find more and more members are ready to stand up and help with ideas and suggestions for us. We can not take all on board, but keep them coming we love it and it's making this job of being your leader quite a lot easier, believe me it is rather demanding at times.

Rose Marie Toynbee

Around the Markets: New Brighton farmers market

New Brighton Farmers market is held every Tuesday between 8am-11am and is located at the New Brighton Sports Oval River St between Ocean Shores and South Golden Beach.

This market has only been running for 18 months, but is already building a reputation as a friendly community market where the community meets. The easy parking and the children's play-

ground makes it attractive for family shopping. The market is managed by a small group of consumers and farmers. Not all the stalls are certified organic but most of the local producers certainly try and grow their produce with organic principles in mind.

The number of stalls are growing with fresh pasta and plants also now available. Raffles are drawn every week with prizes a basket of locally produced goodies.

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Winter Lunch at Victoria's

In the time-honoured Aussie tradition of 'bring a plate', members of Slow Food's Byron Bay convivium held a winter lunch to share and learn about each other's favourite dishes.

Held on the terrace of a member's upmarket B&B just outside Byron Bay, the lunch had a spectacular menu, starting with a hearty pumpkin, carrot and coriander soup.

Then came a spinach, leek and fetta quiche, with war-rigal greens from the cook's garden substituted for the spinach; and a frittata of totally home-grown eggs and flavours.

Australian lentils were combined with chorizo and cap-sicum; the recipe for a Sri Lankan chicken curry came as a gift from its cook's sister; and the authentic mes-quite flavour of a smoked whole prime rib of beef was the offering of an American-born couple.

The hostess had made truffle butter to accompany baked venison, with local prawns and oysters provid-ing a seafood flavour for the meal.

A Dutch family recipe for sauerkraut was a hit, along with a huge winter salad, rosemary-roasted potatoes, steamed greens and a mushroom and bread side dish.

Each cook outlined the preparations and background of the dishes before the 24 members and visitors moved on to sticky date pudding with gelato, tiramisu, and me-ringues with a passionfruit syllabub.

The convivium had held a similar successful summer lunch at another member's home earlier in the year. Judging by the reluctance of the winter lunch group that afternoon to leave the terrace, with its superb views of the sea and Byron Bay's iconic lighthouse, the formula is a winning one.



The Sydney Morning Herald newspaper- Good Living Guide has voted **La Table** in Mullumbimby as one of their top 10 sustainable restaurants.

"In the hippie hills near Byron Bay, this French bistro leads the way as a paid-up Slow Food member with a focus on local organic suppliers, including greens and herbs grown in nearby Newrybar."

La Café is owned by **Bruno and Louise Pouget**. Bruno is a classically trained French chef and has been cooking for 24 years, he had a successful restaurant in Provence for six years, where he and Louise also ran a guest house. They returned to Australia and chose Mullumbimby to live and open La Table as they loved the community and wanted to build a business with a local clientele. The menu changes every six weeks to keep it interesting and exciting.

Local Restaurant in the Top 10 Sustainable Restaurants!



Discount for Slow Food Byron Bay members

Café- "one.one.one"	111 Johnson Street, Byron	10%
La Table – café & restaurant-	72 Burringbar Street, Mullumbimby	5%
Mushrooms at the farmer's markets,	Donna & Carol	5%
Coopers Shoot tomatoes- also at the farmer's markets		5%
Strange Trader, Byron Arcade-	Lawson Street, Byron Bay	5%
Organic Farm, Byron Bay Market		10%
Hammond & Associates Civil & Structural Engineering -		5%

Slow food members can purchase the following items from Rose Marie

Slow Food pins \$10
Slow Food aprons \$25

Northern Rivers Produce show cased at

Philip Johnson at Byron Food & Wine Weekend

On November 20 and 21 renowned Chef Philip Johnson of Brisbane's acclaimed e'cco bistro will spend a weekend with friends at The Byron at Byron Resort and Spa.

Open to all food and wine lovers, the weekend will highlight the local Northern Rivers produce in a space of relaxed sharing. "It's a good marriage" said Johnson. "The Byron at Byron Resort, good food, good wine and some learning and experimentation. Byron and the region are home to some of the Australia's finest foods".

Philip will be joined by celebrated cheese maker Justin Telfer from Bangalow Cheese Company and Mary Jeanne Hutchinson from New Zealand's multi award winning Craggy Range Winery.



"I'm trying to create products that have real flavour, avoiding the blandness that you get with most cheeses" said Justin Telfer. "Some people find this quite challenging, given what they are used to. I try and make a natural product, there aren't any stabilisers or preservatives". Telfer has scooped numerous major national awards in only eighteen months including the Gold Medal for his Federal Fetta at the Brisbane Cheese Awards 2009 and 'Best Blue Vein Cheese' for his Byron Bay Blue at the Brisbane Cheese Awards 2008. "The weekend in November holds everything I love – food, cheese and wine".

For more information please visit the website www.thebyronatbyron.com.au or Phone 02 6639 2119

Coffee– that wonderful brew!

The Northern Rivers region is one of only two areas in Australia producing coffee and tea. For a beverage that is renowned for its stimulating properties, the slow and intricate journey of the coffee bean can seem almost a contraction. From the blossoming of the coffee flower to the ripening of the cherry it is a journey that can last up to 10mths – and that's before harvesting, processing, drying, milling, blending, roasting and finally the extraction has taken place. Whilst the majority of all coffee consumed in Australia is imported the unique microclimate that is found in the hinterland of Byron Bay is proving perfect for producing a high quality local product. Unlike traditional coffee growing nations our region has stayed free from devastating disease and as such benefits from not having to be sprayed with any harmful fumigants or pesticides. Couple this with the obvious reduction in food miles and our local coffee offers a considerably greener alternative to imported bean.



After the long ripening period the coffee cherries are fast approaching their prime and across the entire region preparations are well underway to receive this year's crop. At Green Cauldron this

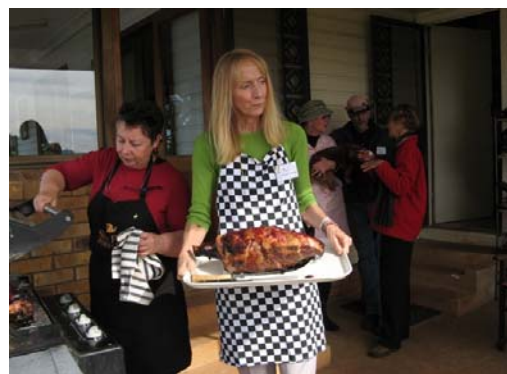
means running through a list of pre-season checks on their newly commissioned processing plant at the heart of their 72 acre plantation just outside Federal Village. Having a centralised, onsite location means that Green Cauldron Coffee can efficiently process its crop whilst maintaining direct control over quality, literally from the crop to the cup. With an expected yield of between 20-25 tonne this year Green Cauldron will look to expand upon its current range with a 2009 release of Single Estate coffee as well as continuing their local blend sourced directly from boutique growers in the region.

For more information about Green Cauldron Coffee visit their website: <http://www.greencauldron.com/>

With the warm spring weather now truly upon us local producers such as Green Cauldron Coffee are entering what is undoubtedly their busiest period, Harvest time

100 Mile Lunch

In July over 60 SF members enjoyed a lunch prepared from produce sourced within 100 miles of the venue. Volunteers offered to help cook the sumptuous meal which included that perennial favourite, roasted hams. Our sincere thanks to Janene, who organised the lunch and all her helpers who cooked up a storm. Late afternoon members walked down to Wilson creek and was rewarded with this beautiful sunset. Attendees went home satiated and tired after glorious Sunday lunch.



Janene and Margot

Upcoming Events

Sept, 19	Lunch at La Table – Mullumbimby 12noon– 3.30pm
Oct, 18	"Ganngjalah Cultural Gardens" 11.00am – 4.00pm <i>a guided tour of these native botanic gardens Followed by a bush-tucker lunch.</i> (215 Mt Burrel Road, Mr. Burrel, approx 20kms past Uki on Kyogle Road)
Oct*	Movie night
Dec*	Christmas Lunch

** Dates and times to be advised

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To read more information about Colcannon go to <http://en.wikipedia.org/wiki/Colcannon>



Other Events

Sept, 20: **Lismore Wine and Food Fair**
Invercauld House, Goonellabah. \$15 all proceeds going to OUR KIDS

Sept, 20 **Big Scrub Rainforest Day**
Rocky Creek Dam, Rocky Creek Dam Road, Bangalow
There is less than 10 % remaining. The Big Scrub was formerly Australia's largest subtropical rainforest covering 75,000 hectares extending from Byron Bay to Lismore and Ballina. Today less than one per cent of the Big Scrub remains. The rainforest remnants have the highest recorded diversity of plants and animals in New South Wales, including 50 threatened species. The Big Scrub Rainforest Day is now in its eleventh year and has grown to become the largest event focused on care and repair of the New South Wales far north coast natural environment, and is Australia's largest annual Landcare education event. The Program includes over 50 presentations and workshops which are presented in a festival atmosphere created by market stalls

Sept, 26-27 **The Nimbin Country Show** had its beginnings in 1919. This is a general agricultural show with horses, cattle, poultry, wood chopping, dog trials, arts, crafts, fruits, vegetables and horticulture. The main attraction is sustainable farming expo promoting natural farming methods.

Sept, 30-31 **Alstonville Agricultural Show**

Foodscape Tours have brought together some of the best local producers including; Wildbite, Zentvelds Coffee, Rainforest Foods, Alstonville Poultry, Coopers Shoot Orchards, Bangalow Cheese Company, Coral Sea Wines, Wallaby Bars, Stone and Wood Brewery and Madura Tea to name a small selection. Spring tours operate fortnightly from **Saturday 19 September** at a special 'locals' rate of \$119pp (instead of \$139) or \$220 for two booking at the same time. Tour includes transport, local guide, food & wine/beer tastings and lunch. To book, phone 6685 9995 or email info@foodscapetours.com.au

Colcannon, Dexter Style

Words By Kaleigh Wisman

Images - Jon Sturge

I first came across a version of this recipe on one of my favourite cooking shows, [The Minimalist with Mark Bittman](#). I had made it in Canada using Bittmans recipe, which uses olive oil instead of dairy, but since living in the Byron area, a local friend passed along his own variation of the same dish and I decided to give it a try. His version features lots of milk, cream and butter and I wasn't about to resist this decadent version, especially in my current surroundings. Right now I am living on a farm property in Goonengerry with a large veggie garden and small herd of Dexter cattle. I looked out the kitchen window and saw almost all of the ingredients I would need to make this dairy-licious version of colcannon, sebago potatoes and kale from the garden, and milk and cream from our wonderful Dexter milking cow, named Condamine, without who this dish would not be possible. As always, I was truly impressed that such a delicious dish could be made with ingredients from the backyard. Not only is this a delicious recipe, it is a nice way to integrate some hardy greenery into an otherwise white and starchy side dish.

Recipe

About 10 Sebago Potatoes (or whatever kind of potatoes you have on hand)
A bunch or two of green onions or chives, finely chopped
A handful or two of flat leaf parsley, finely chopped
A cup or so of cream
A cup or so of whole milk
Kale, or any other hardy green will do. I've also heard of people making it with cabbage.
A couple cloves of garlic, minced
Some butter
Salt and pepper to taste
Boil the potatoes. Then mash them while adding in milk, cream and butter. Save some of the water you boiled the potatoes in and give the kale a quick dip to soften, probably one or two minutes. Rinse it under cold water once you remove it from the pot.
Add the green onions, parsley, garlic and kale into the mashed potatoes and fold everything together.
Give it a little taste. Need a little more butter?
Some more cream? Its up to you.



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/>