

www.bushgoddessfoods.com.au



Autumn is a sensational time of the year – late summer produce is still being harvested think of pumpkins, apples, plums and pears. And now, the early winter vegies – many varieties of spuds, cauliflowers, cabbages, broccoli and then the citrus fruits.....limes, oranges for marmalades, lemons to preserve and use in sloooooow cooking of the sensational Organic Wagyu beef from Gundooee Organics at Dunedoo. We love the Arcadia saltbush hogget.....older than lamb and with much more flavour; I cook the legs for seven hours at 100C and the meat is ridiculously tender and sweet.....there are fights over who gets the shank!

Much excitement in the Bush Goddess camp this month – expansion. This is now a true family business with my fourth son, Will, and gorgeous partner, Maxine Finnie joining the Bush Goddess movement. They have moved from Benalla in Victoria and are settling in to life in the national capital. Will is managing Operations and Sales and Maxine is looking after the wholesale and logistics elements of the business.



Even more excitement with the establishment of our **Regional**

Produce Store at the Murrumbateman Winery, open each weekend from 1000 - 1700 to coincide with Cellar Door hours. Bush Goddess Foods has relocated all operations to the Winery which has the space to cater for the expansion. By the end of May, all facilities will be in place to provide a more complete and consistent service to our **wholesale** clients plus offering a **retail** outlet, plus on and off-site **catering** using only those products we have sourced directly from farming families using healthy soils.

Bush Goddess Foods provides ~

- ≈ The shortest **transport** link – from farm to your kitchen door
- ≈ **Traceability** – we know where EVERY product originates and how it is grown
- ≈ **Fixed** prices as we negotiate directly with the farmers - therefore no market fluctuations
- ≈ Our **accreditation** system provides assurance of the quality and integrity of all produce we source and supply
- ≈ **Extensive knowledge** of all our products
- ≈ **95%** of this produce is located within a 250km radius of the ACT
- ≈ **Passionate interest** in our clients' needs
- ≈ A truly **ecologically** based and operated business.....and.....
- ≈ We are the **best-looking** delivery people you'll ever find!

One of the more enjoyable aspects of cold weather is the focus on slow food and there is something very comforting about the aromas of stocks which have been gently simmering for hours...for use in *minestrone*, savoury Quinoa dishes [cooked like *risotto* and couscous] and poaching Enviroganic chickens until the meat falls off the bones.

A classic recipe for beef stock is to oven-roast the bones before adding them to the big pot with *bouquet garni*, carrots, celery, and a clove-studded onion. Cover with filtered water and simmer for ages, skimming the scum off periodically.

Another traditional winter dish from our family is steak and kidney pie and, using the organic Wagyu takes this dish to an entirely new level of enjoyment.

If anyone is interested in any of the offal, please let us know as it's first-in-best-dressed with the delivery each month.

The Wagyu is dry-aged in primals for at least two weeks and then cryovacced if there is any still left! With the last body, we were spoiled feasting on the eye fillet which had dry-aged for four weeks. Cut into 5cm pieces, I simply grilled them on a cast-iron rib-grill for three minutes each side then rested for another two minutes.....the flavour and texture was the best I've had since childhood when we would kill a beast for the family. Nothing beats grass raised and fed meat – as Nature designed it.

www.gundooeeorganics.com.au



Bush Goddess Foods suppliers winners at the 2009 Sydney Show

Talk about being proud and what a thrill for the following family enterprises at this years Sydney Show –



Murrumbateman's **robyn rowe** won Champion Choclateer of the Show for her Box of 24 mixed selection. robyn's chocolates are truly sublime and her attention to detail ensures the presentation is always exquisite. There is an extensive selection at the **Regional Produce Store**ideal for Mothers Day presents

Mark and Lesley Williams established their **Small Cow Farm** at Robertson in 2005 and, after very successful experimental cheese making on the kitchen table, decided to expand this aspect of their enterprise. They now create a range of artisan cheeses including Camembert, blue, brie, feta and *St Amaney*. The latter two won medals at this year's Sydney Show and there is a good supply of the delicious camembert at the **Regional Produce Store**.



Dave and Nikki Penn grow premium quality raspberries, blackberries and blueberries on their 30-acre property in the Southern Highlands, adding value to the delectable raw produce from **Cuttaway Creek**. As well as winning a medal for their raspberry jam, they are also a national finalist for the Vogue Entertaining Gourmet Awards for their outstanding Raspberry Vinegar. This is one of the most incredible products I've ever tasted and thoroughly deserving of this recognition – and in stock at the **Regional Produce Store**.

Congratulations also to Susan Bruce from **Poachers Pantry**, winning medals for her outstanding smoked products.

REGIONAL PRODUCE STORE

at the Murrumbateman Winery
Corner Barton Highway & McIntosh Circuit
open Saturday and Sunday from 1000 - 1700

- 🌿 grass-fed meats 🌿 free-range eggs 🌿 seasonal fruits & vegies
- 🌿 preserves, vinegars & sauces 🌿 gluten-free ingredients
- 🌿 monofloral honeys 🌿 olive oils 🌿 dukkah 🌿 verjus
- 🌿 dairy products & specialty cheeses 🌿 nuts & dried fruits
- 🌿 range of products always increasing



Enjoy the open fire while tasting wines and food

Feast Locally

Telephone 6227 5584