

Newsletter 2 - April 27 2008



USER RATING: / 0

Poor Best

[Rate](#)

Written by pennie scott

Monday, 21 April 2008 10:52

[HOME](#)



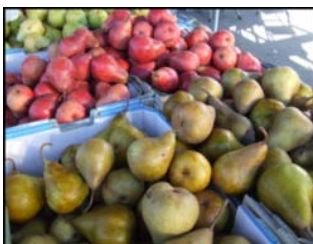
NEWSLETTER - April 27 2008

Welcome to the Bush Goddesses second newsletter with more news about the changing seasons and endless possibilities using fabulous foods rich in Low Human Interference - elegantly produced by Nature in healthy soils.

During the past week pennie has visited the Riverina and north-eastern Victoria discovering produce from passionate farmers intent on growing the highest quality foods as they too are committed foodies. It's been interesting to note that the change in weather patterns is a little slower than in the Capital Region and, in line with most of southern NSW, rain would be appreciated to fill dams and increase moisture profiles prior to sowing winter cereal and vegetable crops.

STOP PRESS: Overnight, there has been widespread rain....yeeee haaaaa!

The bounty coming from the orchards on the side of Mt Canobolas near Orange continues to inspire and astound us with its beauty and abundance. Five varieties of pears, six of apples and the Giant Autumn Wonder plums are just some of the lusciousness now available each week - check out the pictures below.....



The winter vegetables are really starting to appear and the first few frosts are improving the flavour of the Brassicas. With fabulous farmers located in a range of climatic zones, we are able

to extend the supply of capsicums (especially the bullhorns) and aubergines with their brilliant colours and mouth-watering flavours. Now is the time to roast and capture the sun-ripened flavour of rich-red organic capsicums in La Barre Extra Virgin Olive Oil - now available from Bush Goddess Foods in 25litre drums. These capsicums stand-alone in their own salads with sun-dried tomatoes and marinated black olives.



The true flavour of cauliflowers is in the organically grown produce - sublime in a soup using veal stock, thickening with triple cream and finished with a swirl of Blue Orchid cheese and a squeeze of fresh lime juice - simply divine.

Pumpkins are at their very best now there have been a couple of frosts and we have organic Kent and Queensland Blue available....apart from pumpkin soup think risotto using the unmistakable flavour of organic Japanese shiso (also available from Bush Goddess Foods) as a flavouring agent. Savoy cabbages have a myriad of uses including using the leaves for wrapping and steaming delicate seafood flavours, chicken and pork mince and cooking in a fabulous organic chicken-stock and finished with sour cream.....perhaps there are some advantages to winter after all?

Quick blinis

500g buckwheat flour l 150ml beer l 3 egg whites

Mix flour and beer....beat egg whites and fold slowly into the dough....pan-fry small spoonfuls until golden brown...serve with organic sour cream, red capsicum pesto and a spoonful of black caviar.....

Corporate Responsibility for Consumers and the Environment

We often hear that price is the principle determining factor when making decisions as to which foods are purchased - both commercially and in the domestic realm.

Ostensibly, the 'purchase' price of industrially grown foods may be cheaper however there are many other factors which contribute to overall 'costs'.

Human health is the responsibility of anyone who buys and prepares foods for themselves and others and knowing the differences as to how foods are grown and subsequently 'processed' is vital so fully informed decisions can be made. The information below provides evidence for the value of certified organic and ecologically grown foods..... think about the consequences including human and environmental health and longevity:

- Eliminate use of growth hormones, antibiotics and genetically engineered drugs and feeds in livestock. In Australia there remain 12 antibiotics that can be used as growth promoters. More than 500 000kg of antibiotics were used each year in the 1990s. Resistant bacteria such as Vancomycin-resistant enterococci (VRE) are known to spread via the food chain (Collignon, 2003).
- Ensure humane treatment of animals. Scientific evidence indicates that practices such as battery hen farming, and the use of sow stalls, inflict continuous intense suffering on animals throughout their confinement leading to acute physical and behavioural problems (RSPCA). Organic livestock is grown in a way that conforms to natural processes of growth and development
- Reduce landfill, which has greenhouse consequences. Composting and recycling of nutrients is a major feature of organic farming systems, which, in Australia, recycle hundreds of thousands of tonnes of putrescible industrial and other waste each year. Still 8.4 million tonnes (40 per cent) of the total waste stream consists of compostable organic material (1998/99 EPA Landfill Levy Data).
- Safeguard the integrity of food. Certified organic provides a guarantee that product has been grown, handled, packaged and distributed avoiding risk of contamination of the product to the point of sale. Full traceability is maintained along the chain.(From http://www.bfa.com.au/index.asp?Sec_ID=260)

The sustainability of enterprises is now being assessed and evaluated and the food service industry has many opportunities to make significant gains when dealing with their food purchasing systems.

As we all know - knowledge is power so the power is in your hands. *Bon appetit.*



Being aware of how our foods are produced provides us with knowledge and information.

The pictures above show the stark differences between a sow with her piglets who has farrowed following her natural instincts in a straw bed which she created herself.

The sow in the other picture is forced to farrow in a narrow stall where her only movements are to sit down or stand up for the period from birth to the piglets being weaned (about 10 weeks).

Apart from any husbandry issues associated with these practices, the quality of the

meat is directly affected by the manner in which animals are housed and grown-out to market sizes.

Free-range pigs live outdoors as the title suggests and are fed on clean grains which haven't been contaminated with chemicals. Conversely, shed-raised pigs live in crowded conditions, do not see sunshine and are unable to behave in a normal pig condition. Most often, they are fed grains and pellets which have been grown using synthetic fertilisers and chemicals, thus altering the quality of the meat.

Bush Goddess Foods supplies only certified organic pork - appreciate the differences in flavour for yourself - and for your valued guests. Your choices make the world of difference

Last Updated (Tuesday, 29 April 2008 06:32)

[Banner](#)

Copyright © 2008 bushgoddessfoods.com.au. All Rights Reserved.
[Joomla!](#) is Free Software released under the [GNU/GPL License](#).