

Bush Goddess Foods

~ organically nourishing souls & soils ~

NEWSLETTER No. 3 ~ 4 May 2008

Yet another week has rolled on and, the weather is definitely changing how the gardens are functioning. After the rampant growth of pumpkins over summer, I hate seeing the blackened and crumpled leaves after the first frosts and then having to pull the remnants out of the garden. However, there are some pluses. Due to the changing temperatures of the soil, other magic has been happening in the garden beneath the cover of the pumpkin canopy.

The perennial leeks have been madly proliferating and have more than quadrupled their number from last autumn so they've been divided and re-planted into new locations. A very brave avocado has germinated in the compost heap. A globe artichoke is spreading its grey spiky foliage, and scarlet runner bean pods were discovered in amongst the yellow tear-drop tomatoes and at the top of a Kurrajong tree.

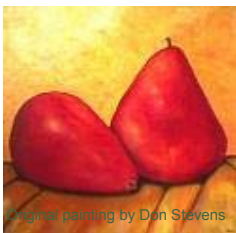
Nature provides abundance when we get out of her way and home vegetable gardens are often fantastic examples of how she works – in polycultures and **never** in monocultures. This style of growing with the diversity of plants and where, by and large, they choose to grow, provides the richness of environment where balance is established and maintained.

Over summer, there wasn't a single 'crop failure' as the functioning soil provided the nourishment for the plants to be vigorous and healthy, thereby preventing any outbreaks. The number of beneficial insects, spiders and predating birds outnumbered any 'pests' and there is never a thought of using any chemicals whatsoever. As a result we are constantly picking wholesome nourishing, and flavoursome food from our own garden and yes..... it is possible to do this on a large-scale.



Pears

The Hillside Orchard on the side of Mr Canobolas near Orange is an example of abundance. At least 12 varieties of apples, ten of pears and six cherries are grown in the rich volcanic soils run by brothers, Grahame and Max Davidson. As mentioned earlier, the changing seasons complete some varieties run and bring on new – such as the Red Sensation pears about to be replaced with the voluptuous Red *Anjou*, depicted in the painting at left.



Pears grown in healthy soils have increased levels of perfume and aroma and, the red skins and creamy-white flesh provide many opportunities to use them.

Included in a *rocquette* and fresh parmesan salad with alight balsamic *vinaigrette*, the combination of flavours is sumptuous. Added to a platter of fabulous, soft Australian cheeses (think washed rind, triple *brie* and gooey *camembert*) the colour and aroma of the pears provides a divine combination.

Annie & the Armadillos

Just in case you didn't know everything about your Bush Goddesses, Annie is Canberra's most experienced and fabulous entertainer and singer and her band, Annie and the Armadillos has been providing first-class entertainment for the past 12 years.

Last Friday night, Annie and the boys were at the National Press Club so a party was arranged with John and Deb Cantrell and Grahame Davidson from Orange, Adam and Emma, Grahame's son and soon-to-be daughter-in-law, Alan Reid and Goddess pennie, Graham Strong, salt-bush lamb producer from Boree Creek, Wal Koochew (well-known socialite) and Gino D'Ambrosio and son Patrick from Eco-Meats. Everyone raved about their meal in Columns Restaurant and congratulations to Paul Butler and his team, especially Danielle. *Delicious* and thank you.

You can book Annie & the Armadillos for weddings, funerals and christenings, parties, feasts and any other reason for a gathering.....call her on 0422 076 313 – Annie brings a party to life.....!!!





Australian Culinary Federation's (ACF) Olympic Team

The next Culinary Olympics are in Germany this October and Neil Abrahams, Executive Chef at the Royal Canberra Golf Club is representing his country for the 7th time.

Formerly an Australian Chef of the Year, Neil has been heading the kitchen at the RCGC for the past six years and has overseen the training of many apprentices who are leaving their marks both in Australia and overseas.

Neil is one of the most creative chefs the Bush Goddesses have come across and we continue to be amazed at the number of ways food can be used.....his imagination is truly wild and we are not sure from where he gains all his inspiration..... perhaps we ought not ask...!!

Neil also is the immediate past President of the ACT branch of the ACF and welcomes new members to the fold. There are monthly gatherings and a very strong commitment to mentoring young chefs and apprentices. Neil can be contacted on 0414 828 141 and

chef@royalcanberra.com.au

From the SLOW FOOD JOURNAL: Taking back life; earth, moon, abundance.

Slow Food is a non-profit, eco-gastronomic member-supported organization that was founded in 1989 to counteract fast food and fast life, the disappearance of local food traditions and people's dwindling interest in the food they eat, where it comes from, how it tastes and how our food choices affect the rest of the world.

In the latest Journal, there is a comment from Julian Rose "In Praise of Raw Milk" which we thought interesting:

'.....Securing the future of raw milk and raw milk cheeses is more than a nicety for gourmet food lovers. It is an essential prerequisite to a way of life for thousands of artisan farmers around the world, now under direct threat from the globalisation of the market place and the sterilisation of its produce....'

In Australia, it is presently illegal to sell raw milk for human consumption yet the underlying reasons for this ruling are based on a belief that it is unhygienic. But times have changed and modern stainless steel tanks, milking machines, refrigerated trucks and inspection methods make pasteurisation absolutely unnecessary for public protection.

As stated in the quote above, raw milk has been around far longer than pasteurised and homogenised 'milk' and, it is quite extraordinary to us the inventiveness of manufacturers as to the myriad of ways they are not only able to de-nature the raw product, but market it in so many guises (low-fat, added calcium, flavoured, full cream, no-fat, added protein and skim-milk amongst others).

Pasteurisation destroys enzymes, diminishes vitamin content, denatures fragile milk proteins, destroys vitamins C, B12 and B6, kills beneficial bacteria, promotes pathogens and is associated with allergies, increased tooth decay, colic in infants, growth problems in children, osteoporosis, arthritis, heart disease and cancer.

There are now generations of Australians who haven't ever tasted raw milk so can't make any comparisons between the processed stuff and the real and natural product. As consumers, if we want a healthier and more flavoursome milk, we need to support those farmers producing it. Bush Goddess Foods is investigating the possibilities of supplying raw milk, butter, cream, natural yoghurt and ice-cream. Let us know if you are interested.

Organic beef & sheep

Organic farmers appreciate the nuances of Mother Nature and know the system operates by returning benefits to the land and to those who manage their land sustainably.

The beef and lamb supplied by Bush Goddess Foods is sourced from central and western NSW properties and finished on grass supplemented with hydroponically sprouted barley. The result is flavoursome meat, rich in Omega 3 and Omega 6 fatty acids, only obtainable from grass-fed animals.

The recommended ratio of omega-6 fatty acids to omega-3 fatty acids should be less than 4:1. Grain-fed beef can have ratios that exceed 20:1 ratio, whereas grass-fed beef has a ratio of around 3:1. Grass-fed products are rich in all the fats now proven to be health-enhancing, but low in the fats that have been linked to ill-health and disease.

http://www.organicfooddirectory.com.au/grass_grain.php

Your choices as to which meats you decide to use in your restaurant has a direct influence on your customers' health,



Happy, flavoursome cattle in natural conditions – on grass!!!

Bush Goddess Foods
now has whole Royale Quinoa in a white, red and black mix....ideal for customers who can't eat gluten.
This mix can be used in place of *couscous* and risotto and is d-e-l-i-c-i-o-u-s.....