

**News flash:  
Bush Goddess  
FAX:  
625 88 978**

# Bush Goddess Foods

~ organically nourishing souls & soils ~

NEWSLETTER No. 4 ~ 11 May '08

Conversations are a cornerstone to how we humans relate and connect to each other and, for the Bush Goddesses, are an important and pleasurable aspect of 'doing business'. We feel very privileged to be meeting and getting to know so many people with whom we share a common passion – *fabulous* and proper food.

The language we use to describe our own experiences and knowledge about the vast array of foods is integral to how we learn and, with every new word we expand our knowledge and understanding about how and why things are. Once we have that knowledge, we can then apply it in our own situations and so learning is a continuum.

A new experience for us this week was meeting the Executive Chef at the Crowne Plaza and National Convention Centre, Ian MacInnes, who recently commenced the position. As part of the Intercontinental Hotel Group's corporate strategy, *sustainability* is now an integral aspect of their operations and a dedicated manager for this area has been appointed. Most of us are already aware of research and efforts to provide innovative and cost-effective systems to reduce electricity, gas and water use (especially in commercial operations), and fuel consumption in road and air transport with some rather encouraging results.

However, very little research has been dedicated to focusing on and quantifying the amount of greenhouse gas emissions generated through the growing, transporting, processing, distribution, storing and cooking of foods. A current project to address this is being run by Rob Dyball at ANU. The Food Flow is asking -

- What do we actually eat and where does our city's food come from?
- What are the actual land areas and ecosystems services demanded by any given population?
- What are the risks and trade-offs involved with relying on local production versus global production?
- What land use changes in our region would result if we committed to "going local"?
- Is a city carbon neutral or a carbon emitter for its food supply system?
- Is a city shopper able to make "carbon wise" shopping choices?
- Can an urban food supply become carbon positive?

**This project has completed its first stage with the report due in a month's time.**



## Bush Goddess Hampers

In spite of repeated requests, these delectable collections of fabulous foods do not contain a Bush Goddess but you can be assured that each hamper can be designed to suit any type of occasion so let your imaginations run free and create a reason to order one soon. However, a Bush Goddess can deliver the hamper..... *bon appetit*.....

## Microwave Ovens

Yes... they have been around for decades now..... and seem to be an integral member of the kitchen clutter. Originally flagged as the ultimate labour-saving device for the busy woman, research over the past few years has unearthed some rather disturbing findings. Did you know.....

- In early 1991, a lawsuit was filed against an Oklahoma hospital after a patient died from receiving blood which had been heated in a microwave;
- Microwaved foods lose 60%-90% of vital energy and accelerates the structural disintegration of foods;
- Minerals and vitamins of microwaved food is reduced or altered or reduced so there are little or no nutritional gains.

There are many other rather frightening examples of microwave use which slowly and insidiously harm human health. So far, the best use we've found for the microwave is the clock....tick-tock-time-bomb.



## Bush Goddess Catering

Not only are the Bush Goddesses sourcing and delivering organic and ecologically grown foods into Canberra, we also cater using these wonderful products from artisan farmers. Celebrating the characteristics of the Slow Food movement, we love preparing platters and meals of simply delicious foods and sharing the wonderful moments with friends and colleagues in a delightfully social situation. Eat, feast and be merry!



Boer goats

### Goat-meat and its virtues

Goat meat is the most widely eaten meat in the world and boasts many nutritious characteristics. Consumption of goat meat in western cultures is increasing, due largely to the nutritional benefits of being lean, low in cholesterol and high in iron. Goat meat has a mild aroma and is often compared to venison or veal in its flavour, but doesn't usually have that same gamey taste.

Goat meat is classified into two types depending on the age of the goat and are

Capretto - milk fed goat, aged up to 6 months and Chevon, grass fed goat, aged 6 - 12 months.

Bush Goddess Foods sources certified organic goat from a family near Cootamundra who have been using this system of farming for the past ten years. They also grow sheep, beef and spelt wheat and are a brilliant example of regenerative farming.

### Bush Goddess performing in Glebe Park



Mother's Day in Glebe Park was a delightful mix of reptiles, music, Elvis, free recipe books and the feature act of yes..... Annie & the Armadillos.

Bush Goddess Annie is in her element in front of a crowd with microphone in hand, encouraging new mothers to continue breast-feeding as long as possible and educating the masses on healthy foods with great humour and knowledge. A crowd of around 5000 people took advantage of the ACT Government's generosity in holding a community event and enjoying the beautiful – but diminishing – space in Glebe Park. It was interesting to see the variety of 'food' stalls, ranging from vegetarian samosas, mystery-bag sizzles to sticky, tooth-rotting and blood-sugar raising fairy floss. Often dubbed 'a treat,' this latter stuff has no nutritional value and is a contributor to wilful and unruly behaviour.

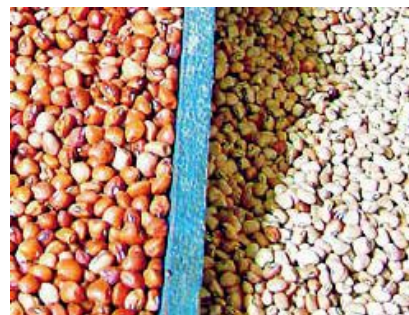
### Project GranOs

**In order to protect small farmers' seeds** from patent claims, it is necessary to demonstrate that their characteristics and properties are not the 'discovery' of multinational companies, but the collective heritage of communities.

This is the objective of the GranOs project, an important initiative of Slow Food's Terra Madre network, which joins other programs in promoting an approach to agriculture that respects the environment, cultural identity and biodiversity.

The project aims to describe and protect the genetic, morphological, and physiological characteristics of conservation plant varieties as well as their known food and non-food uses. Cataloguing the vast heritage bequeathed by traditional farming culture is an essential part of defending biodiversity.

<http://www.terramadre.info/pagine/leggi.lasso?id=3E6E345B09f682CC20VWi38C2802>



**An occupational hazard for the Bush Goddesses is.....eating beautiful foods so much so that food has displaced sex in our lives so now we can't even get into our own pants!  
Other worthwhile thoughts.....**

**I didn't fight my way to the top of the food chain to be a vegetarian .....and .....**

**Cooking is like love.....it should be entered into with abandon or not at all.**

Harriet Van Horne