

## Bush Goddess Foods

~ organically nourishing souls & soils ~

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The corporatisation of food supply systems has resulted in a diminution of plant and animal species not only in Australia, but across the planet. As a business model, controlling food-chains is brilliant as competition is bought or squeezed out and customers have less choice as to where and how they can obtain their food. Governments wedded to free-market economies provide path-ways for corporates to achieve these outcomes with very little thought and imagination applied to the bigger and long-term outcomes.

The commodification of foods – nameless, homogenous, massed amounts – has many Australian farmers caught in a spiralling trap..... I call it the short~and~curly~syndrome. Broad-acre cropping farmers are especially vulnerable as their capital outlays are so huge – debt, machinery, fuel, synthetic fertilisers, technology, herbicides and pesticides – and the pressure is constantly upon them to produce a 'good' crop. Institutions extending finance prior to sowing keeps them on this commodity treadmill and to withdraw would be extremely painful.....hence the short~and~curly~syndrome.

This is the ugly side of corporatisation – when farmers are captive to those enterprises which add and control the value of the raw commodity yet have a fraction of the financial risk. With the advent of so-called miraculous technology such as genetic engineering, grain farmers are gambling their hopes on improved returns to reduce their debts and increase their incomes without hard evidence of any benefits.

With overwhelming evidence from Canada, the United States and India about the disastrous outcomes of this 'miraculous' technology which has resulted in the obliteration of organic farming due to contamination by GE plants, and record levels of suicides by Indian farmers as they have been unable to repay their debts to the GE-technology companies, the opportunity for Australia to learn from these experiences is diminishing. In February this year, the NSW, Victorian and SA governments lifted their bans on the commercial release of GE canola; with minimal requirements for segregation of GE canola from non-GE canola, it will be only a very short time before organic and non-GE canola will be a memory.

All Bush Goddess Foods are GE-free and always will be. We will not play into the hands of corporates who want to control food supplies for shareholder gain. We support farming families who have leapt off the commodity tread-mill and are free to grow nutritious and flavoursome foods with the minimum of Human Interference.

## NEW PRODUCTS & NEWCOMERS

### Verjus

Unfermented grape juice is widely used in restaurants and the kitchens of serious cooks and Bush Goddess Foods is now providing the delectable **Orange Mountain Wines** verjus made from *viognier* and *shiraz* varieties. Packaged in an elegant bottle, it has a clean and crisp finish and is ideal for deglazing meat dishes and in *vinaigrettes*. 750ml bottle ~ \$14

### The Acton Precinct

Contributed by pennie scott

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The Bush Goddesses enjoyed meeting Spencer and Grant Kells at **Flint Dining Room & Bar** last week and the ensuing discussions on proper food and the abundance of local foods for their menu. Welcome to Canberra!. Also recently opened is **Du Jour** and it was heartening to sit down with Bec, Nick and Jeanette and learn from their passions and commitment to the use of ecologically sourced and grown foods for the *du jour* menu. Sorry we missed you, Chris. On the same block is **As Nature Intended** providing a wealth of certified organic goods and a café. Baz always creates a mouth~watering storm from the kitchen and he loves you to try his wares!

### Valore Fresh Pasta

Passion... passion and yet more.... passion in this locally produced range of pasta. As with the very best of all foods, that X~factor is almost as important as the ingredients .. and this range of pasta is full of it! The X~factor is combined with free-range eggs (battery-grown eggs just don't work), filtered water, a combination of flours and the range includes *linguini*, *fettuccine*, *tagliatelle* and *lasagne* sheets....spirals, *penne*, *rigatoni*, *bucatini* and large and small shells....and now for the flavours ~ sundried tomato, spinach, olive, garlic, chilli, herbed, lemon, cracked pepper, squid-ink and chocolate.

**MONDAY'S LUNCH:** The Bush Goddesses have just enjoyed the pumpkin *ravioli* with a tomato *concasse* including fresh lime and slow-roasted pumpkin and (fresh-from-the-garden) *rocquette* salad ~ *bellissimo*..... One of our riskiest occupational hazards is testing and trying ALL the fabulous foods we source and provide.....we've done the hard work for you!

### LIKE MINDED PEOPLE AND THE CULTURE OF FOOD

#### Slow Food - 4Czons.....Canberra and Region

Slow Food is an international movement that promotes food and wine culture. It links pleasure and food with awareness and responsibility. It's far more than a dining club. Slow Food is also about forming networks between farmers and consumers; learning about our land and its limitations; and seeking to preserve local, regional and national foods and food practices — especially those that are threatened with extinction. We believe that good food shouldn't be simply an up-market thing; we should all have the right to enjoy good, clean and fair food in everyday living. Come with us on a journey to discover the diversity of food, wine and produce in the Canberra region and beyond! [www.slowfoodcanberra.com](http://www.slowfoodcanberra.com)

### INTERESTING IDEAS & LINKS

As you are well aware, the Bush Goddesses are passionate about foods grown in healthy soils which result in flavoursome and nutritious products. Thankfully, we are not alone and below, are a couple of other organisations whoa are also dedicated to improving soil health, human health and that of our planet.

**Nourishing Australia is a non-profit organisation dedicated to informing, educating and inspiring people about nourishing our soils, plants, animals, people, communities and ultimately, our planet.** The immune systems of both the earth and its inhabitants are intimately related to the soil, water and air. The direct link to human health is unquestionable. <http://www.nourishingaustralia.org.au/>

**Nourished Magazine** is powered by an online community of people, sharing experience, knowledge and passion for living well. Together we remember how to nourish our bodies, our children, our planet. We have discovered that one way to experience this life is to make decisions based on the answer to one simple question: What is the most nourishing choice I can make right now? [www.nourishedmagazine.com.au](http://www.nourishedmagazine.com.au)

**And finally, some life-advice.....** Dr. Neil proclaimed the way to achieve inner peace is to finish all the things you have started. So I looked around my house to see things I started and hadn't finished and, before leaving the house this morning, I finished off a bottle of Merlot, a bottle of Cardonay, a bole of Baileys, a butle of Kehuha, a pockage of Tim Toms , tha mainder of bot Prozic and Valum scriptins, the res of the Chesescke, some saltins an a bax a cholates .

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