



**The** sense of well-being is something we all crave yet a plethora of theories abound as to 'how to get it'.....well-being, that is. One of the most important aspects of being well is a state of heightened health, commonly known as an absence of illness. Recent research from Spain (Canberra Times, 31 May 2008) demonstrates the Mediterranean diet, rich in fruits and vegetables, known to prevent heart disease also wards off diabetes.

Other important inclusions in this diet include garlic, extra virgin olive oil, sun-and-vine-ripened-tomatoes and fresh herbs; what seems to be ignored or forgotten these days is HOW these wonderful foods are grown.....in healthy functioning soils without chemicals so all the attributes of these foods can be developed and then utilised by the human body.

Another interesting article in the same issue of the Canberra Times was about Martin Seligman, a professor of positive psychology. He labels himself 'a depressive and pessimist' and therefore highly qualified to do serious science on optimism.

He cites four large-scale studies completed in the US showing the rate of depression according to when people were born. For people born around WWI, the prevalence of severe depression was about one per cent; for people born after WWII, it was 5% and, for those born since the 1960's, it is between 10% - 15%.

Clive Hamilton, formerly from The Australia Institute, wrote *Affluenza* a couple of years ago highlighting that, in spite of 'higher standards of living' – a euphemism for increased consumerism and the acquisition of 'stuff' – higher numbers of Australians are taking anti-depressants. Professor Seligman maintains this is not ecological; he points out that 'Amish communities' breathe the same air, drink the same water, eat the same food yet have one-tenth of the depression the rest of America has...so it has something to do with modernity.'

The Bush Goddesses know how nutrition is essential for optimum human health and HOW the foods are grown is vital to achieving at least one quotient of happiness and, as you already know.... we source and supply the foods with the highest amounts of cheer and goodwill .....get it into you!!

#### GARLIC ~ GARLIC ~ GARLIC

Apart from warding off vampires and winter ills-and-chills, ecologically-grown Australian garlic (as distinct from that chlorine-washed Chinese imported stuff) is aromatic, full-to-bursting with flavour and brilliant for roasting. We have simply amaZing Russian garlic – as individual cloves or fist-sized knobs ...and three kilograms left of the unusual onion garlic. These look like and are about the same size as *eschalots*, slice up beautifully and are easy to roast whole with La Barre Cold Pressed Extra Virgin Olive Oil and sprinkled with Himalayan Crystal salt.

**What a coincidence –**  
we supply all the above!!!

**SOLD to CIT BUT more on the way**

The Bush Goddesses have been very busy attending networking breakfasts and lunches over the past few weeks and spreading the love and good news about fabulous foods to eager audiences. The Business Network International (BNI) group has five chapters in Canberra and we are aligned with the Sunrize chapter. Thirty people regularly attend, promote their enterprises and pass referrals on to support their colleagues in small business. This is a wonderful group of passionate, witty and clever people and already, we have had a fabulous response via referrals to Bush Goddess Foods and Annie & the Armadillos. Very worthwhile.

[http://www.bni.com.au/index\\_main.asp](http://www.bni.com.au/index_main.asp)

[www.bushgoddess.blogspot.com](http://www.bushgoddess.blogspot.com) for timely rants and provocative commentary

## Fund-Raising Dinner for Molonglo Womens Health Services 4<sup>th</sup> July at Barocca

*Five* of Canberra's most well-known female chefs are donating their skills and time for a fantastic dinner to raise awareness and funds for the Molonglo Womens Health Services.

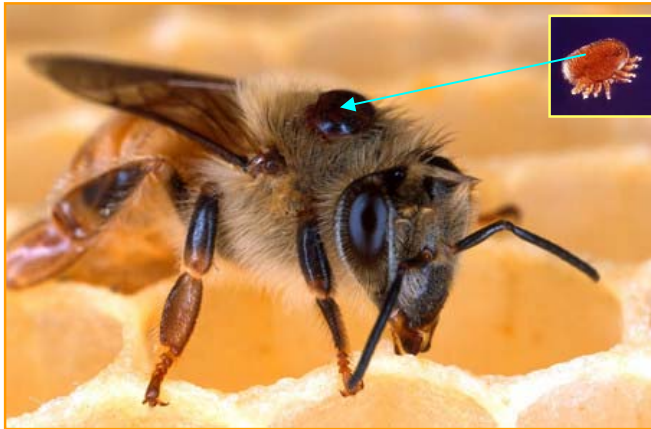
The Menu includes ~

- ❖ Canapés prepared by Vanessa Broadfoot from Sitting Ducks Catering;
- ❖ Entrée prepared by Fiona Mitchell, CIT's Education Manager of Culinary Skills;
- ❖ Main course by Janet Jeffs from Ginger;
- ❖ Dessert prepared by Rebecca Kelly, from a bite to eat; and
- ❖ *Petit fours* from Natalie Vandenbosch, chef at the Royal Canberra Yacht Club.

Tickets are \$110 per person and include all wines.  
(Sprints and soft-drinks are available at the bar)

What a *delicious* way to raise money for a great cause and bookings can be made to  
[cassandra.hayden@bigpond.com](mailto:cassandra.hayden@bigpond.com) OR call Barocca on 6248 0253 *NOW*

### .....and you think there's a food crisis now!



Over the past few months there's been plenty of coverage given to shortages of foods due to wars, inequity, corruption and lack of availability. Apart from a shortage of bananas post-cyclone-Larry, we in Australia rarely give another thought to such a situation. However, there is a much worse threat to our food security and, an impending crisis which will affect every person on the planet.

#### Why?

The humble honey-bee's (*Apis cerana* and *Apis mellifera*) entire existence is under threat from *varroa destructor*, an external parasitic mite.

*Varroa destructor* can only replicate in a honey bee colony. It attaches at the body of the bee and weakens the bee by sucking hemolymph. In this process the mite

spreads RNA viruses like Deformed Wing Virus to the bee. A significant mite infestation will lead to the death of a honey bee colony, usually in the late autumn and through to early spring. The *Varroa* mite is the parasite with the most pronounced economic impact on the beekeeping industry. It may be a contributing factor to Colony Collapse Disorder (CCD) which is threatening hives throughout North America and has virtually destroyed the New Zealand honey industry. Harden-based Ken Tantsen, is a sixth-generation apiarist and predicts it is only a matter of time until the *varroa* mite reaches Australia, with dire consequences for food production. "A third of the world's food crops require pollination and, without bees, it just can't happen", he said. "Although there are other insect pollinators, the honey-bees are the most effective and without them, we simply won't have the amount and variety of foods we are used to." Some researchers believe the accumulated effects of decades of chemicals used in agriculture and a reduction in biodiversity and habitat are responsible for the demise in bee's immunity to the mite.

"We must postpone the entry of *varroa* mite into Australia and provide the best conditions for our bees, so there has to be a reduction in the use of ag-chemicals and the re-establishment of grasslands and native trees and shrubs to provide as many sources of food as possible for the bees if we want to maintain present food supplies," Ken concluded.

On a happier note, fabulous Bush Goddess *Annie* was the star attraction at Alto Restaurant last Saturday night. Accompanied by her Armadillos, Annie also entertained with Tony Haley for the fortunate diners who combined a wonderful Kurt Neumann dinner with the legendary views from this Canberra landmark.



[www.bushgoddessfoods.com.au](http://www.bushgoddessfoods.com.au)

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