



Slow Food[®]

Sunshine Coast Hinterland

Slow Food Sunshine Coast Hinterland is a convivium of the international Slow Food movement, which has over 100,000 members in more than 130 countries.

A Monthly Newsletter

Issue N° 5 — August 2010

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Witjuti Grub Bushfood Nursery

Over 40 people gathered at [Witjuti Grub Bushfood Nursery](#) on the 24th of July for a fascinating talk by Graeme White, followed by a tour of the Nursery.



We shared a magnificent spread of lunch dishes, which were followed by tastings of John & Mary King's Rainforest Liqueurs. Veronica also served Lemon Myrtle tea - very refreshing!



It is estimated there were upwards of 5,000 different bushfood plant species across Australia utilised and harvested seasonally by Aboriginal people.

Graeme reckons he can talk underwater

about bushfoods - he's an invaluable resource and we are so lucky to have him in our region.

Slow / Transition meets Council

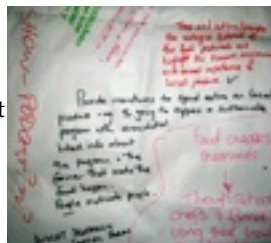
Over 60 people met in Nambour on the 21st of July for an event jointly convened by Slow Food Sunshine Coast Hinterland and Transition Town Nambour.

John Elliott and Greg Beasley, from Economic Development at Sunshine Coast Regional Council, talked to the audience about Council's [Rural Action Plan](#) and the Rural Futures Strategy currently being developed.

This will affect zoning, planning, land use, licensing and a whole raft of regulatory influences on food production in this region.

We have a six-month window of opportunity to contribute to this process.

Important issues were raised and everyone was invited to comment on butchers' paper for collation and submission back to Council.



Click [here](#) to download a summary of the evening (many thanks to James Macdonald-Buchanan from [Transition Town Nambour](#) for providing the summary).

Stay tuned for updates and information on how you can participate to ensure the Strategy incorporates initiatives to stimulate further local production of food that is good, clean and fair.

FOOD, Inc. premieres!

Slow Food Sunshine Coast Hinterland is proud to host the Sunshine Coast premiere of **FOOD, Inc.** on **Friday, 3rd of September** at [Nambour Arthouse Cinema](#).

This movie was nominated for an Academy Award for Best Documentary Feature.

Featuring interviews with such experts as Eric Schlosser (Fast Food Nation), Michael Pollan (The Omnivore's Dilemma) along with forward thinking social entrepreneurs like Polyface Farms' Joel Salatin, [Food, Inc.](#) reveals surprising—and often shocking truths—about what we eat, how it's produced, and where to from here.



For just \$10pp, Slow Food is offering a light supper of local food served at 6:00pm (before the movie). Following the movie a panel of local speakers will discuss local issues. To purchase tickets for the supper / panel email:

julie@slowfoodsunshinecoast.org.au

If you hold a Slow Food ticket, you can also purchase movie tickets at the discount price of \$10pp from Nambour Arthouse Cinema.

FOOD, Inc. will be shown on the 3rd, 4th and 5th of September in Nambour - call the Cinema on 5475 7788. It will also be shown on the 11th of September in Maleny (see [Maleny Film Society](#) for details).



Terra Madre Fundraising Dinner

What: Farmed & Free Dinner

When: Saturday, 28 August 2010

Time: 6:30pm for 7pm

Where: CWA Hall, Nambour

Cost: \$50 members, \$55 non-members

Please come along to this fun fundraiser to send our delegate, Peter Wolfe, to [Terra Madre](#), the international 'Peasants United Nations' in Turin, Italy.

Peter is preparing a tantalising menu with dishes incorporating ingredients that are farmed and indigenous foods.

We will be challenged and entertained by a panel of women in agriculture, including Carolyn Ditchfield.

Carolyn is a trained scientist who writes her own weekly e-newsletter, '[From The Soil Up](#)', covering a broad range of topics related to biological systems.

Carolyn was born and raised in Inverell on a mixed enterprise farm. She completed her Bachelor of Agriculture Science in Brisbane. Her career took her across Australia and the world. She returned to Inverell in 2001 and set up her own biological business consulting to farmers and found that many were wanting to move away from chemical inputs.

Cost is just \$55 for non-members (\$50 Slow Food members) or book a table of 8 and get the whole table at the members' price of \$50pp. The evening is BYO.

Bookings essential - email:

julie@slowfoodsunshinecoast.org.au

Your place will be confirmed upon receipt of full payment - direct deposit into our account is preferred:

BSB: 704-606

Account: 200033407

Please give your surname and "28Aug" afterward.



Movies That Matter: Dirt! The Movie

What: Movie screening

When: Wednesday, 11 August 2010

Time: 6:30pm

Where: Innovation Centre, SCU

Cost: \$12.50 / \$10 Conc. / \$15 at door

[Movies That Matter](#) is a monthly film night held at the Innovation Centre at Sunshine Coast University to screen important films that inform, inspire and empower us on the topics of nutrition, health and sustainability.

The evenings start with delicious snacks and drinks available before each film. After the screening a panel of experts come to the podium to field questions from the audience centered around the topics addressed in the film.

[Dirt! The Movie](#) is an insightful and timely film that tells the story of the soil in all of its glory. Inspired by William Bryant Logan's acclaimed book "Dirt: The Ecstatic Skin of the Earth", [Dirt! The Movie](#) takes an investigative look into the history and current state of the living organic matter that we come from and will later return to. It is a winner of many film festival awards including "Best Green Documentary" and "Best Film for Our Future". The health of our planet starts with the health of our soil!

Q&A Panel

Graeme Sait - Internationally renowned speaker, author and CEO of Nutri-Tech Solutions

Julie Shelton - Founder/Leader of Slow Food Sunshine Coast Hinterland

Rosina Buckman - Winner of the Sunshine Coast Council "Edible Landscape Award"

Tickets

Buy Tickets Online: \$12.50

Students/Concession: \$10.00

Price at the door: \$15.00



Sandy Creek Organic Farm - CSA Shares

What: Box of seasonal certified organic vegetables

When: every week!

Where: collect from farm or nominated drop-off point

Cost: \$250 for 13 weeks delivered; \$230 for 13 weeks from farm

Sandy Creek Organic Farm, owned and run by Les & Marji Nicholls, is located at Beerwah, beneath the sentinel Glass House Mountains.

SCOF is a Community Supported Agriculture farm, whereby subscribers pay a season (or sometimes a year) ahead and in exchange receive a weekly box of freshly-picked produce.

CSAs encourage you to become a co-producer. It enables you to support the production of the food that you want to consume. Les & Marji believe it is the best way to keep local organic food affordable.

Over a year, they grow more than 50 varieties of vegetables, herbs, spices and fruits. To eat local vegetables, means eating with the seasons and with the climate.

SCOF has been operating for 7 years and their planted area is growing. And they are looking for more people to join!

Exclusively to Slow Food members and friends, SCOF invites you to take out a subscription for the coming spring season.

The cost of delivered boxes will be \$250 for the 13 week spring season. This works out to be less than \$20 per box, which represents excellent value for freshly-picked organic produce.

Boxes are currently delivered weekly to Caloundra, Maleny and Nambour.

To find out more, [download](#) their brochure or contact Les & Marji Nicholls on

sandycreekorganic@bigpond.com

Chevallum State School launches edible school garden



On Tuesday, 27th of July I attended the official opening of Chevallum State School's Kitchen Garden Program.

It was a wonderful celebration of the passion and commitment shown by parents, teachers, students and helpers from the Chevallum community. Coordinator, Robyn Cook, and her team of students proudly showed off the fantastic facilities that will benefit the school for many years to come.

For those that have not heard about the program, the [Stephanie Alexander Kitchen Garden Program](#) supports children across Years 3 to 6 to spend a minimum of 40 minutes per week in an extensive vegetable garden that they have helped design and build, and which they maintain on the school grounds according to organic gardening principles.

They also spend one and a half hours each week in a kitchen classroom preparing and sharing a variety of meals created from their produce.

The Program develops lifelong skills in the kitchen and garden and encourages children to enjoy all the benefits of growing, harvesting, preparing and sharing.

Aims and philosophy

The aim of the Kitchen Garden Program is pleasurable food education for young children. The underlying belief is that by introducing this holistic approach we have a chance to positively influence children's food choices in ways that have not been tried before.

A Kitchen Garden is created to provide edible, aromatic and beautiful resources for a kitchen.

The creation and care of a Kitchen Garden teaches children about the natural world, about its beauty and how to care for it,

how best to use the resources we have, and an appreciation for how easy it is to bring joy and wellbeing into one's life through **growing, harvesting, preparing and sharing** fresh, seasonal produce.

Fixed fundamentals

Here is our recipe for an effective Kitchen Garden Program:

- We stress pleasure, flavour and texture by encouraging talk and thinking that uses all of the senses.
- We do not describe food to children using the word 'healthy' as the main descriptor.
- We reinforce techniques over and over so that the children are actually able to cook simple dishes or plant seeds at home.
- Menus are planned around seasonal availability.
- We seek to expand the culinary horizons for children and present cultural differences as fascinating rather than strange.
- We seek to expand the children's vocabulary for describing flavours and textures and plant families and names.

"I think it's important that somebody stands up for the fact that education has to be about education for life. Children in the Kitchen Garden Program learn how to care for themselves by growing, harvesting, preparing and sharing delicious and wholesome food. They also learn to relate to each other, to work in groups, be cooperative and embrace difference."

- Stephanie Alexander

- We use fresh ingredients at their peak – for example, herbs should not be past their season, beans should not be overgrown and tough.

- The cooking of raw fruit and vegetables should be timed with great care – we don't want to present children with food that is unpalatable.

- The garden crops underpin kitchen planning – lots of basil is likely to lead to a pesto-making session; lots of green tomatoes to chutney or pickles. Menu planning

will take account of growing timelines.

- In other words, the Garden Specialist needs to understand about the ingredients of good cooking and the Kitchen Specialist needs to understand a bit about gardening.
- We come together around a table at the end of the cooking to share the meal.

Above all, every activity in the kitchen and garden should be an enjoyable experience for students.

- Julie Shelton



Slow Food Sunshine Coast Hinterland

Date Claimers

[click here to download a list of food-related community events in August 2010 \(thanks to Anne Gibson from Green Journey\)](#)

07 August

Crystal Waters Village Market

Where: Crystal Waters
When: 07 August from 07:30 to 12:30

11 August

Dirt! The Movie

Where: Innovation Centre, Sunshine Coast University
When: 11 August from 18:30 to 21:00

14 August

Montville Village Market

Where: Montville Village Hall
When: 14 August from 07:30 to 12:00

21 August

Blackall Range Growers Market

Where: Old Witta School
When: 21 August from 07:30 to 12:00

28 August

Farmed & Free Fundraising Dinner

Where: CWA Hall
When: 28 August from 18:00 to 23:00

29 August

Mapleton Market

Where: Lilyponds
When: 29 August from 07:00 to 14:00

03 September

Premiere of FOOD, Inc. on the Sunshine Coast

Where: Nambour Arthouse Cinema
When: 03 September from 18:30

04 September

Slow Food Brisbane – Field Visit

Where: Northey Street City Farm
When: 04 September from 08:30

POSTPONED

Kids Go Slow (was 08 September)

Where: Chevallum State School
When: DATE TBA

Who we are

Slow Food Sunshine Coast Hinterland was founded in July 2009 to provide a forum for discussion and platform for a number of events and activities. Our convivium is based in Maleny in Queensland, Australia, and covers the area bounded by Dagon to the north, Glass House Mountains to the south, west of the Bruce Highway to the Conondale Ranges (plus Cooran, Pomona and a few other towns east of the Highway). We have three Area Groups operating our convivium umbrella - Blackall Range, Nambour and Mary Valley.

Our mission is to:

- Promote the philosophies of Slow Food, i.e. that food must be good, clean and fair
- Support international and national projects
- Facilitate relationships between producers and producers; producers and co-producers
- Provide advocacy and lobbying on behalf of small-scale food producers
- Give enterprise support, particularly at start-up
- Offer a portal for dissemination of information to small-scale food producers
- Screen food-related movies and documentaries
- Showcase local food
- Host cooking demonstrations
- Promote indigenous and wild foods
- Develop 'Kids Go Slow' – sensory education and awareness programs
- Host Terra Madre Day; Grandmothers' Day
- Host events at centres throughout the Sunshine Coast Hinterland and Mary Valley



Maleny IGA Community Benefit Club



Did you know that you can support Slow Food Sunshine Coast Hinterland through Maleny IGA's Community Benefit Club? Join today so we can receive 1c for every dollar you spend.

About the Community Benefits Club (CBC)

The CBC Program is about making the Community we live in a vibrant and thriving one, and helping individuals feel good about the part they are playing in that process.

Get your Keytag Today! It's As Simple As 1, 2, 3!

1. Sign on at any Cashier or [Download a Form](#)
2. Choose your Community Group
3. Give the Cashier your Keytag to scan, or quote your Customer Number when making purchases

Existing members can fill out a [membership form](#) to join or change your nominated group to Slow Food Sunshine Coast Hinterland.

Invitation

- Slow Food Sunshine Coast Hinterland is due to have its first AGM in the near future. We're looking for passionate people to join our Committee for 2010/2011. We meet about four times a year and are particularly seeking members who can support us in the areas of fundraising, promotion and organisation of events. **Are you interested in joining our small team?** Please contact Julie on: leader@slowfoodsunshinecoast.org.au

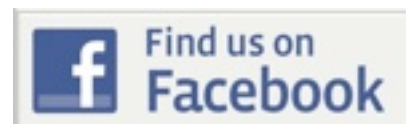
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[Click here to go to our Facebook page](#)