



Bush Goddess Foods

~ organically nourishing souls & soils ~



NEWSLETTER No. 1, 16th April

Welcome to the first edition of the weekly Bush Goddess Foods newsletters with information about the fabulous range of delicious and nutritious **organic** and **ecologically grown** products now available in Canberra. We subscribe to the Slow Food Foundation for Biodiversity description (see below) and, pursuing this creed, we are sourcing four groups of fabulous foods – Meats, Fruits, Vegetables and Pantry Items and a comprehensive product list is available.

As everyone is aware, the seasons are changing so tomatoes are becoming scarce but potatoes are coming in so this is why we are creating a weekly newsletter – to keep you up to the minute with what's happening out in the paddocks of our passionate farmers and what they are excited about..... well, perhaps not every detail of their excitement but a fair bit!

Our website is in growth-mode and is a fabulous resource for information about us – the Bush Goddesses – the passionate farmers, environmental ideas which can be easily implemented, snippets gathered from 'round the world, a blog-site for all your ideas and suggestions and a section for ripper food stories. We are mad about proper food and committed to finding and bringing you the very best organic tucker from as-local-as-possible locations so you know you are doing your bit to reduce greenhouse gas emissions and reduce the carbon footprints.



We unashamedly promote Low HI foods—translated, that is **Low Human Interference** foods.....we bring them to you as Nature designed and intended them in full blooming beauty!

So, here is the first newsletter and, as we are all part of a food-loving community.....much feasting and laughing and we look forward to becoming part of your team,

pennie

and

annie



Slow Food Foundation for Biodiversity

The Presidia are a signal of what we like to call 'New Agriculture'; a productive philosophy based on quality, biodiversity, respect for the environment, animal well-being, landscape and the health and the enjoyment of the consumer. This agriculture is part ecological and part gastronomic, and it throws aside the outdated and self-destructive parameters of quality (with instant, high profits and high long term costs). With this 'New Agriculture', we also throw aside dioxides, mad cow disease, overdosed anti-parasite treatments and chemical fertilizers, intensive breeding, added colouring, preservatives, flavour additives and all the rest.

<http://www.slowfoodfoundation.org/eng/presidi/agricoltura.lasso>



Enviroganic free range chickens are raised by Angus and Sonya Dowling on their family farm near Young. These chickens are fed only on certified organic feed, which contains no antibiotics or growth hormones. They are free to roam in fresh air and sunshine with access to as much organic grain as they desire and are grown up to 24's – meaty birds with superb flavour.



'Roo meat has a wonderful flavour in spite of being lean and is very versatile. For a gathering last year, I made a 'roo *moussaka* which was devoured very quickly. On the topic of sourcing the meat, 'roos are killed by a marksman with a single shot to the head ; as there is no warning, the animals are relaxed when they die which is a huge benefit for the quality of the meat. Conversely, animals slaughtered in abattoirs suffer higher levels of stress.....



Spuds:

Picture 19 varieties of fabulous spuds – different colours and shapes, flavours and uses including -

French *Charlette*
Belle de fonte
 Pink Fur
 Irish Gold
 Dutch Cream
 Atlantic
 Talonga
 Purple Congo
 Desiree
 Kipfler
 Pink eye
 King Edward.....



and chats in most of the above..... *brilliant* on function platters and in terrines and frittatas.

Beautiful Brassicas:



Winter is classical Brassica time and we have superb quality in a wide range including –

Broccoli
 Savoy cabbage, red cabbage
 Cauliflower
 Brussels sprouts and
Rocquette.

Coming soon, kales, Brussels sprouts, mustard cress, leafy Chinese greens, celeriac and many more. If there is something specific you are looking for, ask us to source it for you..... we are collectively *amaZing!*

Pumpkin Soup Season is here and organic pumpkins have the most fabulous flavourschoose from Kent, Queensland Blue, Kabocha or Gold Nugget



Quinoa (pronounced keen-wah)

Quinoa originated in the Andean region of South America, where it has been an important food for 6,000 years. Its protein content is very high (12%–18%)and, unlike wheat or rice (which are low in lysine), quinoa contains a balanced set of essential amino acids for humans, making it an unusually complete food. It is a good source of dietary fibre and phosphorous and is high in magnesium and iron. Quinoa is **gluten-free**, considered easy to digest and is widely used in place of wheat flour for baking, pastas and pastries

Rapadura

Rich in complex carbohydrates, rapadura is dried sugarcane in the form of a brick, and is largely produced on site at sugarcane plantations in the very warm tropical regions. It was originally created as an easier way to transport sugar and is also high in dietary iron. It is a brilliant alternative to 'white death' (white sugar) and due to the strength of flavour, less is required.



Healthy Soils—the basis of all health

Healthy soils are squirming with life in a huge variety of forms: most of them are microscopic and, in a teaspoon of healthy soil, there are more than ten *billion* individual critters.

Healthy soil is a complex combination of oxygen, moisture, fungi, microbes, carbon, fulvic and humic acids and other nutrients providing the 'food' for plants. When undisturbed (by cultivating or over-grazing) the soil biology is able to function at optimum capacity and create a balanced environment. A wide variety of plants—perennials and annuals—is necessary to achieve this balance. Growing food in such a system is known as ecological farming.

Conversely, intensive or industrialised farming relies on the application of synthetic fertilisers to provide the plant's nutrients and chemical herbicides to eliminate all other plant species to create a monoculture. Plants grown in this manner usually require more water due to the poor structure as the soils are incapable of holding it and soil biology cannot function in the chemical environment.

Bush Goddess Foods are sourced only from farming families who use ecological systems and their farms are abundant with wildlife and activity.

What we eat has a profound impact on the quality of our world.