

HERALD

The Bangalow

FREE September 2018

The Food Issue



Spring harvest

'Radical' farming | Best local eats and drinks | Market fare |
Food that nurtures and nourishes | Culinary art



Photo: Stephanie King

'Tis the season

Springtime turns our thoughts to nature, food and... love. By Digby Hildreth

Fruits, flowers and flurries of lust are the traditional signs of the arrival of spring – a colourful quickening, a blossoming of fresh hope as we escape the cold grip of winter. Except... except... while the nights and dawns of early August were occasionally chilly, the daytime temperatures were often more like those of summer and uncomfortably warm.

It's early August as I write and two large water dragons, one an unusual russet brown, are skittering around in the backyard. Slimmed down from their winter dormancy, they're nevertheless exuding that thick-necked 'wot you lookin' at' glare, though when challenged, their belligerence quickly turns into a panicky Chaplin-esque sprint for cover.

On the front deck, a blue-tongue lizard remains torpid in the sunshine, soaking up the rays through his stylish coat.

Like all wildlife, they are very welcome in the garden, for both their impact on the snail population and marvellous connection to the primordial world.

But this is just the start of what is meant to be the year's coldest month and everywhere creatures are emerging from whatever warm burrow they disappeared into just a few weeks ago.

WIRES reptile handlers and George the Snakeman report an unusual amount of calls from nervous householders; plover and noisy minor chicks are needing special attention. Koalas are emerging early, tragically vulnerable. Also, unhappily, the season brings with it the insatiably bloodthirsty mozzie, and the first sounds of hands slapping ears are already being heard.

Nature is guided not by the calendar but by temperatures and conditions – as perhaps humans should be.

Spring, it seems, like nostalgia, ain't what it used to be and August is the new September. Day after day, temperatures are six or seven degrees above the historical average.

Even the trees are confused: lulled into believing that spring has sprung, avocado orchards enthusiastically sprouted flowers... only to have them ambushed and withered by a cold snap during the night, a cruel blow for growers.

Other fruits made the most of the early start: mouth-watering mulberries weighing

down branches, strawberries adding their sweet perfume to farmers' markets. There's new goat's cheese and fresh tomatoes, too, followed quickly by broad beans and stone fruit.

Nature is guided not by the calendar but by temperatures and conditions – as perhaps humans should be. After all, the force that through the green fuse drives the flower, drives our green age.

The water dragons' grumpiness may simply be a result of being dragged from their warm beds early, just like us as we go through the five stages of getting up in the morning: denial, anger, bargaining, depression and acceptance.

Or their focus may be on things other than the social niceties, like the young man in Tennyson's poem, *Locksley Hall*, whose "fancy" in springtime "lightly turns to thoughts of love". Though you don't have to be young – or male – to experience a fancy along those lines.

The Feros motto 'Grow bold not old' can apply at any age: at any age, we can respond in a responsible way to the signs of a warming planet, while still revelling in the sunny upside and perhaps even wearing flowers in our hair. Apparently, ranunculus bloomed early this year.

Source of life

An artist's fascination with seeds has sprouted a visual language that speaks to the relationship between people, plants and the planet.

The humble seed is a kernel of creativity for Sophie Munns, who holds workshops around the world – often in botanical gardens and educational institutions – focused on producing works of art for her *Homage to the Seed* project.

The Brisbane-based visual artist has long been fascinated with global seed diversity, botany and horticulture, all of which seep into her greatly varied artistic creations, from abstracted digitised prints to paintings and mixed-media work.

"What I enjoy is working with seed scientists in botanic gardens of diverse bioregions. I'm searching for the ways science contributes to conservation programs, to shifting climate conditions and to the awareness of all kinds of current impacts at force on the planet's vast seed inheritance," explains Sophie.

By observing, journaling and photographing seeds, Sophie has developed a particular visual language around seeds that she applies to the painting of large-scale works using textiles and mixed media. Her innovative concertina and artist books, paper works and printmaking "all contribute to the conversation about the story of seeds".

In her words, "authentic knowledge is recorded from the primary source: the seed". Sophie's website (sophiemunns.weebly.com) and Facebook pages daily document her ever-evolving creative projects.



Sophie Munns' work has received global recognition. Photos courtesy of Sophie Munns

Last year, plaques incorporating her seed designs were awarded to leading scientists named the 'global gatekeepers of crop diversity' by the Crop Trust, an international conservation organisation that helped establish the Svalbard Global Seed Vault storage facility in the Arctic Circle.

Sophie's adventures in seed art have also led to a series of residencies at: Kew Garden's Millennium Seed Bank and the Eden Project in the UK; various botanic gardens, like those in Brisbane and Cairns, exploring rainforests of the Wet Tropics; The Australian PlantBank in Sydney; and the University of Queensland's Institute for Molecular Bioscience. Last year, during a residency at Kellett – The British

International School in Hong Kong, she worked with teachers and 25 students a day to create a large artwork on linen (16m x 1m) now permanently installed at the school.

On 22 and 23 September, Sophie will hold a workshop called Seeds Through an Artist's Lens in rural Bangalow. Whether experienced or new to art, it provides "an enlivening approach for exploring a fascinating diversity of seed material", she says. Participants should BYO smartphones and native seeds and pods to "become immersed in and interpret the world of seeds".

Christobel Munson
For more information about the workshop, email Sophie at sophiemunns@inet.net.au or call 0430 599 344.

Elders Bangalow merges with Elders Lennox Head

After almost a decade of successful leadership by Janice Maple and Duncan Lorimer, Elders Bangalow has merged with Elders Lennox Head.

The amalgamation sees Janice and Duncan remaining as high performing sales agents in the Bangalow office with Michael King stepping into the role of Managing Director.

For over 20 years, Michael and his team have grown the Lennox Head office into a North Coast property market leader.

"Amalgamating the two offices will bring Bangalow locals a complete real estate package," says Duncan.

"Duncan and my new roles will allow us to step back from the business side and fully focus on what we love doing: helping vendors and purchasers to conclude their plans with minimum fuss," says Janice.

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From the editor

Welcome to spring! As September's *Herald* goes to print, we've had the first decent downpour after what has been a very dry winter. Here's hoping for more rain to help ease the pain of drought-stricken farmers – without them, there would be none of the incredible produce the Northern Rivers region is renowned for and which we are celebrating in this special Food Issue.

While relief efforts are underway across the state, the Bangalow Chamber of Commerce, with the help of the Lions Club, has kicked off its own by 'adopting' the town of Bingara (about five hours south-west).

As well as visits to the town to support local businesses (a Jazz by the River event is planned for October), a Christmas gift drive in December, regular animal-feed convoys and letters of encouragement written by Bangalow Public School students, the Chamber is aiming to raise \$40,000 for this farming community in crisis.

Local businesses around town are rattling donation tins or you can donate directly to the Chamber. Check Facebook (@BangalowAdoptsBingara1) for account details – and don't forget to Like and Share the page.

As we tuck into these pages of food, glorious food, may we spare a thought for the farmers who feed us.

Vanessa Frey

Editor, editor@bangalowherald.com.au

bangalowherald.com.au

PO Box 632, Bangalow, NSW 2479

Editor: Vanessa Frey

editor@bangalowherald.com.au

Advertising: Sue Franklin

advertising@bangalowherald.com.au

What's On: Jenny Bird

whatson@bangalowherald.com.au

Design: Niels Arup

Production: Stephanie King

Cover illustration: Lyn Hand

Contributors: Judy Baker, Jenny Bird, Mike Frey, Vanessa Frey, Liz Gander, Lyn Hand, Murray Hand, Tony Hart, Digby Hildreth, Steve Jones, Stephanie King, Christobel Munson, Noelene Plummer, Joanna Rushton, Wayne Steele, Mery Stevens, Brian Sundstrom

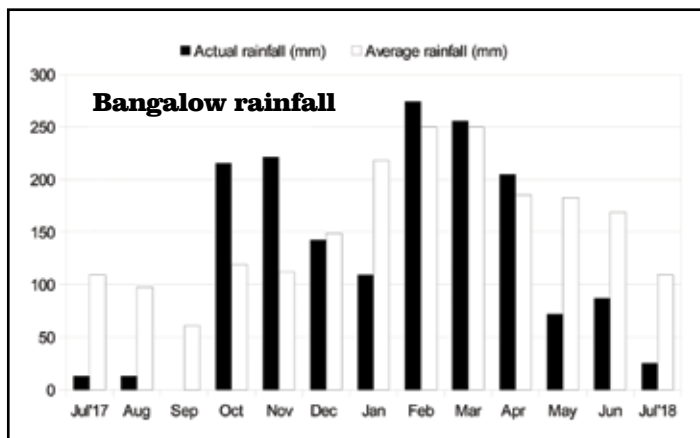
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Public officer: Peter Willis Accounts: Neville Maloney

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TALK OF THE TOWN

Council matters

Change of plans

The dates for two draft documents due to go on public exhibition – the *Employment Lands Strategy* and *Bangalow Village Plan* – have changed. Byron Shire Council has extended the exhibition period for the *Employment Lands Strategy* by an additional six weeks to Thursday 1 November 2018. At a workshop hosted by Council early last month, feedback from the shire prompted Council staff to take more time in their discussions with business and community stakeholders. At the request of the Bangalow Guidance Group (BGG), it agreed to defer tabling the *Bangalow Village Plan* until the council meeting on 24 September 2018. The final draft has been restructured and reformatted to comply with Council standards and the BGG required time to review the revised document. Dates for public exhibition and community engagement activities will then be announced. Both of these plans will have a significant impact on the future of Bangalow and surrounding towns.

Managing pest animals

The draft *Byron Shire Pest Animal Management Plan* suggests strategies to eradicate, contain and prevent the spread of animals including wild dogs, European red foxes, feral cats, European rabbits, Indian myna birds and cane toads. The plan, on public exhibition until 20 September 2018, is available online (byron.nsw.gov.au/public-exhibition) or call biodiversity officer Clare Manning on 6626 7324. Submissions can be emailed to submissions@byron.nsw.gov.au or posted to the General Manager, PO Box 219, Mullumbimby 2482.

Second Hand Saturday

Want to get rid of some stuff? Prefer to recycle it than send it to landfill? Saturday 22 September is the date for the biggest day of garage sales on the North Coast. This community event offers you the opportunity to list your garage sale online and in print for free. Register at secondhandsaturday.com.au/rego

Bioenergy Plant Feedstock

Council is considering establishing a bioenergy facility at the sewage treatment plant (STP) in Byron Bay. Expressions of interest (EOI) are invited from collection companies wishing to pre-register to tender to collect and deliver feedstock to the proposed plant. Suitable feedstock includes commercial food waste, fats, oils and greases that will produce methane gas, which can be used to power the Byron STP. EOIs close at 2pm on 13 September 2018. For more information, contact Lloyd Isaacson: 6626 7084 or lloyd.isaacson@byron.nsw.gov.au Jenny Bird

SUDOKION

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Every row, column and the red diagonal line must contain the numbers 1 to 6.

On the radar

Harvest reaps award

The creativity and passion of the beverage team at Newrybar's Harvest has been acknowledged with yet another prestigious award. Bar manager Sam Curtis and sommelier Russ Berry take the kudos for *Gourmet Traveller* magazine's Best Small Wine List of 2018 – for the second year in a row. With only 50 wines featuring, each selection was carefully considered to showcase a succinct array of natural, pét-nat and biodynamic wines from around the country. *Gourmet Traveller's* Jeni Port praises the list for revealing the Australian wine industry "in its many quirky, eclectic, serious and curious moods". Sam told the *Herald* he is truly humbled by the award the second time around and that they are "overwhelmed to have their hard work recognised by their peers". We'll raise a glass to that!

Hannah Fewson

Bangalow's 'new' street

The cul-de-sac between the old Masonic temple and laundromat in Bangalow has been renamed Blackwell Alley in homage to the pioneering Blackwell family. Charles Blackwell arrived in 1909, buying a business in the main street, and this little alley was the service access to the Chas E. Blackwell & Son store – where Wax Jambu now trades – and two other businesses. Charles's son, 'Billy' Blackwell, was the Grand Master of the Masonic lodge and his wife, Thomasina, secretary of the Bangalow Red Cross – one of the first branches to form in Australia. She went on to serve as the president of the Lismore CWA in 1941. According to the Bangalow RSL, the Blackwell family made a noteworthy contribution to both world wars, with service in Europe, New Guinea and Borneo.



Harvest's Sam Curtis (left) and Russ Berry

Cattle crossings

The NSW Government has committed up to \$3 million in grants for farmers to build cattle underpasses so that livestock can move safely between paddocks separated by a state road. It will offer grants for 50 per cent of the cost of an underpass, up to a maximum of \$70,000, as well as optional grants of up to \$10,000 to help cover the cost of installing warning signs and flashing lights. Applications will be considered in the order in which they are received and close on 31 October 2018. See dpi.nsw.gov.au/cups

Club perennials

Green thumbs Helen Johnston, Margaret Byrne and Hazel Sowerby have been awarded life membership of the Bangalow Garden Club for their services to the club over many years. The club, now one of the largest in the district, has 160 members.

Highlights of recent meetings include the popular Bug Spot segment, the monthly auction of donated plants and produce, informative guest speakers and afternoon teas. Meetings are held in the Moller Pavilion at the Bangalow Showground at 1.30pm on the first Wednesday of each month.

Shutting up shop

After taking time off earlier this year to travel overseas with her children, Jo Tracey is closing her Vintage Eastern antiques store. "I'm very much looking forward to pursuing other interests, spending time with friends and family and finally having weekends off," says Jo. "Thank you, Bangalow, for your support over the past 15 years." Join her at the shop for drinks and nibbles from 2.30pm on her last day of trading, Sunday 23 September. And stay tuned for the next chapter at 87 Byron Street!

Parklands play space

Work is happening this month to construct a new Natureplay space at the western end of Bangalow Parklands. Utilising sturdy wooden beams from recently dismantled local bridges, the new playground will make good use of the existing shady trees to provide an adventurous space for creative kids to explore and enjoy. The area will be fenced off for the duration of construction.

Showground spruce-up

Working bees are being conducted at the Bangalow Showground in preparation for the Bangalow Show in November. Work includes grandstand maintenance, painting the amenities block and fencing. If you would like to help out, contact Ivan Ewert on 0418 586 100 or Michael O'Meara on 0429 327 107.

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Panel members (from left): moderator Kim Honan with Charles Massy, Sue Higginson and Charlie Arnott.

Photo: Mike Frey

The new natural

The regenerative farming revolution has begun and it doesn't require radicalism – just a different mindset. By **Digby Hildreth**

Nature is treated as the enemy in the current industrial-agriculture paradigm – something to be simplified, dominated and, where necessary, killed – according to farmer and author Charles Massy, who addressed a packed A&I Hall in early August.

Half of the audience at the event comprised farmers sympathetic to the creed of regenerative farming that Massy outlined on the night and

fully explores in his book, *Call of the Reed Warbler: A New Agriculture – a New Earth*.

Forced by circumstance to take over his family's Monaro farm in NSW at a young age, Massy says he was "landscape illiterate" and, having been inducted into the industrial-model mindset, proceeded to make a whole lot of mistakes. But the drought of 1979-83 and his resultant depression and debt led to

"We need practices that allow natural systems and functions to not just be renewed but also, crucially, do the renewing."

Bangalow Bridge Replacement Program



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-  Email **annie.lewis@byron.nsw.gov.au** if you would like regular email updates.
-  Call us on **6626 7000**.



We apologise for any inconvenience.

a “mind-cracking” moment, a kind of rock bottom that set him on the path of transformative and regenerative agriculture.

He has since devoted his life to creating and encouraging others to create healthy landscapes, and his book and the talk (‘Are farmers the new environmentalists?’) are a call to arms. “My message really is: ‘healthy landscapes lead to healthy food and therefore healthy people and a healthy planet’,” he said.

He believes the path back to healthy landscapes is via regenerative agriculture – that model of farming that includes the application of organic composts and fertilisers, time-controlled planned grazing (including the use of grazing management and animal impact as farm and ecosystem development tools), revegetation, stopping chemical inputs, agroforestry, biological and no-kill cropping and biodynamics – all to help nature take over and run the show.

“Sustainability is not enough at this late stage. We need to go beyond that to use practices that allow natural systems and functions to not just be renewed but also, crucially, do the renewing,” said Massy. The “self-organising” of natural systems back to healthy functioning is the big engine that drives regenerative farming.

Developing the biology and fertility of soils is the basis of the system and, for that, green plants are the foundation. They become “like solar panels, harvesting sunlight to put sugars into the ground”, he said. “The regenerative model of farming is also the best system for pulling carbon out of the atmosphere and retaining water in the land.”

Regenerative farming has no use for chemicals and Massy spent a portion of the talk outlining the evils of glyphosate – including, scarily, the epigenetic consequences of its widespread use. It’s not just a case of ‘you are what you eat’, but also what your mother and grandmother ate.

Industrial agriculture plays a major role in damaging the systems that sustain Earth, said



Lindsay Murray from Dingo Lane Farms. Photo courtesy of Zero Emissions Byron

Massy, and this Anthropocene period – which, essentially, has seen the robbing of its natural resources – has presented us with the greatest crisis we have ever faced.

But there is hope: the gathering was organised by Joel Orchard, of Future Feeders and the Northern Rivers Young Farmers Alliance, and Real Food Projects’ Kate Walsh – local young activists who are changing mindsets and putting these principles into practice, including at sites like the Mullumbimby Community Gardens.

And the exciting thing about the harm done by industrialised farming, said Massy, is that because it was made by humans, it is within our capability to unmake it.

Lindsay Murray: cattle breeder

Lindsay Murray has been putting Charles Massy’s ideas of regenerative farming into practice since he bought 150 acres of neglected ex-dairy farmland in Myocum in 2006. He started cleaning up the property and was soon hooked on the idea of working the land while also nurturing it through reforestation and improving soil, pasture and water with minimal extraneous input. “I want to be a real land steward. The goal is to leave the land in a better state than when I found it,” he says.

Dingo Lane Farms is now a working enterprise with a breeding herd of 56 British White cattle, plus a mob of steers

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AGRI-ENVIRONMENTALISM

destined for the butchers – as well as flocks of rare and threatened heritage poultry, including chickens, turkeys and geese. But first came a plan for ecological restoration, with 15 per cent of the farm quarantined for regeneration and wildlife.

Over time, Lindsay has learnt to take a measured approach to land management, including the removal of camphor laurel. He regrets his initial excavator-led response and now sees the much-maligned species as something to integrate into overall property planning. "Camphors can be very useful, providing excellent shade for cattle and helping to protect any remnant native rainforest trees," he says. Removing them can lead to erosion on slopes and riverbanks and destroys habitat for many species that have adapted to it.

Now he favours the go-slow approach, a progressive removal technique using ringbarking and mechanical removal, which has allowed native vegetation to regenerate naturally, without any planting. There are now three areas where Big Scrub species are thriving, with 7000 trees planted and 47 species of natural regrowth appearing in the first year.

A couple of years ago, Lindsay bought 100 acres next door, where he is growing out the steers, and began a four-year planting program to restore the eroded creek. During this process, he discovered 70 remnant Big Scrub species in a gully and has planted 1000 trees along the creek, with 1000 more in the coming year.

The cattle are all part of the plan: Lindsay believes the only way to manage such a large holding is to graze it, and he imitates the habits of ruminants like buffalo by rotating his cattle frequently through 21 paddocks. By running cattle, he says it's possible to get to a point where no inputs are required – just sunlight, water, soil and a self-sustaining herd – with the system determining what he produces, not the other way around. "A simply closed system... generating the amount and type of product that it can," he says. It's also chemical-free operation.

The ecological restoration, fencing program and water security, including a dam, took about four years. "We're now starting to see results," he says. The pasture regeneration is so successful, he only needs to supplement feed during weaning. Otherwise it's just grass, which includes herbaceous perennial legume Shaw creeping vigna. "That wasn't here when we started. Now it's everywhere," he says.

Rex Harris: macadamia farmer

Regenerative farming practices have been part of macadamia grower Rex Harris's approach since he bought his 80-hectare property in Newrybar 20 years ago. Right away he started reforestation, although it was a long time before he dispensed entirely with chemical inputs and concentrated on building the soil with an ever-evolving portfolio of natural "feeders".

More than 60,000 native plants (140 varieties) went into the ground – around a third of them lomandras to hold banks along Skinners Creek and suppress weeds. Smother grass holds the soil between tree lines; biochar sequesters carbon, retains moisture and protects against disease; fungi harnesses nutrients ("We need to be fungal dominant"); and wood vinegar (as opposed to glyphosate-based herbicides such as Roundup) suppresses grass around the butt of the tree so that nuts are exposed before harvest.

Rex makes and applies masses of compost, mixed with whey, molasses and microbes – a smorgasbord of active nutrients. He has also installed dozens of nesting devices to encourage birdlife and hundreds of hives for native stingless bees.

His latest project comes as a result of digging pits to investigate the soil and being shocked to see that the layer of topsoil was very shallow. A plan was developed to use plants to get down into the soil, encourage photosynthesis and pull up nutrients from deep within the ground.

It's all part of a seven-year project to remove every second row of maca trees, reducing his 16,000-strong plantation by half and minimising the 'wall of death' effect, bringing light into the remaining trees and creating avenues between them to add a biodiverse 'cocktail' of plants to achieve a healthy living soil. It also provides masses of material for mulching and composting. Although there'll be fewer trees, he believes production will increase to offset the difference – if not completely match it. And there are no expensive inputs.



Rex Harris's 'cocktail' of cover crops includes daikon and vetch. Photo: Digby Hildreth

"It's time to get out of the way and let Mother Nature do the work."

The cover crops include daikon, or tillage radish, which has a tuber extending 250 millimetres deep and a taproot that can reach down as far as three metres. (In New Zealand, a 'smart radish' has been developed that sends out lateral roots, also helping to remedy soil compaction.)

Taking out the trees left large corridors of exposed soil, so Rex's first move was sowing it with the quickest growing plant he could find – Japanese millet. Then he put in sunflower, sorghum and legumes such as cowpea and lablab to fix nitrogen in the soil.

Smother grass is dormant in winter, so vetch grows well and can be mown around the tree before harvest. Meanwhile, in the middle is the cocktail: rye, more daikon

and vetch, buckwheat, lucerne, crimson clover and Phacelia, which creates a red, white and blue carpet of flowers to attract pollinating bees.

He points to the surge in use of roller crimpers in the United States' agricultural industry. These machines are used on fields of cereal rye to flatten and crimp it (to prevent reshooting) and plant seeds for the soybean or whatever crop comes next. The process suppresses weeds without herbicide. It also feeds the soil and helps retain moisture – organic matter creates an extraordinary storage capacity for moisture.

Incorporated into the mix are mycorrhizal fungus spores – fungi that have a symbiotic relationship with plant roots, whose threads

spread throughout the soil, helping the plant take up both nutrients and water. The fungi aggregate the soil, which again provides plant roots with better access to water and oxygen.

Rex believes he is among the first macadamia farmers to use a combination of plants to break up the compacted soil and make it "incredibly healthy", full of microbes and worms.

He's revelling in the move away from the chemical/mechanical mindset. "I've been way too tidy, treating the orchard like a park, mowing down my [plant] solar panels. Now it's time to get out of the way and let Mother Nature do the work." She knows best, after all. See *'The Big Scrub supermarket'* on page 11.



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Tree planting along a bare Byron Creek in April 2014 (left) and the regenerated area today (right).

Photos: Judy Baker

Green legacy

The eco warriors of the Bangalow Land & Rivercare group mark a milestone 20 years of local land management.

Bangalow Land & Rivercare owes its existence to a large fish-kill event in Byron Creek back in 1998, after government representatives encouraged locals to form an environmental group to manage the overall health of the catchment area.

The group registered with Landcare Australia in June of that year, with the intention of enhancing water health, managing riparian areas (creating a buffer zone by planting indigenous trees along creek banks), eradicating weeds, controlling erosion and devising a river management plan.

Over the past 20 years, the group – with the help of the community – has planted thousands of local rainforest trees along approximately three of the six kilometres it originally mapped out.

It also aims to create a wildlife corridor along Byron Creek, from the old highway to the east of town, following the creek to Binna Burra.

This corridor includes a remnant of the Big Scrub rainforest (bigscrubrainforest.org) that is vital to preserving the genetic integrity of local species.

Many of the trees Bangalow Land & Rivercare first planted are now over 20 metres in height and provide a seed source for natural regeneration. Its early plantings have also formed a closed canopy, resulting in less weed growth within the shaded area. While it is incredibly difficult to create a rainforest in a short time frame, these plantings prove what can be achieved by a small group of dedicated people.

The hope now is that these trees will become giants of the rainforest and help maintain a seed bank of indigenous rainforest trees in the area, as well as provide habitat, food and shelter for native animals that are under the constant threat of urbanisation.

Noelene Plummer

Picnic in the park

Bangalow Land & Rivercare invites you to celebrate its 20th anniversary with a picnic where it all started – the Bangalow Parklands – on Saturday 6 October from 8am to noon. This milestone event is an opportunity to thank the community for its support and help over the past two decades. A selection of stalls will provide information about this biodiverse subtropical rainforest area, including representatives of the Northern Rivers Wildlife Carers, Byron Bird Buddies, Friends of the Koala, Bangalow Koalas, Big Scrub Landcare, Bangalow Parklands and more. It's all about the environment, so there'll be fun activities and games for kids, workshop tables to identify plants and weeds (bring your samples), plant giveaways and guided walks through two plantings. Free morning tea and a sausage sizzle will be provided, with the birthday cake cut at 11 o'clock. All are welcome to join the party!

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The Big Scrub supermarket

A tale of the first 'grocery store'. By **Jenny Bird**

Once upon a time, this district was covered in dense rainforest, broken only by patches of native grassland upon which kangaroos and wallabies grazed. From all reports the rainforest was teeming with animals and birds and was rich in plant-based food and medicine.

Imagine, if you like, a giant Big Scrub 'supermarket', aisles full to the brim with a diversity of plants and animals unlike nearly anywhere else in Australia. Think pademelons, wallabies, possums, pigeons, scrub turkeys, fish, figs, wild cherries, black apples, quandong, macadamia nuts, bush cherries, finger limes, black beans and wild dates.

For 60,000 years, local Bundjalung people walked to and through the Big Scrub supermarket. They actively engaged in managing the land and food supplies. They were farmers. They never took more than they needed and, overall, there was more than enough food for everyone.

Then, quite recently really, new people arrived in the district. They came by boat from faraway lands and brought with them different ideas about food and agriculture. They took up land grants from the colonial government that required them to clear all the vegetation on their selections. They set about doing this with gusto



The land supplied the Bundjalung people with a rich diversity of food and medicine. Photo: Tourism Australia

and within 20 years the Big Scrub supermarket was gone – chopped and burnt to the ground. The Bundjalung people left without their supermarket and, forced to the edges of the new settlements, struggled to survive.

The newcomers quickly became dairy farmers – cream and butter, to be exact – and were soon producing 70 per cent of NSW's butter. They had pigs on the side that got the skimmed milk leftovers. A bit later, others came and grew bananas.

However, within a very short space of time (60 to 80 years), the dairy industry declined and by the end of the 1960s, half of the district's dairy farmers had left the industry. Some of them turned their hand to beef, while

others to horticulture. Then there were those who sold their farms for residential development. By the 1980s, the century-old 'butter, bacon, bananas and beef' agricultural era was well and truly over.

We stand now at a crossroads, staring at the multiple threats of climate change, overpopulation, soil degradation and the relentless pressure of tourism, residential and industrial development.

But there is a new, small-scale school of farming in the district, pushing back. Farmers from both younger and older generations are on the move, reinvigorating the principles that made the Big Scrub supermarket such a longstanding success: sustainability, biodiversity and regeneration. This supermarket may be gone forever, but local farmers' markets are thriving, offering local food, grown on a small scale, to people close to home.

Are farmers the new environmentalists? They have to be. Our future depends on it.



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(From left) Andrea Boyle, Damien Curtis and David Trevor-Jones. Photos: Judy Baker and Bangalow Farmers Market

To market, to market

From the fresh produce to the meeting of friends and even the live music, the Bangalow Farmers Market is a Saturday-morning ritual worth waiting all week for.

Brian Sundstrom meets some of the growers and makers bringing gourmet local fare from their paddocks to our plates.



FARE: Smoked fish, dips, pâtés

The Bay Smokehouse (thebaysmokehouse.com.au), one of the newer stalls, uses locally and sustainably sourced oily fish such as taylor, mullet and mackerel, native timbers like tea-tree and smoking cabinets imported from the UK to produce its tasty range of smoked fish, dips and pâtés. Damien Curtis's smart Coolamon Scenic Drive smokehouse has already won an award for its popular French-style rillettes, made with wild-caught

fish, organic raw cashew cream and Grumpy Grandma's extra-virgin olive oil.

FARE: Rice, pecans, rice cakes

Local rice cakes are now available at the market, thanks to Frank and Andrea Boyle, who grow eight to 10 hectares of dryland rice on their Jiggi farm (**Nimbin Valley Pecans and Rice**). As well as packaged rice and rice cakes – made using their own special recipe and a new 'cooker' imported from China –

pecans from a 1400-tree plantation are the other mainstay of the stall. You'll find whole nuts, kernels and a range of mueslis – their pecan paste goes well on those rice cakes!

FARE: Poultry, broth

Pasture-raised chicken from **Brooklet Springs Farm** (brookletsprings.farm) is always in high demand. 'Ethicurean farmers' Georgina Goddard and Morgwn Wilkie raise their chooks in sheltered 'caravans' that are moved daily

Byron Region Food: A Northern Rivers Food & Beverage Handbook



You've met five local foodpreneurs (above), but there are plenty more growers and makers who could stock your pantry – around 120 of them, to be exact. And this nifty A5-sized handbook brings them all together in one beautifully photographed and easy-to-read guide.

This project, made possible by a Byron Region Food Advantage grant from the NSW Department of Industry, showcases the local food industry and references farmers' markets, community gardens and festivals across the Northern Rivers. From avocadoes and meat to artisan bread and condiments, each entry features a brief backstory on the producer, as well as product information and contact details.

When it launched last year, the book was called "a milestone for the region" by Mayor Simon Richardson, who praised the "creativity and innovation" of the local food industry. "It is a wonderful celebration of food and the way we farm," he said.

Amy Colli, food and agritourism project manager at Regionality, echoes the sentiment: "The food culture across the Northern Rivers has exploded over the past five years... Our humble approach to sharing food, combined with a strong alternate lifestyle culture, means many in our community value local produce and celebrate local farmers when they make decisions about where they purchase food or where they choose to eat."

Pick up a copy (\$9.50) at Bookworms & Papermites in Bangalow to pop in your market basket or gift to people visiting the region. For bulk purchases, email Amy Colli via gastronomicgoodness@gmail.com



to fresh grass in the paddocks – regenerating the soil at the same time. In addition to whole birds and cuts, they specialise in products such as smoked breast, gluten-free schnitzels and satay skewers. Georgina, who runs the stall, also serves a wholesome bone broth.

FARE: Dairy products

Nimbin Valley Dairy (nimbinvalley.com.au) is a family operation headed by Paul and Kerry Wilson, who run 200 milking goats and 60 cows on their Nimbin farm and dairy. Their all-natural products – including milk, cheese, yoghurt, cultured butter and kefir – are some of the finest in the region and honour age-old dairy traditions.

Can't decide between the Monte Nardi hard cheese, triple-cream brie or surface-ripened blue? Cheesemaker Paul always offers samples.

FARE: Meat, smallgoods

You might have spotted **Hayters Hill Farm's** happy cattle and pigs on the drive into Byron. One of the market's founding stallholders, its range of grass-fed beef and pork continues to evolve in response to customer feedback; nitrate-free bacon and corned beef, for example. Throw some of their flavoursome preservative-free sausages (honey and pecan, chorizo, bratwurst, South African boerewors) on the barbie or try the smallgoods smoked over lychee wood from the farm.

real farmers, real food



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Behind the hotel



BYRON BAY
Thursdays 8-11am
Butler St Reserve



Photo courtesy of Cape Byron Distillery

Sip, slop, slurp

Raise a glass, bottle or can to the new season with this highly drinkable selection of beverages.

SPARKLING: It's Spring Racing Carnival season – with ladies and gents dressed in their race-day finery – and this means bubbles! **Bird in Hand Sparkling Pinot Noir 2017 (\$27)**, from the Adelaide Hills, fits the bill perfectly. A pretty pink-amber in colour, this wine's cool-climate geography gives it a fresh acidity that balances the strawberry and cherry flavours on offer and cleans the palate through to the finish. Pair it with sushi canapés.



BEER: Not quite ready for the crisp, dry lagers that summer's heat calls for? Still craving some flavour? Then try this spring ale. Born on the Gold Coast, the Balter portfolio of brews proves that professional surfers don't just fade into the sunset – they end up making really good beer. **The Balter IPA (\$22/4pk)** is a slightly herby ale with citrusy hops reined in by a subtle bitterness and lip-smacking finish that will have you heading back to the fridge.



CIDER: The Granite Belt Cider Company, based in Queensland's Morgan Park, sources the fruit for its **Treehouse Cider (\$18/4pk)** from its Granite Belt 'backyard'. Cider shouldn't be complicated, we're told: crush quality fruit, add some champagne yeast, ferment, bottle then drink and enjoy! That's what these folks do. No concentrate, no added sugar – just a refreshing, more-ish cider that tastes like apples and leaves you wanting more. Genius!



WHITE & RED WINES: Now for something a little more grown-up... chardy! The peach, pear, vanillin oak and creamy mouthfeel of the **Attelier Eden Valley Chardonnay 2016 (\$13)** are bookended by a fine line of acidity that sustains all the flavours. This great-value modern Australian white wine matches well with fresh seafood, chicken and even creamy pasta dishes. When it comes to red, think Franco-Oz fusion. The mob from Pirate Cru



wines in South Australia is responsible for the **Slurpy Puppy GMS 2014 (\$17)**. This delicious Barossan takes on a Côtes du Rhône style with body, bright red fruit, toasty spice and a finish with some serious hang time. It works with tomato-based pasta dishes or traditional antipasto – but drink it anytime.

SPIRIT: A serious G&T calls for some **Brookie's Byron Dry Gin (\$75)** and Cape Byron Distillery – along with master distiller Jim McEwan – has created a modern take on a London dry style. Eighteen of the 26 botanicals used are sourced locally, many from the Brook family's own property in the heart of the Byron Bay hinterland. Aromatic juniper berry is shadowed by lime-like citrus and hints of spice, while, on the palate, you might pick up on anise or ginger tones. In the family's own words, this beautifully balanced spirit is "a truly classic gin". What better way to close a perfect spring day.

Wayne Steele

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6	2	1	3	4	5

The hits list

From perfect pies and oyster shots to Portuguese tarts and a sunny cocktail, these are our favourite foods.



Choux Choux Patisserie's pies

"These pies are an institution in Bangalow. Originally made by the late Joe Dunster when he

owned the bakery, the Choux Choux folk kept his recipes when they realised they were such crowd-pleasers. Pepper steak, with its piquant peppery flavour and rich savoury beef, is a classic. But the 'French' patisserie has many other varieties and vegos are catered for, too." *Murray Hand*



The Italian Diner's arancini

"It's never longer than a month between my visits to this fine Bangalow restaurant, because life just

isn't the same when the memory of these golden crumbed and fried orbs begins to fade. The risotto filling changes with the specials menu – an exciting unknown each time! *Quattro formaggi* (four cheeses) are my favourite, but the mushroom flavour also gets me salivating. One arancini ball per serve, sitting on a smear of silky aioli, makes the perfect entrée." *Hannah Fewson*



Shelter's margaritas

"Technically it's not in the 2479 postal code, but the pineapple and sage margarita at Shelter in Lennox Head deserves a

mention, as it's pure sunshine in a glass. Never a fan of the cocktail, the perfectly balanced concoction of tequila, pineapple, sage and lime – rimmed with lip-smacking salt flakes – has made a convert out of me. What better way to while away a gorgeous spring afternoon, sipping this refreshing drink and soaking up the ocean views."

Vanessa Frey



Butcher Baker's Nutella doughnuts

"It took me no more than a 'nannasecond' to buy my five-year-old grandson

a Nutella doughnut from Butcher Baker. I'd taste-tested one only the week before and found it to be simply perfect: not too big and with an oozy, chocolatey bomb of Nutella at its heart. I know full well the perils of sugar, but these sweet treats are pure guilty pleasure."

Jenny Bird

The Bowlo's family-friendly dinners

"Kids love the spaghetti bol, fish 'n' chips and famous tater tots at The Stockpot Kitchen on Friday nights, while our favourites are the slow-cooked smoked brisket with chips (or sautéed greens if hubby's watching his midline). The barbecue sauce is to die for, the vegies are crunchy, the aioli is creamy and the meat melts in your mouth. The staff are very friendly and the service is quick, too."

Amanda Taylor Ellyard



Bang Burger Bar's cheeseburger

"How can you go past the Bang Cheesy with a side of chunky chips? Deliciously

juicy and packed full of pickles, the burger is an absolute winner. I'm also a fan of Brunswick Seed Oysters' Bloody Mary oyster shooters at the Bangalow Farmers Market – they pack a punch and sure beat a coffee for a Saturday morning pick-me-up!

Rebecca Sargeant



Sparrow's coffee

"If you want a quick takeaway coffee early in the morning, Sparrow is the place to go. The staff are

super-friendly and make consistently great coffee. I order a double-shot piccolo latte with normal milk and no sugar every time and never get an eye roll. Win!"

Lawrence Taylor Ellyard



Town's sweet treats

"Like so much in life, timing is everything. So, if you're treat-hunting in Bangalow, sometimes

you just have to chance your luck. Town is the stop for warmed apple cinnamon tart – reliably more-ish. But should they have scones don't consider anything else. They are extra-level light and luscious and the cream and jam are exceptional. Coffee there is equal best in town along with Sparrow. Red Ginger wins points for its seductive custard tarts and the bonus is its own brand of mouth-watering takeaway frozen dumplings and gyoza to dazzle at drink o'clock."

Stephanie King



Red Ginger's Portuguese tarts

"Yes, Red Ginger offers an extremely tasty range of yum cha (favoured, I see, by many

kids as an after-school snack). But it also provides me with a regular bulk supply of my all-time favourite genmaicha (Japanese tea with toasted rice). But what I would hate to see ever disappear are the freshly baked Portuguese tarts. Crisp, fresh, flaky pastry with tangy, eggy custard goodness. It's so hard to restrain myself from simply vaporising the lot in seconds."

Christobel Munson



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Shaved asparagus and green apple salad

Drizzled with an aromatic mint dressing, this dish sings with the fresh flavours of spring.

At this time of year, light, bright seasonal dishes replace wintry bowls of comfort food. Tender, grassy and sweet asparagus is a true marker of the triumphant arrival of warmer weather. Green – grown above the ground – is the most common type, while white asparagus is delicate and harder to harvest, as it's grown underground. Purple shoots are smaller and fruitier.

This nutritious vegetable, best eaten soon after buying, contains fibre, folate, chromium and vitamins A, C, E and K. It has asparagine, which helps to improve blood flow and in turn lower blood pressure, and is also a rich source of glutathione for those with blood-sugar issues.

Asparagus can make your urine smell stronger due to sulphurous compounds in the younger spears, but not everyone can smell them and they do no harm.

Store asparagus upright in a container with one centimetre of cold water, cover and place in the fridge. Alternatively, wrap in a damp cloth and pop it in a plastic bag in the crisper. Quick and easy to prepare, simply snap off the woody ends (and discard) when ready to use.

This fresh, light asparagus and apple salad is spring on a plate. If you can't find the white variety, the salad is just as delicious with green only. For a more substantial meal, try adding two cups of cooked quinoa.

Ingredients

200g each green and white asparagus
1 green apple
2 tender inner stalks celery, thinly sliced
1 shallot, thinly sliced

Mint dressing

¼ cup packed mint leaves, plus extra to garnish

1 garlic clove, crushed
¼ cup olive oil
2 tbsp lemon juice
1 tsp honey
1 tsp Dijon mustard
Sea salt and freshly ground pepper
Almond flakes to garnish

Method

For dressing, place all the ingredients in a food processor and process until smooth. Season and then set aside.

For salad, snap the tough ends off asparagus and discard. Using a mandolin or vegetable peeler, start at the bottom of each spear and thinly shave the asparagus lengthways. Place in a large bowl. Quarter and core the apple, then slice thinly. Combine all the ingredients with the dressing and gently toss. Transfer to a shallow serving platter and garnish with extra mint and almond flakes. Serves 6.

Recipe courtesy of Dish magazine.

Lyn Hand



Illustration: Lyn Hand

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	Kerry	6687 1552
Co-dependents Anonymous	(7.15am Tues, 7pm Thurs, 4pm Sat)	
	Gye	0421 583 321
CWA (Wed)	Di	6685 4694
Garden Club (1st Wed)	Helen	0438 194 106
George the snake man	George	0407 965 092
Historical Society/Museum/Cafe	6687 2183	
Koalas	Linda	0411 491 991
Land & Rivercare (8.30am Sat)	Liz	6687 1309
Lions Club (7pm 2nd/4th Tues)	Chris	0416 005 700
Market (4th Sun)	Jeff	6687 1911
Men's Shed	Brian	0413 679 201
Op Shop (9.30am-2.30pm, Sat 9.30am-12.30pm)	6687 2228	
Parklands	Lynn	0429 644 659
Park Trust Committee	(3rd Tues 7pm)	
	Jan	6684 7214
Police	Peta	6687 1404
Pool Trust	Jo	6687 1297
Progress Association	Ian	0414 959 936
Quilters (2nd/4th Thur)	Helen	6684 1161
Red Cross (1st Fri)	Liz	6687 1195
Scouts (6.15pm Tues)	Jim	0408 546 522
Show Society	Melissa	6687 1033

Sport

Bowls men (1pm Wed & Sat)	Gerry	6687 1142
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RSL Hall	Charlotte	6687 2828
Scout Hall	Karen	0400 591 719
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Photo: Mike Frey

Spring-clean your body

Five foods that will nurture and nourish you – naturally.

Spring is the season for new life and signals new beginnings, ideas and projects. At a biological level, we are drawn to the symbolic power of spring because it represents our own capacity to begin again, to be cleansed by its vibrancy, vitality and promise. Kickstart the season – and your health – with these five cleansing and nourishing foods.

Watermelon

This refreshing, thirst-quenching fruit is a cooling food that helps to reduce inflammation, as well as hydrate, detoxify and cleanse the entire body on a cellular level. It's also rich in vitamins A and C, lycopene, betacarotene, lutein and zeaxanthin, which are excellent for protecting against cancer. They are not nearly as high in sugar as people think and if you are lucky enough to get a watermelon with black seeds, crunching them up can assist in calming the nervous system, as they contain iron and zinc. Try a salad of diced watermelon, freshly squeezed lime juice and chopped mint leaves – the combination of flavours is sublime.

Parsley

Highly alkalising to all systems of the body, parsley is a powerful chelation agent that draws out herbicides and pesticides (such as DDT) from our cells. Heavy-metal toxicity is a big health issue today and parsley is one of nature's most effective herbs for extracting heavy metals from the body. It's so easy to incorporate into our daily diets, whether it be in salads, juices, smoothies or pestos and marinades. Consuming two to three cups a day can maximise its therapeutic benefits.

Radish

Surprisingly, the green leaves of this root vegetable have more vitamin C and calcium than the radish itself. Because radishes are antibacterial and antifungal, they can help prevent colds and flu when consumed on a regular basis. They are rich in enzymes that assist digestion, too. Both the radish and its greens can be juiced and used to aid detoxification, soothe the digestive tract and cleanse the whole body. It's the perfect way to support a spring cleanse.

Cucumber

Another cleansing and detoxifying food, cucumbers have a highly alkalising, hydrating, cooling and anti-inflammatory effect on the body. This fruit (though often treated as a vegetable) provides beneficial electrolytes, vitamins, minerals and fibre and their high enzyme and antioxidant content help to destroy unfavourable parasites and worms. Referred to as a 'beautifying' food, it is still used topically to reduce puffiness under the eyes. The high water content of 'cukes' makes them ideal for juicing.

Pumpkin

Pumpkin's versatility cannot be overstated. Commonly used in both sweet and savoury dishes, this veggie – which owes its vibrant orange colour to disease-fighting carotenoids – can be eaten raw, steamed, baked or roasted. Add it to spring soups, salads and even smoothies for its anti-ageing and immune-boosting qualities.

Joanna Rushton, nutritional coach and co-founder, Bhavana Organic Farm + Cooking School



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Photos: Mike Frey

Soul food

A new cooking school is passing on old wisdom – with a touch of country luxe. By **Vanessa Frey**

"Let food be thy medicine and thy medicine be thy food." It seems Classical Greek physician Hippocrates knew around 400BC what we in the modern day are just starting to relearn: that how we nurture and nourish our bodies is the key to good health and self-healing.

High in the hills of Brooklet, on a 125-acre property with breathtaking views of the hinterland, Bhavana Organic Farm + Cooking School (bhavanacookingschool.com) is sharing this insight with those who come in search of knowledge about how to improve their own health and wellbeing – or who just want to enjoy preparing and eating food in a beautiful and relaxing rural environment.

Small and intimate, the hands-on classes are designed to help you better understand the relationship between what we eat and how we feel. Food is, after all, "a building block to your health and happiness", says Joanna Rushton,

who launched Bhavana last year with fellow foodies Greta Smith and Susie Cameron.

Bhavana is the culmination of a long-held dream for Sydney-born Greta, who purchased the former macadamia farm in 2008 as a family retreat but now calls it home – one that she, Joanna and Susie are transforming into a sanctuary that others can also enjoy. The idea behind the cooking school, she says, was to create "a place where people can get back in touch with the land, with food and their soul".

The recipes are simple and easily replicated at home, the ingredients organic and locally sourced – many from Bhavana's flourishing kitchen garden – and the dishes wholesome and nutritious. Take the pâté that's part of the Nurture & Nourish with Slow Cooking class. Made using chicken livers from Brooklet Springs Farm (just up the road), it is a powerhouse of B vitamins, amino acids and hormones rich in neurotransmitters such as serotonin, also known as 'the happy hormone'.

This easy dish – mopped up with unleavened millet flatbread – is the perfect starter for the feel-good lunch we prepare over the course of the day: slow-cooked lemon and thyme chicken with salsa verde, fennel and parsnip mash and wilted greens blanched in chicken broth.

While our group of five (plus Bhavana's kitchen aides) makes short work of the multi-course meal, "to nurture and nourish takes time", says Jo, a chef and nutritional coach. "It's a discipline and a commitment" – but one with rich rewards, like optimal health, a greater sense of wellbeing and hip-pocket savings through a return to traditional foods like offal and close-to-the-bone cuts of meat (osso buco, lamb shanks), which are cheaper and have a higher nutritional value.

Helpful tips like this, as well as opportunities to ask questions and share personal stories, are all part of the experience at a Bhavana workshop – from the warm country welcome with tea on arrival, to the garden visit to harvest fresh, seasonal produce and, of course, the convivial long-table lunch al fresco.

As dessert is served – poached fruits with cashew nut cream and toasted Paleo crumble – the group repairs to a lush patch of grass to lounge on, grounding themselves to the earth. Above us is a cloudless azure sky, below us rolling green hills and, sinking on the horizon, a radiant sun. But there's something else: a deep and palpable appreciation for not only nature's exquisite beauty but also its power to nourish and nurture us, body and soul.

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Dr Jan Maehl MBBS
Dr Clinton Scott BA (hons) MBBS EM Cert FRACGP
Dr Callie Irving Bsc MBBS
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Mon Barre Fusion 6.30 - 7.30am & Vinyasa Yoga 9.30 - 11am
Tues Yogalates core slider 6.30-7.30am, Yogalates 9.30-11am & 6-7.30pm,
Yogalates Gentle 4.30-5.30pm
Wed Barre Fusion 9.15 - 10.15am & Yin Yoga 6 - 7.15pm
Thurs Yogalates 9.30 - 11am & Gentle Vinyasa 5.30 - 6.45pm
Fri Barre Fusion 6.30 - 7.30 am
Sat Yogalates 8 - 9.30am & Pilates Mat 10 - 11am

Updated class times & ByronTown/Suffolk timetable see yogalates.com.au

Check out the latest happenings in and around town.

Bangalow Historical Society AGM

When Mon 3 September, 9am
Where Bangalow Heritage House
Contact 6687 2183 or bangalowhistorical@bigpond.com

All positions will be declared vacant. Nomination forms are available via the contact details above. All welcome.

Bangalow Garden Club

When Wed 5 September, 1.30pm
Where Moller Pavilion, Bangalow
Contact Helen 0438 194 106 or bangalowgardenclub@outlook.com

To encourage members to enter exhibits in the Bangalow Show, Steven Wedd and Beth Noble will talk about the requirements for entry. The Saturday Social Garden visit is on 8 September.

Bangalow Progress Association AGM

When Wed 5 September, 7pm
Where Heritage House
Contact Ian 0414 959 936

Formal AGM business will be followed by a panel discussion on the significant planning activities shaping the future of Bangalow, with the *Bangalow Village Plan*, *Byron Shire Residential Strategy*



Art 4 Arts Sake

When Sat 29-Sun 30 September, 10am-5pm
Where Federal School of Arts

The Federal Hall Committee is putting the 'art' back into the Federal School of Arts with this inaugural spring exhibition. With many local galleries struggling and closing down, this event offers six local artists an opportunity to exhibit their work: Mahala Magins, Marika Bryant, Soren Carlbergg (left), Jacqueline King, Caroline McKay and Nikky Morgan-Smith. There'll be live music, raffles, door prizes and catering to help fundraise for the Federal Hall.

Photo courtesy of Soren Carlbergg

and *Employment Lands Strategy* either on or approaching public exhibition. Members and residents are encouraged to attend.

ADFAS lecture

When Mon 10 September, 6pm for 6.30pm start
Where A&I Hall, Bangalow
Information adfas.org.au, byronbay@adfas.org.au or Facebook

Who doesn't love Alfred Hitchcock, director of more than 50 acclaimed feature films, including classic such as *Dial M for Murder*, *Vertigo*, *Psycho* and *Rear Window*. Filmmaker John Francis will present a lecture titled *Who Done It?* Hitchcock, Master of Suspense, exploring recurring themes in his movies. Cinema critics

argue that Hitchcock's films – often regarded as mere entertainment – are in fact masterworks. Doors open at 6pm for a welcome drink.

Sourdough Business Lunch

When Fri 14 September, 12-2.30pm
Where Bangalow Hotel
Information sbp.org.au

Interested in learning how to fund a business or project through crowdfunding or other capital-raising strategies? Come along and listen to two experienced speakers: Saadi Allan, who led the crowdfunding campaign for local startup Flow Hive (ranked the fifth largest campaign in history, reaching \$12.4 million in just 30 days);

and Matt Evans, who advises Northern Rivers businesses on finance and capital-raising.

Koala tree planting

When Sat 22 September, 9am
Where 278 Coopers Shoot Road
Information Facebook

The Bangalow Koalas planting day is the first stage of planting 325 trees on this Coopers Shoot property, as part of the koala corridors starting to crisscross the Byron hinterland. Check the Facebook page for more details closer to the day.

Mark Colvin's Kidney

When Fri 28 September-Sun 14 October; Fri and Sat 7.30pm, Sun 2pm. Previews Wed 26, Thurs 27, 7.30pm
Where Drill Hall, Mullumbimby



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Written by playwright Tommy Murphy, this play was inspired by the extraordinary real-life story of how ABC journalist Mark Colvin became friends with intellectual property expert Mary-Ellen Field, who donated one of her kidneys to him. Actor John Howard described it as "the play in which renal defeats venal", a play about ethics, generosity and humanity.

Wildskin

When Fri 28 September-

Sat 6 October, 7.30pm

Where Lismore City Hall

Tickets norpa.org.au or 1300 066 722

A new NORPA production from the creators of sellout shows *Railway Wonderland* and *Dreamland*. Eva believes the only way to mend her broken life is to go on the road. Lost, alone and underprepared, she soon finds herself breaking rules and embracing danger. After a long night of the soul, encountering wild animals and decidedly odd humans, Eva discovers she can handle any challenge life dares to throw at her. *Wildskin* showcases an all-female ensemble of riotous physical performers. Together they'll flirt with bush-horror conventions to bring you a night of dark and daring theatre. Bar and pop-up diner from 6pm.



(From left) Marnie Morton, Joan Waterford, Michelle Slee, Cara Polowytsch, Kemal Osmanhodzic, Damon Jones, Isaac Smith, Betty Morton, Tom Hogan and Aggie Morton. Photo: Clunes Public School

A seat to remember

The Clunes school community honours Andrew Morton.

Last month, Clunes Public School unveiled a 'memory bench' as a tribute to beloved dad and community member Andrew Morton, who lost his life to cancer in 2016. The handcrafted outdoor seat was created by the Bangalow Men's Shed; secretary Andrew Taylor sourced the design and timber and Damon Jones and Tom Hogan built the bench. Kemal Osmanhodzic laid the concrete slab, while Holcim donated the cement. The idea behind the bench is for the children and community to reflect on happy memories of the loved ones they have lost while enjoying a beautiful and functional piece of furniture. *Michelle Slee*

September diary

3 Historical Society AGM

5 BPA AGM; Garden Club

8 Garden Club Saturday Visit

10 ADFAS lecture: Hitchcock

14 Sourdough Business Lunch

22 Koala tree planting

22-23 Sophie Munns: Seeds

23 Bangalow Market

28-14 Oct Mark Colvin's *Kidney*

28-6 Oct NORPA: *Wildskin*

29-30 Art 4 Art's Sake

Bangalow Herald deadlines:

Advertising Wed 12 Sept

Copy Fri 14 Sept

Best and fairest

Congratulations to these Bangalow Public School students, winners of last month's Fairtrade Fortnight poster competition: Abbie Barton, Mila Beeman, Indi Beth, Arabella Bulzomi, Sam Clarke, Lucia Comer, Sophia Honey, Jack Ireland, Harper James, Tobhiyah Lovis, Isabella Miller Mears, Christina Pawsey, Teal Perry and Henry Potanin.

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Photo: Mike Frey

Food fact and fiction

Do carrots give you infra-red vision or does chocolate really cause acne? **Murray Hand** revisits some old wives' tales...

Reading the article by tea guru Amanda Taylor Ellyard in the August issue of *The Bangalow Herald*, I learnt that I had been making my cuppa the wrong way for the past 40 years or so. My mum had always said, "bring the pot to the kettle, not the kettle to the pot" because she insisted it was important to have the water as hot as possible when pouring it onto the leaves in the teapot. But Amanda says let it cool for a minute or so after boiling, then pour it in.

This got me thinking of all the other food myths propagated by my mother and her generation that are still in circulation today.

• **Starve a fever, feed a cold.** Starving yourself is generally not a good idea and

research is inconclusive as to whether eating actually benefits a cold.

• **Chocolate causes acne.** No evidence at all, thankfully.

• **Chewing gum stays in your stomach.**

Technically, chewing gum is not food. But well-meaning mums must have spread this rumour in the 1950s, when the American habit of chewing gum became popular here. Rest assured, it passes through you like everything else you swallow.

• **Swallowing watermelon seeds causes watermelons to grow in your stomach.**

As if! Nobody fell for that one.

• **Carrots help you see in the dark.** My dad flew in bombers at night during WWII and he had to eat copious amounts of carrots for this reason – he reckoned it didn't work. The root vegetable does contain lutein, however; a nutrient that helps prevent macular degeneration.

• **Hair of the dog reduces the effects of a hangover.** This may provide temporary relief but, in fact, only adds more toxins for the body to process. That said, it works for me.

• **Spinach makes you stronger.** Popeye was a hero and sailors in particular loved spinach. This is believed to have started when a German chemist misplaced the

decimal point while measuring the amount of iron in spinach, publishing it as 35mg (instead of 3.5mg) in every 100g. Popeye then went on to cement the myth.

• **Eating bread crusts gives you curly hair.**

The origins of this fallacy are obscure but possibly date back to Europe in the 1700s, when starvation was a real threat and eating crusts was not to be scoffed at but, rather, encouraged. I didn't want curly hair anyway, but now wish I did... actually, any sort of hair would be good.

In the interests of balanced reporting, I should probably mention some old wives' tales that have some truth to them.

• **An apple a day keeps the doctor away.**

Research has shown that phenols in apples protect against DNA damage and cancer. Not much help, though, when you chop off your finger.

• **Cod liver oil is good for you.** This is true, unfortunately, as it contains vitamins A and D and essential fatty acids (EFA).

• **Fish is brain food.** I hated fish as a kid, but Mum would feed us dried, smoked haddock (yuck!) before important exams. The omega-3 and -6 and EFAs found in fish are critical for the normal growth and development of the brain. Didn't seem to work for me.



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