



## Good Food VIPs: very important producers

### Pam & Martin Brook from Brookfarm

In 1989, these greenies began planting macadamia trees on a ridge overlooking Byron Bay in northern New South Wales. Twenty years on, they have more than 4500 trees and market a range of **gourmet macadamia products**, including roasted nuts, oils and muesli. "We look for unique Australian ingredients from small- and medium-sized producers," says Pam.

"Our belief in the Slow Food movement means we must be prepared to support farmers who grow quality ingredients if we want them to stay viable." Slow food cooking techniques allow the Brooks to maximise the flavour of their nutty products without the use of artificial additives. "The foods we create come from the heart and are traditional, homemade recipes – this is what makes them unique and deliciously addictive," says Pam.

**At the centre of the plantation is a regenerated rainforest.** "It's now a home for owls, and a breeding pair consumes up to 2000 rats and mice a year, so our rat problem has completely disappeared without the use of toxic chemicals." **Where can you buy?** Pick up Brookfarm products, including the new Walkabout Mixes (Pam's personal favourite), at retail food outlets nationally. For details and stockists, visit [www.brookfarm.com.au](http://www.brookfarm.com.au).



## Check it out

Orange isn't famous for oranges, but this central New South Wales region is renowned for its cool-climate wines. Drink up at Orange Wine Week from 16-25 October ([www.tasteorange.com.au](http://www.tasteorange.com.au)) with more than 70 events, including wine-lovers' lunches, educational debates and vineyard tours. Must-try drops include Philip Shaw pinot noir and Canobolas-Smith chardonnay. If you're staying a few days, the Black Sheep Inn (*above*, [www.blacksheepinn.com.au](http://www.blacksheepinn.com.au)) provides accommodation in a gorgeous converted shearing shed, while the de Russie Suites are great for a splurge ([www.derussiehoteles.com.au](http://www.derussiehoteles.com.au)).

# Out & about

Get busy in the garden, go nuts with seasonal Aussie produce and visit a cool wine event in Orange.



### CLASS ACTION

The Stephanie Alexander Kitchen Garden National Program teaches little greenies to grow, prepare and share fresh produce. Get your local primary school involved by visiting [www.kitchengardenfoundation.org.au](http://www.kitchengardenfoundation.org.au) before 20 October to apply for a grant, and turn to page 28 for Stephanie's favourite kitchen items.

WORDS Kye Mackey PHOTOGRAPHY Simon Griffiths  
Jason Hamilton, Getty Images

## Eat it now

**ASPARAGUS** New season Australian asparagus is now in the shops. Look for firm spears with unblemished, bright green tips.  
**MULBERRIES** Discover these black beauties hanging over neighbourhood fences and in good greengrocers.  
**PEAS** For an ultra-Aussie experience, serve them mushy with a meat pie topped with a generous splash of tomato sauce.  
**MANGOES** They've just hit the shelves so they may be pricey, but having that golden juice run down your chin justifies it.