

TRANSITION SHIRE NEWS

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November-December 2009

FOOD GROWING IN THE HIGHLANDS Jill Cochram

It was heartwarming to see the Council theatre filled to the gunwales with people interested in the future food security of the Wingecarribee Shire.

This was a two-day event, the main thrust being the Saturday program of speakers experienced in their fields related to food production. On Sunday 30th a community bus took us around the district to look at various food growing initiatives from community gardening and farming to a free-range egg farm.

Can you imagine a world without supermarkets and refrigerated food trucks, a world where you can't just

pop down to the nearby supermarket when you run out of a food item? Where you have no choice but to grow most of your own fresh food within the bounds of your community, through the bountiful harvest season and

the hungry winter months?

This is how it was for Manuel Alves and his family, growing up in Portugal only 50 years ago. Manuel gave us a snapshot of his early life in rural Portugal in the 1950s and

1960s where he truly experienced the 100-mile diet and its appropriate sustainable food culture and practices (like using food clamps in lieu of refrigeration).

Ian Bowie kicked off the

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Jill Cochram addresses the participants

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RESILIENT HEARTS

Responding to the challenges we face is not always easy. Many people are seeing that to transform the world requires a change in consciousness.

Building connection and sharing your response to the local and global issues

helps increase your resilience and capacity to live with inspiration during troubled and troubling times.

We have created an open, supportive space for you to explore your thoughts and feelings about the social and environmental

issues we face. Please join us on Monday 9 November or Monday 14 December from 7—9.30pm at the Henrietta Rose Room Bowral. Please RSVP by email to Francine at francineb@gmail.com or Cecile at cbarral@hinet.net.

MERRY CHRISTMAS
AND A SAFE AND
HAPPY NEW YEAR

TRANSITION DIARY

Date	Location	Event
Sunday 1 November 9am—4pm	Penrose Public School	Penrose Sustainability Festival
Saturday 7 November	Penrose Public School	Cheesemaking course. Southern Regional Community College 4822 1267
Monday 9 November 7.30pm—9pm	Henrietta Rose Room, Bowral	Resilient Hearts meeting. Francine at francineb@gmail.com
Saturday 21 November	Kazcare Educational Centre, Bowral	Cheesemaking course. Southern Regional Community College 4822 1267
Weekend 5-6 December	Moss Vale Community Garden	Straw bale building workshop. www.mossvalecommunitygarden.com.au
Thursday 10 December 7pm	The Post Restaurant, Moss Vale	Terra Madre (Mother Earth) regional food dinner. Slow Food event. info@slowfoodsouthernhighlands.com
Saturday 12 December	Sydney	Walk Against Warming (No local event this year) www.walkagainstawarming.org
Monday 14 December 7.30—9.00	Henrietta Rose Room, Bowral	Resilient Hearts meeting. Francine at francineb@gmail.com

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LANDSHARE

Some months ago, TSN ran a story about two Bowral households sharing land and labour to produce their own food.

It seems that BBS's Radio4 stumbled across the article, because they have launched Landshare. Interested folk across the UK can sign up as growers, landowners or even helpers.

The tireless Hugh Fearnley-Whittingstall has lent his voice to the campaign and now over 40 000 households have registered. Check it out at www.landshare.channel4.com.

landshare.channel4.com. It is such a simple idea that can bring so much benefit. There is the most obvious benefit of fresh and local produce, but there is also money saving, friendship, exercise and education to be had.

If you are interested in sharing some of your land; if you would like to grow food, but don't have your own space; or if you would like to help dig someone's plot, contact TSN and we will do what we can to match interested people.

BUNDY ON TAP UPDATE

Since the official launch in September, Bundy on Tap has continued to gain momentum. Bundanoon has four public water refill stations; three of these are in the shopping area with a 4th at the Primary School.

The following outlets sell the Basic and Premium 'Bundy On Tap' reusable, BPA free, water bottles:

- Bundanoon Bakery • Bundanoon Club* • Bundanoon Deli • Bundanoon Hotel • Bundanoon Newsagency* • Bundanoon Pizza & Pasta • Bundanoon Supermarket* •

- Pioneer Flask Bottle Shop • Primula Café* • Red Violin Café • Ye Olde Bicycle Shoppe*.

Those marked * have also installed chilled, filtered tap water dispensers.

The Brigadoon Highland Gathering (April) and The Highland Fling MTB Marathon (November) have also gone bottled water free.

You can find out more about BoT and get some inspiration for changing the place where you live at www.bundyontap.com.au/.

Do you know of a group practising Transition principles in the Southern Highlands? Do you have a Transition-friendly event that you would like to have listed in TSN? Would you like to subscribe to this newsletter? Contributions and comments welcome. Email the editor at kathy_biddlecombe@acenet.com.au

BUNDANOON COMMON

Peter Lach-Newinsky

Following on from the response to an article by Peter Lach-Newinsky in the last TSN and Jordan's Crossing Gazette, the Bundanoon Commons Committee has been formed and is open to anyone interested.

posal for planting useful trees, beginning with nut trees, in the Council Reserve off Ellsmore Road near the heart of Bundanoon, has received a positive expression of support from the Sustainability sub-committee of Council.

maintaining nature of the nut grove in the Bundanoon Commons will be made to Council for their final approval. Plans are also afoot to become a sub-committee of the Bundanoon Community Association.

As part of the Village Common plan, an initial pro-

A future presentation on the self-funding and self-

Peter Lach-Newinsky petlach@yahoo.com.



NUTS ABOUT NUTS

Peter Lach-Newinsky



Nuts may soon(ish) be free for the picking in Bundanoon

The Bundanoon Village Common Committee has been formed and taken the first steps. We initially aim to plant a small grove of about nine hazelnut, four almond, two chestnut and two walnut trees in the Council reserve off Ellsmore Road next winter.

Why start with nut trees? They seem to face less resistance from some councils and residents than do fruit trees. From a transition perspective, they

provide village green space amenity, increased food and medicinal/preventative health security and the potential for high-value wood and other materials. Hopefully, people in other towns and villages in the shire might be inspired to plant nut trees too.

Scientific research has found that increased consumption of nuts and seeds may help prevent and even treat cancer

(cf. Jean Carper, *The Food Pharmacy*). The protease inhibitors and polyphenols contained in seeds and nuts seem to interfere with the protease enzymes, oncogenes and free radicals involved in promoting the growth of cancerous cells. These protease inhibitors also seem to have anti-viral effects with respect to the viruses involved in influenza, leukaemia, respiratory infections

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sustainable homes tour

10-1pm Visit 3 sustainable homes in Penrose to learn from the owners the when, where, why and how of building your dream home. Cost: only \$7 for three homes. Register at the school from 9am to get your map.

all day activities

Offset your emissions—purchase a native tree
Learn to cook in a woodfired oven—with Manuel
Get on Your Soapbox—spruik your ideas!
Drop in to local artist James Luck's studio (part of the Wingecarribee Art Trail)
Friendship Flags exhibition from our neighbouring schools, including our 'little sister' school in Japan (part of the Wingecarribee Art Trail)

demonstrations/workshops

10.00am Ecoshamanism—creating connections between traditional nature wisdom and sustainability *Alison Parr*
10.30am Sourdough bread baking in a woodfired oven *Paddy Murray and Manuel*
11.00am & 3.00pm Mudbrick making—learn to make your own (bring old clothes!) *Suzie Edwards*
11.30am Acupuncture, Herbal Medicine and Naturopathy *Sage Evans and Soro-Jane Cleland*
12.00pm Beginner's Drum Circle *Gary Hastie*
1.00pm Permaculture in your backyard *David Johnson*
2.00pm Deep Ecology and the work that reconnects *Alison Parr & Annabel Brown*
Saturday 31st Oct—sourdough breadmaking with Paddy Murray \$130 includes all training, bread and lunch. <http://sourdoughpaddy.googlepages.com/> Ph 4883 7830 to book

sustainability talks

Relax in the chai tent with a fresh home made chai while enjoying our series of talks

9.30am Business sustainability—how Corporate Express was awarded 'Sustainable Business of the Year' *Tracey Glover-Chambers*
10.15am Feng Shui—creating a happier and healthier environment in your home *Anthony Ashworth*
11.00am Earth construction—building your home with earth *Peter Hickson*
11.45am Solar Energy options for your home *Mark Shakeshaft*
12.30pm Official opening with Pru Goward MP and 'Welcome to Country' with local Aboriginal elder
1.00pm Panel Discussion "climate change—what can we do in our own backyard?"
Panelists: Pru Goward MP, Councillor Larry Whipper, Sandra Menteth and Venerable Sujata from Sand Monastery. Moderator: Elizabeth Ellis
2.00pm Sustainable design and energetic homes *Greg O'Donnell BArch*
2.45pm Transition Towns Wingecarribee — what does it mean? *Sandra Menteth*
3.30pm Earth Ships *Denise Bees*

kids' activities

All day Go for a pony ride, milk a cow, keep chickens and alpacas, pet zoo animals, ride a real miniature steam train, get your face painted, tree climbing with ropes activities
10am & 1pm Make juggling balls
10, 12 & 2pm Sustainable Home workshop (children learn about building a sustainable house, then construct their own) \$5 per child
11am & 1pm Aboriginal arts
2pm Learn to sing and perform as a group!
11am & 1pm Games—3 legged race, egg & spoon race

music stage

Sit back with an organic tea or coffee and enjoy the music of local musicians Maria Dunn and the Powerpoint Strings, Paddy's River Band, Jo Casserley, the Bundanoon Mystery Band and the Penrose school and pre-schoolers!

yummy food

Local and/or organic food, including fresh lemonade and juices, real chai tea, coffee, homemade cakes and biscuits and popcorn. Vegan, vegetarian and gluten-free specialty meals available!

stalls

Organic food, whole food, herbal teas, bicycles, natural cleaning products, children's clothes and toys, clothing, sustainable building products, straw-bale construction, fair trade items, gardening and garden art, free stall (giveaways), jewellery, make your own jewellery, bushcare and land for wildlife information, natural therapies and massages.



For more information, visit www.sustainablelivingfestival.info

This is a waste-free event. Printed on certified plantation paper. Program correct at time of printing.
Public Transport from Railway Station: Bus from Bundanoon to Penrose 11.51am. Bus from Penrose to Bundanoon 3.16pm.

SPONSORS:



Penrose Landscape and Rural

FOOD GROWING IN THE HIGHLANDS

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event with a fascinating history of food production in the shire and the capacity of our differing soils to sustain increased food production. This then set the scene for the following speakers. David Tranter was MC and did a splendid job introducing the speakers and keeping them to time.

The day provided a mix of 'on the ground' experiences from other local producers like John Hill (potato producer) and Bill Smillie (dairyman and cheesemaker) through to more scientific and academic appraisals of current food production strategies from backyard to farm. Even the

mayor had a little to say about his early life in a potato growing family and how agriculture has changed in the meantime. Dairying has certainly become a chemical-intensive industry, making the job of the dairy herdsman unrecognizable from a generation ago.

I had my first taste of acorn porridge (yum) after Mark Williamson's challenge for us to re-assess what we consider to be food, where we are totally oblivious to many food products growing all around us.

Acorns, wild mushrooms, black walnuts, bunya pines, flowers, seeds and "weed"

species like sow thistle which is nice on a roll with soft cheese or kefir. For food security purposes, we should consider more tree crops like pine-nuts, carobs, walnuts, bunyas, etc.

The catering team did a fantastic job of providing morning tea and lunch from local products, to highlight the possibilities and challenges of the "100-mile diet". The food was warming and satisfying on a wet day.

The Sunday tour took us to look at the Moss Vale Community Garden, a backyard Permaculture system, a 20-acre Permaculture property in Bundanoon with heritage

apple orchard and farm forestry, Harmony Community Farm at Canyonleigh and finally Berrima Ridge Free Range Chook Farm. There is nothing like seeing systems working on the ground, not to mention the aspects that don't work, which provide a great part of our learning so we don't have to repeat the mistakes on our own properties. It was a full day but very informative.

On behalf of the seventy participants who attended the seminar I would like to congratulate the seminar team – from organizers to caterers, photographers to technology wranglers, scouts and raffle organizers

Five things you can do for Transition...

- Go to www.transitiontownsaustralia.blogspot.com and find out what is happening in transition groups across Australia
- Get involved in the Moss Vale Community Garden www.communitygarden.info/
- Plant a nut tree for later.
- Get your kids into the garden and plant some peas. They germinate quickly and they can eat them in the garden. In 30 years, they may look back on it as their introduction to food growing.
- Plan your Christmas to involve local food, minimal waste and minimal battery-operated plastic for the kids.

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NUTS ABOUT NUTS

...from page 2

and mumps.

The following points list some of the additional potential uses and specific benefits of four kinds of nut trees suited to our southern highlands climate.

Walnuts

- Highest plant source of omega 3 fatty acids and polyphenols (as in blueberries, strawberries, grapes) that block inflammations of the brain or spinal cord involved in the degeneration of neurones and the plaques associated with ageing and dementia
- can lower cholesterol, prevent cardiovascular diseases, rheumatoid arthritis; may help with anxiety and depression
- High in healthy polyunsaturated fat, calories, protein and essential nutrients often missing in modern and processed foods: phosphorous, magnesium, zinc, iron and the B vitamins (especially B 6, B 1, B 9)
- Walnut oil is a high-value culinary oil and also good for treating skin problems, colic and for expelling tapeworms
- Walnuts improve digestion and are mildly laxative after meals
- The bark and dried leaves have been used as a

laxative and to treat skin problems

- Husks and shells are used to make a yellow or brown dye
- Boiled fruit make a dark brown wood stain
- Crushed shells are used for cleaning and polishing soft metals, fibreglass, plastics, wood, stone and are sometimes added to soap; shell powder is widely used in the plastics industry and is added to paint for thicker effects
- The wood is a high quality cabinet and carving timber, is also used in gun stocks and instruments while burls can be turned to bowls

Almonds

- Possibly the most and best protein of any nut with almost no carbohydrates, thus ideal for diabetics and people with gluten allergies
- Very rich in vitamin E, potassium and phosphorous; 20 nuts provide 85% of recommended daily intake of vitamin E (anti-oxidant, heart health)
- Good amounts of essential nutrients calcium, magnesium, sulphur, chlorine, sodium, iron, zinc, manganese and copper, as well as B vitamins
- Monounsaturated fat reduces 'bad' cholesterol

and increases the 'good'

- Colonic laxative and shown to prevent colon cancer in rats
- Anti-inflammatory, immune boosting: 1 ounce contains polyphenols with the anti-oxidant effects of half a cup of cooked broccoli
- The high-value oil is used as a salad oil, skin emollient, massage oil, ingredient in soap
- Almond milk, closer to maternal milk, is useful for invalids and babies
- Chewing almonds provides good cleansing action for teeth

Hazelnuts

- Have the highest fibre content of all the nuts (10%) and are high in healthy, essential monounsaturated and polyunsaturated fats
- Very high in calcium, iron, phosphorous and the B complex vitamins
- Provide a high-value spread or butter
- Weight for weight hazels have 50% more protein than eggs, twice the phosphorous, four times the calcium, five times the vitamin B1 and are a third richer in iron
- Weight for weight hazels have twenty times more iron than milk, twelve times

the magnesium, three times the phosphorous, four times the potassium, six times the sulphur, twice the calcium

- The wood is much used for coppice (poles) and can be used to make bows

Chestnuts

- An ancient staple food in Eurasia where cereals were not grown and before the introduction of the potato, also excellent fodder for fattening up animals
- Highest carbohydrates of the nuts, comparable with wheat and rice and with twice the starch of potatoes, low in fats and protein
- The only nut containing vitamin C, with 50 mg in 100g of dried nuts, as much as in lemons
- High in iron (three times that of apples) and the B complex vitamins
- Much more fibre, calcium, potassium, and zinc than in apples
- Used boiled/roasted, as flour, coffee substitute, thickener, in desserts
- An infusion of dried leaves is very useful against respiratory infections and whooping cough
- High tannin timber useful in coppice (10-30 year rotations) especially for durable fence posts, stakes, furniture, wine barrels, roof beams, firewood

CANWIN AND WALK AGAINST WARMING

Maree Byrne

The CANWin management committee decided at their last meeting /not/ to hold a Walk Against Warming event this year. Many of you know that CANWin was "born" at this event three years ago, and since then we have held two "stands" against warming, holding our messages high in Bowral's Bong Bong Street. The gathering then moved to Corbett Gardens, where we spoke (mainly to each other!) about the urgent need for change etc.

Our reasons for choosing not to be part of this event are : The need to be involved in positive community action (rather than protesting); we have limited people resources; our new philosophy is to challenge people where they are, rather than try to draw our own crowd.

We feel we have had a very positive response at the Bowral Markets and the Tulip Time Parade. Other opportunities are the Penrose Sustainability Festival and the Australia Day Parade at Berrima in 2010.

If you wish to volunteer to help at any of our events, just email Maree on gmbyrne@bigpond.net.au.