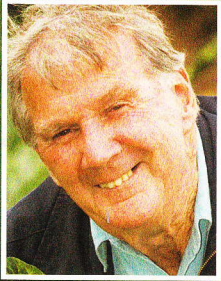


Organic

GARDENER

November/December 2008



PETER CUNDALL
tells how to grow
nutritious, productive
BEANS



Keep your garden
healthy with
JERRY'S
NATURAL
REMEDIES

Learn how to make
GREAT COMPOST

Discover
NATURAL
SWEETENERS

plus:

- Solar **cookers**
- Winning organic **wines**
- Grow your own tangy **tamarillos**
- Better farming to reduce **global warming**
- Visit a Slow Food **organic rice farm**



Gardening
AUSTRALIA

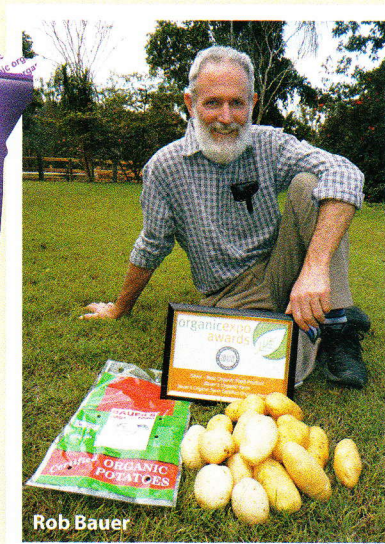
\$7.95 (inc. GST) ● ABC
NZ \$8.95 (inc. GST)
PP255003/01257

ISSN 1447-7335 03



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Organic food winners (Continued)



Rob Bauer

Eco Farms Absolute Organic Beetroot Chips

Eco Farms Absolute Organic Beetroot Chips won the Most Innovative Organic Food Product – and quite right, too. Hats off to the genius who decided to grow organic beetroot, slice it thinly and turn it into a delicious crisp, savoury snack.

Eco Farms also received a medal for their **Explore Asian Gluten-Free Mung Bean Fettuccine**. It has to be said that this was the first gluten-free pasta that both Sean and myself had ever really enjoyed.



The aroma filled the room when the pack was opened, and Sean's chef's brain could be heard whirring fast, figuring out ways he could use this delicious new product, which neither of us had ever seen before.

It's made from ground coconut meat and is high-fibre and gluten-free – but most importantly, it's delicious.

- Best Organic Non-Food Product went to **Royal Routine** for their **Fair Trade Organic Cotton Underwear**.

Below are web links for details of all these organic products. Many are already available in selected natural food stores and on-line.

- www.kailisorganic.com
- www.bluehillshoney.com
- www.ecofarms.com.au
- www.organicbubs.com.au
- www.bauersorganicfarm.com.au
- www.africanpacific.com
- www.royalroutine.com

Bauer's Dutch Cream potatoes

Bauer's Organic Farm 'Dutch Cream' Potatoes, grown in the Lockyer Valley in Queensland, provided another 'wow' moment for the two judges: just boiled, and eaten without any additives, they were sweet and... well, creamy. The potatoes are just part of a range of top-grade organic products sold by Bauer's.

Nui Coconut Flour

Another surprise was our first taste of **African Pacific's Nui Organic Coconut Flour** from the Philippines.

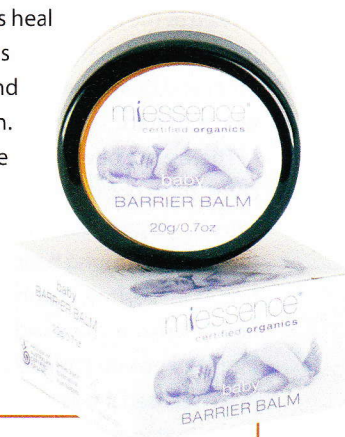
new products

Essential baby care

Miessence, the Australian company that launched the world's first comprehensive range of certified organic skin and body care products, has now released a mother and baby care range.

It includes a Baby Cream Wash, Bottom Cleansing Gel, Bottom Mist, Barrier Balm, Body Powder and Belly & Breast Balm. All are fully certified-organic, which means they contain no synthetic fragrances, preservatives or oils.

The mist is a soothing spray that helps heal nappy rash, cuts and sunburn and relieves dry skin. Available online at www.mionegroup.com or at organic and health food stores.

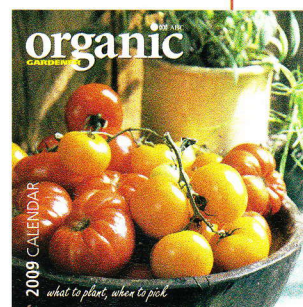


2009 ORGANIC GARDENER CALENDAR

Yes, we've put out our own OG calendar, featuring luscious colour photographs of plants and produce. Each month lists

what to plant and what to harvest and features advice and information from our regular contributor and ABC TV's Gardening Australia presenter, Jerry Coleby-Williams. You'll have no excuse now if you forget to put those organic beans in!

The calendars are available for \$14.95 from ABC Shops, ABC Centres and selected newsagents.



australia

SPECIAL ROLL-OUT COVER

madison

*"Help us
beat
ovarian
cancer"*
pg 40

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SMALL CHANGES BIG RESULTS

WE TEST THE VENUS DIET

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TO BE FAMOUS"
Inside the ridiculous
Reality TV School

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20s, 30s & 40s
MAKING IT WORK
AT EVERY AGE

OBAMA VS McCain
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WILL AFFECT US ALL

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*Your summer
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NOVEMBER 2008

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HIGH-TECH SKINCARE: GENIUS NEW PRODUCTS

HEALTH news



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FYI: PMDD

PMDD (premenstrual dysphoric disorder) is an **extreme form of PMS**, affecting up to eight per cent of women. In the past, doctors have treated PMDD with anti-depressant or anti-anxiety medication. Now there's Yaz, an oral contraceptive that claims to alleviate symptoms. See your GP for info.



OBSESSED WITH ...

Berry Radical, \$97.95 (30 sachets), by MiVitality, 07 5539 2011. Packed with antioxidant-rich superfoods such as berries, one sachet (mixed with water or a smoothie) is equivalent to 10 servings of fruit and veg.

Satisfy your sweet tooth without the guilt with the new
portion-controlled Nestlé The Skinny Cow Ice

Cream Sticks or Sundae Cups in four fab flavours:

English Toffee, Chocolate Chip, Vanilla Chocolate and
Chocolate Berry. Best of all, they're 97 per cent fat free.

Sundae Cups (pack of four) and Ice Cream Sticks (pack of eight), \$6.99 each, at major grocery retailers.





Ziyi Zhang, 29, star of *Crouching Tiger, Hidden Dragon* and *Memoirs of a Geisha*, is working with Shangri-La Hotels and Resorts to assist with conservation projects:

"If you have the choice of supporting two brands that offer a similar standard, but one cares enough to create recycling programs, wildlife sanctuaries and energy efficiency standards, the choice is clear which one you are going to choose."



EVA SOLO BIRD FEEDER, \$240 (large), by Top 3 By Design, 1300 867 333.



Diary note
October 29 - National Bird Day Show your support for our feathered friends, many of which face extinction through climate change and destruction of habitat. Visit gould.org.au to get involved.

green GUIDE

MADISON'S GATEWAY TO GREEN

60% of Aussies view their backyard as the place they can make a positive impact on the environment*. For inspiration, visit lifeisagarden.com.au.



This VGM Green Wall from Elmich is made from 100 per cent recycled plastics and makes an eye-catching façade. elmich.com.au.

DRINK TO THE PLANET'S HEALTH WITH ...

FIJI WATER, \$2.50 (500ML)

The production of each bottle of Fiji Water is the result of a process that reduces the company's carbon footprint by 120 per cent, making it carbon negative. Visit fijigreen.com for info.

H2GO GREEN, \$3.50 (600ML)

The brand is behind a sponsorship to the University of Tasmania that will work towards the development of sustainable and environmentally friendly initiatives. Read about future projects at h2gogreen.com.au.

ANTIPODES WATER, \$80 FOR 24 BOTTLES (500ML), PLUS DELIVERY

Judged the world's best sparkling water in 2006, Antipodes was also the first company to make mineral water carbon neutral. Order online at antipodes.co.nz.



PRODUCTS FROM THE CERTIFIED ORGANIC MIESSENCE BABY RANGE ARE FREE FROM ALLERGENS AND SYNTHETIC FRAGRANCES AND PRESERVATIVES, TO PROTECT THE SENSITIVE SKIN OF YOUR LITTLE ONE.



Belly and Breast Balm, \$44.95; Baby Cream Wash, \$34.95; Baby Lotion, \$39.95; Baby Bottom Cleansing Gel, \$39.95; Baby Body Powder, \$14.95; Baby Barrier Balm, \$24.95; and Baby Bottom Mist, \$19.95, all by Miesence, 07 5539 2011, mionegroup.com.

australia

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HIGH-TECH SKINCARE: GENIUS NEW PRODUCTS

travel

LUXE LODGINGS, HIP
NEW HAUNTS AND THE
TRAVEL ESSENTIALS TO
TAKE YOU THERE IN STYLE



When in Rome ...

"My favourite places include the Gianicolo Hill - where I have always lived with my family - the Isola Tiberina, the Porta Portese and the Borghetto Flaminio street markets."

Frida Giannini, Gucci creative director



DESTINATION: DAYLESFORD

For those seeking a retreat complete with outdoor exercise in the morning, spa treatments in the afternoon and fine dining in the evening, check out Bothfeet walking adventures. Based in the picturesque town of Daylesford (90 minutes from Melbourne), its three-day Spa Country Experience will see you bushwalking the Great Dividing Trail with your own eco-guide.

STAY Rest those weary legs at the Lake House boutique hotel, which is included in your package. Indulge at the Salus Spa, before heading to the restaurant where you'll sample exquisite country fare. Packages are priced at \$1595 per person (twin share) and include meals, walking equipment and transfers. Go to bothfeet.com.au.

VISIT Spot a bargain at one of the vintage or antiques stores on Daylesford's main strip or spend a few hours at The Convent Gallery (theconvent.com.au). A trip to Lavandula, a Swiss/Italian lavender farm where good food and wine again reign supreme, is also highly recommended.

- Jessica Montague



The Mondrian Los Angeles.

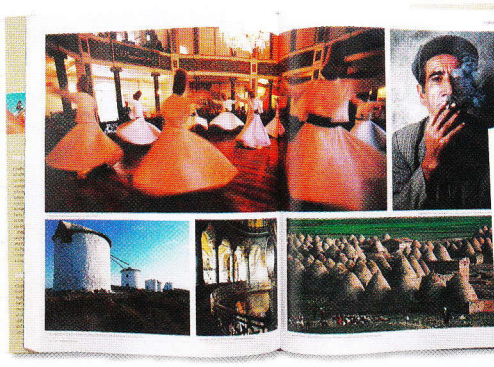
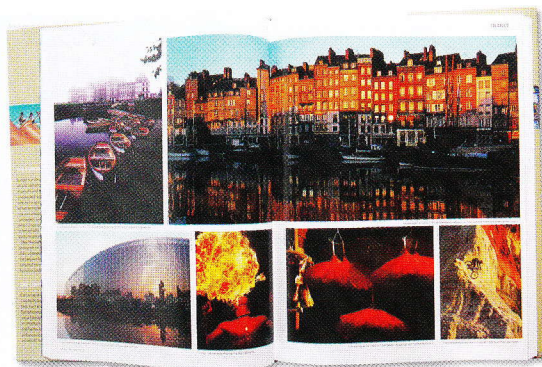
Just opened

- Unveiling a new look is the Mondrian Los Angeles, featuring banquets inspired by Gaudi's Park Güell bench in Barcelona; mondrianhotel.com.
- Budget boutique hotel Pensione Hotel, Melbourne, has undergone a multi-million dollar facelift, with rooms starting at just \$95 per night; pensione.com.au.
- Local label Hussy has opened its first international store in Bali. Kunti Arcade No 9, Jalan Kunti Raya, Seminyak. Visit hussy.com.au.
- New York's Rockefeller Centre Ice Skating Rink kicks off the 2008-09 winter season; rapatina.com/icerink.

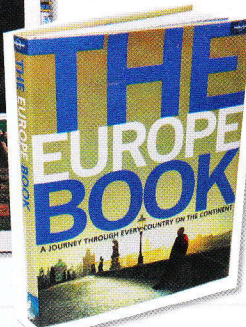
BUY BEFORE YOU FLY



RELAXED TRAVELLER, \$95, BY MOLTON BROWN, 02 9150 0590,
CONTAINS YUAN ZHI BATH AND SHOWER GEL, BODY LOTION,
SLEEP MIST AND PULSE BALM IN A TRANSPARENT BAG. ALSO TRY
INDULGENT TRAVELLER, GLOBETREKKER AND STOWAWAYS.



BOOK, *The Europe Book*, (\$59.99, Lonely Planet), lonelyplanet.com.



76%

of Australians believe that **local language skills are vital to having a positive travel experience** – a slight problem, perhaps, considering 64 per cent of us don't speak a second language.

SOURCE: EXPEDIA.COM.AU

ONE-PIECE, \$220,
by White Suede,
03 9429 7703.



DRESS, \$320, by
Zimmermann,
02 9294 2218.



WEDGES, \$255,
by Wayne Cooper,
02 9211 4769.



Continental divine

Lonely Planet's The Europe Book (\$59.99) takes an in-depth look at the world's most culturally influential continent, with profiles of 52 countries where you can experience the standard (history, landscape, people and cuisine) and the not-so-standard (a wife-carrying competition in Finland). Also included are themed essays, six classic itineraries and, of course, stunning photography.

The pool and view (below) at the Emerald Valley Villa in Byron Bay's hinterland.



BYRON BAY

When travellers think of Byron Bay, images of beachside bliss are conjured. Which is just fine with those who know what treasures lie in the hinterland. One of the newest is the Emerald Valley Villa. Nestled amid 32 hectares, it sleeps up to eight people, is exquisitely modelled on a Balinese home and runs entirely on green power. Eco-credentials have not come at the expense of luxury, however, with concierge services including gourmet catering and spa therapies. There is also a marble steam room, private river pavilion and all the mod-cons you need. Go to emeraldvalleyvilla.com or call 02 6684 9398.



Want more? Go to madisonmag.com.au.