

## Time to slow down

The slow food movement is growing in Australia and we think it sums up the work we do at the Green Connect quite nicely. We are so used to having to access any ingredients from all around the world, at any time. We eat 'fast' food and shop fast and convenient because we are all so busy. But at what cost? There are tons of chemicals used to preserve vegetables and fruit before they're loaded onto trucks, boats or planes to be transferred across the country and the world. Do we really know what that may do to us?

Don't get me wrong, we don't have to give up the 'fast' options completely, but if we were all a bit more conscious and cut down on our consumption of 'fast' food we can make a difference. It's time to learn to slow down.

The slow food movement promotes local, seasonal and traditional cuisine and can be summed up in three pillars, Good, Clean and Fair.



**GOOD** quality food is fresh, chemical-free and seasonal, and full of flavour and nutrition. To eat seasonally is to respect what grows well during our season, in our climate, environment and conditions. Illawarra is full of beautiful produce and passionate people who love growing it. We're spoilt for choice when eating locally produced food without very little hassle. Interestingly enough, the seasonal food is often the food that our body craves and needs to stay strong and healthy. At the moment, for example, we see a lot of root vegetables at the farm like radishes, kohlrabi, turnips, carrots and beetroots. Radishes are a great immune booster and an anti-congestive which is great at the start of flu season. Turnip is high in fibre and Omega 3 and Kohlrabi is high in potassium which is a key player in muscle and nerve behaviour, which helps us move, breath and function better.

**CLEAN** production that does not harm the environment

Chemical-free or organic food is good for our environment, at the farm we rotate our crops on a regular basis which helps stimulate nutrition in the soil. Our pigs root around in the dirt, eating roots and fertilising our soil, which creates a sustainable ecosystem.

We work hard to make sure no produce goes to waste. Recently we recruited a group of interns to help us manage and look after any excess produce from the farm. They will do this by hosting events, information sessions and cooking classes. Our first event will be held on Saturday the 1st of June, and will be a Conscious Foodie tour of the farm followed by a discussion about how you can get the most out of our products with some tasty examples (for tickets visit our website, discounted tickets for veg box customers).

**FAIR** means; good for the people who eat it, the people that grow it and for the environment.

The reason chemical-free food is more expensive is because there's more work maintaining the produce while it's growing, ensuring it's not destroyed by disease and pesticides. More work means more person-hours. I like to think that our produce is made with love. At green connect we not only create work opportunities for young people and former refugees but we ensure that they get paid a fair wage for fair work. Our prices are fair, we are not for profit and make sure that our prices cover our cost but stay affordable for our community.

	Bok Choy or Joi Choy	Broccoli	Radish	Lettuce (oak)	Fennel	Eggplant	Leeks	Kale (green bunch)	Dill or Coriander	Potatoes	Onion	Oranges	Bananas	Apples
Mini mix	*	*	*	*								*	*	
Small veg	*	*	*	*	*					*	*			
Small mix	*	*	*	*	*					*	*	*	*	
Regular veg	*	*	*	*	*	*	*	*	*	**	**			
Regular mix	*	*	*	*	*	*	*	*	*	**	**	*	*	*
Large veg	*	**	*	**	*	*	**	*	*	**	**			
Large mix	*	**	*	**	*	*	**	*	*	**	**	*	*	*
Fruit box												**	**	**



## Broccoli and radish salad

Alright, time to get creative with our radishes.

I found this recipe from Borough Market in London from chef Tom Hunt.

### Ingredients

300g broccoli	2 tsp cumin seeds
Extra virgin olive oil	1 tsp paprika
¼ lemon	50ml light olive oil
1 raw tsp honey	3 cloves of garlic, sliced
1 tsp coriander seeds	2 tsp sesame seeds
50g pearl barley	1 tbsp raw honey
4 radishes, sliced	6 spring onions, finely sliced
¼ preserved lemon	

### Method

Cut the broccoli into bite-sized florets. Trim the outer skin from the stalk and cut the soft middle into cubes. Season with extra virgin olive oil, a squeeze of lemon juice, and a drizzle of honey. Toast the coriander seeds and crush them slightly in a pestle and mortar. Sprinkle them over the top of the salad.

Boil the barley in plenty of water for 20-30 mins, until soft. Drain and mix with the broccoli, radishes and preserved lemon.

Fry the cumin seeds, paprika, olive oil, garlic and sesame seeds together gently for 1 min to release all the flavours, then mix well into the salad along with the honey, so that all the barley is coated. Sprinkle with the sliced spring onions and serve.