



Growing the Harvest

Festival 10-11 April 2010



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'Celebrating and learning about local foods'

The Growing the Harvest Festival is a great opportunity to learn some more skills in growing and preparing food.

By using food from our gardens and from other local sources we can improve our health and well-being: we can also lower our carbon footprint by reducing 'food-miles'.

Sat 10th program:

Morning workshops, displays, Harvest Café and demos all held in the Uniting Church Hall Castlemaine. More Saturday program over page....including afternoon garden workshops.

Sat 10th: Morning workshops

- 9.00 - 9.45 Bottling & drying (Nikki Valentini)
- 9.50 - 10.35 Bread making (Sue Turner)
- 10.40 - 11.25 Cider vinegar & other fermented food techniques (Cath James)
- 11.30 - 12.15 Yoghurt making (Pam Connell)

These local expert foodies will show you their techniques and answer questions in the 45 minute sessions. Learn more about the presenters over page.

\$10 per session, \$30 for all 4 sessions conc. \$5 per session or \$15 for all 4 sessions

Bookings preferred for the workshops:
Call 54706340 walmer@castlemaine.net

Stalls & displays

Sat 10th from 9 a.m. to 2 p.m.

CWA - the art, craft and sewing of recycling and frugality

MA Lets - Local Exchange Trade System - you can trade anything!

Food Garden Produce Exchange - swap and share your excess produce

Permablitz - get your backyard blitzed the permaculture way

Oxfam - the Hungry Planet display

Transition town - How a community shifts away from oil dependence

Seed swap & savers network - heritage, heirloom and excess seeds.

A seasonal plate - using local produce for taste and presentation by Jane Grylls

Free lunchtime demonstrations

- 1.30 Making olive oil (Joel Meadows)
- 1.45 Bicycle powered flour mill (Katie Finlay)

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Sat 10th: Lunch Program Uniting Church Hall

1.00 launch of 'Local Produce Guide' & website of Transiton MA by Janet Phillips

Jane Grylls is passionate about teaching the benefits of eating fresh, local food for health and savings. Between 11-2, Jane will be available to explain her seasonal plate & how she spent a year without a supermarket.

the Harvest Café open 12.15 to 2pm
A café offering a lunch of local produce

Sat 10th: 10:30 am

Anglican Church Gum Tree Service,
outdoors in Mostyn St near the Church
Commemoration of Mrs Hepburn and the site
which later became Agitation Hill

Sat 10th: Afternoon Backyard food production

Come see and learn about:

- Garden bed design (including the principles and structure of a wicking garden bed)
- Watering systems including in-line drip systems and shrubblers
- Fruit trees suitable for the back garden
- Ways of making compost
- Hothouse design and use

Where: Rear garden of 233 Barker Street

When: 1.30 and 3:30

Cost: Gold coin donation

Sun 11th: Harvest Services

Harvest Services at the Uniting Church and at the Anglican Church 10.30 a.m.

You are invited to a splendid lunch of home-made soup & fresh local bread at the Anglican Church hall at 12.30 p.m.

Enjoy a shared meal - everyone welcome.

Workshop Presenters

Bread making: Sue Turner has been making bread since the 1960's in Melbourne, and believes that decent bread is an essential part of life. Sue's experience with growing her own food, being a self-sufficient farmer in Yandoit for 17 years and starting the successful Tog's Café in Castlemaine all reflect her philosophy that food should be fresh, local, healthy, seasonal and above all simple.

Bottling & drying food: Nikki Valentini is an avid and highly experienced bottler and food preserver, having learnt at the knees of her Italian parents. This workshop will focus on bottling food you will love to use, with equipment most of us already have in the kitchen. Nikki will also demonstrate her drying racks and talk about the whys and wherefores of drying seasonal food for later use.

Cider vinegar and other fermenting processes: Cath James and her partner Joel have been deeply interested in food preserving and fermentation for many years. This workshop will provide an overview of different fermentation techniques, sourdoughs and leaf ferments such as sauerkraut, with demonstrations including how to make vinegar.

Yoghurt Making: Pam Connell will demonstrate how simple it is to make delicious yoghurt at home. She will also give ideas on how to flavour yoghurt without adding lots of sugar.

Olive Crushing demonstration: Joel Meadows and his partner Cath have built their own olive-crushing machine, thus proving that olive oil production on a small scale is possible. This demonstration will explain the different stages required to produce oil at home.

Bicycle powered flour mill: Katie and Hugh Finlay's flour mill was combined with a recycled bike from the tip and scrap metal to adapt it to bicycle power.



*local people taking
action on climate change*

www.masg.org.au ph: 54706978

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