

FOOD FOR THOUGHT #4

RAINBOW ROOM, CASTLE HILL PCYC, TUESDAY 5TH OCTOBER 2010

(Meeting Notes compiled by Diana Condylas)

Attendees: Diana Condylas, Leon Van Wyk, Kathy Jarrett, Sandy McCathie, Dave Goode, Kylie Goode, Jaymie Rains, Debbie Devon, Jan Green, Anna Mead, Jennie Gibson, Murray Whiley, Trish Cramer, Kristen Weiss, Blake Hudson, Sarah Dimity, Hannah Wheeler, Elizabeth Pegg, Andrea Schurmann

It was a lively meeting full of enthusiastic ideas, opinions and community spirit. People were sharing information with each other and it highlighted how valuable it is to be part of a supportive community where everyone really does have something to contribute.

If you're happy to have your email address and interests displayed in a directory for better community communications, please let us know and Sandy will add that to the fabulous Food for Thought portal: <http://www.ecosavvy.com.au/services/food-for-thought>

Thanks to the generosity of Dave Goode, manager of the PCYC, we now have space to use to start a demonstration/ community food garden and aquaponics system around the childrens' play area. This is all in line with our mission to promote the education, production, access to and consumption of organic foods and a more ecologically sustainable lifestyle. Dave and his wife Kylie are great examples of this, growing much of their own food and raising chickens – so we found a good egg in Dave!

In addition, Dave has said that there is space in their current weekend market for us to sell produce from our own gardens (excess, of course! Eat what you can and share/sell the rest) and from local organic producers. Both our wishes granted in one evening!!

Speaking of food – the spread at this gathering was impressive! Thank you to those who prepared such lovely meals from their gardens for us. People were keen to get recipes of some of those yummy dishes and there was even talk of putting together a Food for Thought Cookbook (!) so **please email your recipes in** and we'll put them up. The more, the merrier.

Jan Green had a lot of us talking after describing her idea of "Adventures in Easy Entertaining", cooking classes to educate Townsville locals about preparing easy meals from fresh produce that grows in our climate. She has already started the process of creating a directory of what's growing when and what's available locally and who can supply it. **Anyone who can help in putting together a more complete directory, please get in touch.**

Kathy Jarrett is the person to contact to be put on the database to be able to receive Food For Thought (FFT) updates, event notices, etc. She is a nutrition student and mum and full of ideas and information.

Leon is keen to spread the FFT idea to Magnetic Island. **If anyone is also based on Magnetic Island or knows anyone who would be interested in becoming a fellow FFTer, please get in touch and we'll add them to the mailing list and get one going for Leon.** I know that there are lots of people on the island doing some funky home growing so please get them out so they can inspire more people to do the same!

Kristen updated us on the JCU Community Garden. It has the support of JCU facilities management. It will require expertise and people power to get it started. **If you're keen, please get in touch or share this information out to students of JCU so that they can get involved.**

Several interests were raised, such as Permablitzes, where a group of people goes to someone's house (who has requested it and supplies materials and morning tea) and designs and builds a food garden. This is a Permaculture Townsville activity and the deal is that you participate in three Permablitzes before having one at your place. This increases your knowledge and skill immensely!

Requests for cooking classes keep coming up. Jan's classes were mentioned above, but as this is a grassroots group, anyone else can also volunteer to hold a class. We will work on a location and keep you updated. Themes suggested always include local, seasonal food and vegetarian was a recent addition (I second this motion and am happy to run a vegetarian cooking class). **If anyone knows of a space where we can hold cooking classes please get in touch.**

Please share this email to people that would be interested and encourage friends, family, schools, new Townsvillians (ie EVERYBODY) to **have a look at the Food for Thought portal, join the Facebook group and come to the next Food for Thought gathering ☺**