



NEWSLETTER

Autumn Edition 2007

Welcome to our F.O.O.D newsletter for Autumn. There's a change in season and the rain of late has brought with it some welcome growth in local crops and the Orange district in places has a touch of green. Sadly when some rain fell it did so in such a deluge that it flattened some crops and some orchards and vineyards reported damage when hail hit areas on the Cargo Road.

What's on the Menu

Autumn brings with it a mix of hues – the deep flavours and colours of pumpkin, eggplant, chili, capsicum, carrot and zucchini.

These are at their optimum in freshness and flavour. Buy seasonally - you'll eat fresher, save money and taste the difference.

For Starters

The F.O.O.D Week program for 2007 is out and about.

If you haven't picked up a copy they're available at the Orange Visitor's Information Centre, Hawkes General Store, Essential Ingredient and cafes and eateries, wineries and participating sponsor outlets around town. You can hop on line to check out all the details www.orangefoodweek.com.au

Entrée

Congratulations to Tim and Sophie Hansen on the news they are expecting a little 'Food parcel' in coming months, their first.

New also to the F.O.O.D Family is Sally Milne and Dale Salter from Sallydale Organic Farm. They have joined the committee with Sally taking on the role of secretary after Faye McCabe's departure to Newcastle. They bring with them some fresh ideas and are on the program with farm gate tours to their Organic Farm in Blaney.

Main

Whatever your tastes we hope the F.O.O.D week program has something for everyone. The format this year has a fresh new look and was put together by Sam Hain from the committee and designer Amanda Cox from VAADA, and was sponsored by Audi.

Accompaniments

This year we had a number of sponsors and partners who came on board to assist with the program. The F.O.O.D committee would like to thank them all.

Major sponsors were Country Energy, Harvey Norman and Orange City Council.

Gold Sponsors: Retravisation, ANZ, Central Western Daily, Prime, 2GZ FM, Blue Mountains Life and silver sponsors Essential ingredient, Cabonne Council, Lookaround Photography and Westlink Print.



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Side Orders

Here's what's happening round the district:

Orange is Making News – Orange is flavour of the month, receiving a lot of media coverage of late. Notable mentions include The Australian Women's Weekly Road train visit to the Farmers Market, magazines Coast & Country, Winewise and Blue Mountains Life feature Orange – the latter now is a sponsor of F.O.O.D Week and highlights the event in this month's magazine along with stories on Manners & Borg and local 'celebrities' Kenneth Dryland and Duncan Stewart and their home.

The ABC's Inventors program showed the 'Thompson Coupling' (nothing to do with Cath & Craig!) rather local inventor Glen Thompson's world first invention which won its category and the people choice award. It now goes into the finals later in the year.

Still to come - Look out for The 7.30 Report featuring the Community Kitchen – and their hopes to provide meals, education and access to local and fresh produce,

Michael Manners is recovering after a spell in hospital. The restaurant remains open and will do so with Michael at the helm and Josephine front of house until midway through the year when Manners & Borg goes into full swing. Until then it's business as usual.

The Essential Skills Lunch @ Selkirks during F.O.O.D Week. Sharpen your carving & slicing skills - join Essential Ingredient, Sharpes Wines & Manners & Borg 'en guard' for lunch \$55pp 19th April. Bookings 6361 8999

Book into one of the farm gate tours – tour the district (choose from Blaney, Canobolas or Borenore) to meet the producers and get to know and taste the difference. Tours depart at 9am on the 15th, 18th & 21st April and are approximately 3 hours long. You'll travel by coach to 3 or 4 farms, enjoy tastings, have morning tea and finish with a glass of local wine for \$45. Bookings 0425 259350

Back from annual holidays is Helve Fung out at the Lakeside Café & Cellar Door. Open Fridays, Saturday & Sundays it's much more than a café and you can sample the wines of Burke & Hills at the cellar door. Bookings for lunch, functions and catering 6365 3456

Fresh Outlet - There's a new Fruit & Vegetable shop opening soon in Summer Street. Located where the Sheridan Outlet Store used to be, they hope to include local fruit, vegetables and added value products. Fresh Harvest Market will include Fresh Harvest Deli and plan to open shortly in other areas in the Central West region.

Stay tuned also for a new bread shop in close proximity to Fresh Harvest Market. It is a second outlet for an existing bakery in Orange and one which has interests in Dubbo.

New on the scene is Rangoli Indian restaurant located just over the railway line at 349 Summer Street (where Mr B's other space was). The restaurant is open for lunch Wednesday – Friday 12.-2.30pm and dinner 7 days. 6361 1177

The Children's cooking classes return to the next Farmers Market (Saturday March 10) with Peter Thoms of Provista providing instruction & loads of fun. Classes are \$5 per child (5 years & over) and commence at 9am and 10.15am. The children meet the stallholders and select the produce and then cook up a storm under the direction of the chef of the day. Bookings are essential. Call 0425 259 350

The Donut Shop is currently under renovation and will open hopefully the week of the 19th March. Renamed delish food.catering, drop in to see the new space, flash your F.O.O.D membership card and the coffee is on him. Offer valid March through to the start of F.O.O.D Week (13th April).

Wines

13th & 14th August is set down as an Orange Function at Restaurant 07

The 3rd weekend in September 'A Taste of Orange' will be held at Bondi
all those wishing to know more about involvement in either of these events with their wine or produce should call Kim Currie on 6360 1990

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