



2022 Blue Mountains

EDIBLE GARDEN TRAIL PROGRAM

Saturday 15th & Sunday 16th October, 2022 | 10:00am - 4:00pm



GLENBROOK TO BLACKHEATH & MOUNT TOMAH

PLAN YOUR WEEKEND | FEATURED GARDENS

CO-OP MARKET GARDEN | PRESERVE YOUR HARVEST

www.ediblegardentrail.com



IMPORTANT MESSAGE FOR ALL VISITORS

The Edible Garden Trail organisers and the garden owners have taken all reasonable precautions to make the gardens safe for visitors. Despite all efforts, however, there are possible inherent dangers in all gardens, including paths, steps, walls, borders and other garden features that may present hazards, particularly as these are working gardens developed for produce not visitors.

We ask that when climbing, descending or crossing parts of the gardens, you act only within the limits of your fitness and take particular care to prevent tripping, slipping, falling, striking or colliding with objects in the trail gardens.

At the time of printing all gardens listed were intending to open, however, due to unforeseen circumstances some gardens may need to close with little notice. Please check our website ediblegardentrail.com for any garden closures on the weekend of the Trail.

Please always ask about stroller access as some gardens are not stroller friendly. Children must be accompanied by, and under supervision of, an adult at all times.

Dogs and other animals are not permitted in any garden.

Garden visitors must stay on paths at all times and must not enter areas marked as private. Beware, some gardens have bees or other animals and insects.





WELCOME TO THE 2022 BLUE MOUNTAINS EDIBLE GARDEN TRAIL!

The Edible Garden Trail was established to recognise the power of gardeners in tackling and preparing for climate change by creating healthy soils, contributing to food sovereignty, supporting local economies and building resilience and well-being in communities.

We are excited to bring you an incredible array of gardens across the Blue Mountains that have weathered the challenges of climatic extremes to show resilience and contribute to our local food system in so many diverse ways.

Get set to be inspired by verdant verges, abundant vegie patches, awesome orchards, food-filled forests, chook palaces, backyard bees, and closed loop permaculture paradises.

We hope that you enjoy the Trail and go home with the new-found knowledge and confidence to grow your own food.

SUSANNE RIX
Founder, Edible Garden Trail

ACKNOWLEDGMENT

We acknowledge the traditional custodians of the Blue Mountains, the Darug and Gundungurra peoples, on whose land the Edible Garden Trail takes place. We pay our respects to their elders, past, present and emerging, and acknowledge that sovereignty was never ceded.

PROGRAM EDITOR

Jacqueline Forster & Elisa McTaggart, Marketing & Community Education Coordinator, Blue Mountains Food Co-op

PHOTOGRAPHY

Maja Baska (Unless credited otherwise)

Website: ediblegardentrail.com

Instagram: @ediblegardentrailbluemountains

Facebook: [bluemountainsediblegardentrail](https://www.facebook.com/bluemountainsediblegardentrail)

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THANK YOU TO OUR SPONSORS



BLUE MOUNTAINS FOOD CO-OP MARKET GARDEN

Come and see where your local veg is being grown!

Garden
#12
SUN ONLY



Blue Mountains Food Co-op teamed up with social enterprise Farm it Forward over winter to create a patch from scratch in the heart of Katoomba. The Blue Mountains Food Co-op Market Garden, is located just up the road from the Co-op in College Lane, adjacent to the Blue Mountains Cultural Centre and The Carrington Hotel gardens (south boundary), on land generously loaned to the project by owner and local, John Lekkas.

The Co-op Market Garden is growing fresh food to sell at the Blue Mountains Food Co-op shop in Ha'Penny Lane ensuring members and customers have access to hyper-local, organic produce while reducing food miles and promoting local food security.

The garden will be open on this year's annual Blue Mountains Edible Garden Trail on Sunday 16th October. Come along to check it out and see what's growing!

For more information head to our website bmfoodcoop.org.au/our-market-garden/



Photo credit: Farm it Forward

FARMING THE SUBURBS

Closing the loop means two things to Joe Tabone: community and compost.



When Joe Tabone moved to Springwood from the big smoke a little over a decade ago he knew he wanted to grow food, but would he be able to grow enough to feed his family and how could he close the loop in an urban setting?

"We'd been dabbling in food growing at our rental in the city, so we began with a similar model of raised beds," Joe explains. It wasn't long before Joe realised he wanted a lot more than a few raised beds. Twelve years down the track, Joe runs a micro farm, Urbavore Blue Mountains, (with wife Jo and five kids) that not only feeds the family but supplies fruit and veg to restaurants and co-ops, and weekly vegie boxes for the local community. "It certainly has evolved," says Joe. Almost the entire 700 metre square block including the sub-floor and verge is now given over to food production. A polytunnel and greenhouse situated on the old driveway goes to show that if you have spare space, you can turn it into productive space.

Springwood is known for its ideal temperate climate which gives Joe the flexibility to grow a large variety of fruit and veg. "We can grow apples here and we have done bananas too," he says. Of course, there are pros and cons like fruit fly, but Joes says the main benefit is a long growing season.

Over winter he grows loads of parsley, thyme, oregano, chives, rainbow chard, silverbeet, collard greens, snow peas, garlic, carrots, kale, beetroots, turnips, and spring onions. And in summer it's tomatoes, cucumbers, capsicums, beans, corn, pumpkin, and other heat-loving crops. Fruit trees, mushrooms and microgreens are also cultivated.

During lockdown in 2020 Joe expanded the verge garden using biointensive methods. "We put in a lot of organic matter, cultivated the soil with a broad fork and interplanted each row with the intention of suppressing weeds and maintaining continuous cropping. "It's amazing how much you can produce by "ever-bedding": getting two crops out of one bed in the same space and time. We interplanted garlic with radishes and before we harvest the lettuce we'll interplant with zucchini or cucumber. The goal is to never have a bed that's empty or bare."

Joe also saves as much seed as he can to reduce inputs. "Saving your own seed conditions your crops to your environment and increases the resilience of your system." Inside the greenhouse hot compost is used to help germinate seedlings. "We sit seedling trays directly on top of the compost and cover them to trap moisture. The combination of heat and moisture really improves germination." About a cubic metre of hot compost is enough to generate heat for several weeks.

Joe uses cover crops such as wheat, broad beans, and peas as a green manure to feed the soil biology over winter.

From the start Joe's neighbours have been supportive of his urban farm aspirations. "We had an incredibly positive response from the neighbourhood when we started growing on the verge with several neighbours joining in planting fruit trees. We always wanted our food growing journey to involve community; having the verge garden makes people feel welcome and have a sense of ownership.

"On an urban scale you've got to think beyond your fence. For us, a closed loop system means working with what we have locally available. Our neighbours give us their grass clippings and other bio waste and in return they are welcome to come and pull a few carrots or beetroot."

Indeed, much of the farm's organic inputs come from the local community including arborists mulch, coffee grounds from cafes, cardboard from shops, and brewery waste from the local micro-brewery.

In autumn, Joe staged a leaf amnesty to prevent autumn leaves ending up in green waste bins. "We have so many beautiful deciduous trees in the Blue Mountains that are a fantastic source of carbon, so I put the word out on social media for donations and got trailer loads."

Put to good use as a deep litter in the chook pen the leaves will break down by spring when Joe can use them on the garden beds. "It's a slower form of composting but absorbs the high nitrogen chook manure and keeps the odour of the hen house down."

The use of poultry in Joe's system is integral. "We've taken the large-scale agricultural concept of rotational grazing and applied it to our micro farm," he says. Using a mobile cage customised to fit the length and width of his beds, Joe uses quails to graze down crops after harvesting. "The quail eat the remaining greens, drop their manure, and clean up slugs and other pests. After a week or two we move them onto another bed, put down a layer of compost and plant straight into that."

A dozen or so Light Sussex and Isa Brown chooks also provide eggs, meat, and manure. "Chooks are the most efficient way of processing waste into nutrients that you can cycle back into the garden or the compost heap," says Joe. "We eat and sell the eggs and process our own chooks and quails."

"Growing your own meat is contentious but it is worth discussing," he says. "I understand the popularity of the vegan movement and the need for more ethical meat production on a larger scale but in an urban environment you can produce a significant volume of your own meat."

"Quail are great because they are fast growing; you can process them within eight weeks." Joe selects the largest quail for line breeding, incubates and hatches them. "We keep the females for their eggs and to put out on pasture for a couple of seasons and process the males."

And on this micro farm even that is a family affair. "All the kids (Noah 15, Georgia 12, Rosie 10, Lola 8, and Banjo 2) are involved in one way or another and have been doing farm chores since they were small including feeding, plucking, and gutting the birds."

"When the kids eat meat we've grown they are much more particular about not wasting it because they understand the whole process and what's gone into it."



Inspired by Kevin McCloud's experiment to generate energy from bio-waste in his series *Man Made Home** Joe built his own biogas generator. "The idea that poo, weeds and kitchen scraps could be fermented to produce power was gross but fascinating."

He explains the process: "We filled an IBC (intermediate bulk container) tank with water and fresh horse manure. The bacteria naturally found in a horse's gut breaks down the organic matter that we feed into the tank and produces gas. We capture this biogas in another floating IBC which rises as it fills with gas. To keep the digester warm and the fermenting process active we set up a hot compost bay right next to the tank which is also black to capture radiant heat. The ferment is most active at around 40-50 degrees Celsius, so we produce most gas in summer but still enough in winter to cook on about two to three times a week."

The biogas is plumbed straight into the kitchen. "We still use gas from the grid but it's incredibly satisfying and good fun to cook with fuel you've generated yourself. It's a really clean fuel and you've got an endless supply if you keep feeding it."

A by-product of the biodigester is a nutrient dense liquid slurry which is diluted and used as fertiliser in the vegie patch. "The cucumbers went insane last summer when we fed them with it," says Joe. "It's great for fruit trees, heavy feeders and anything with a long harvest like kale and pick and come again crops."

Joe is philosophical about sustainability. "Closing the loop doesn't just relate to the nutrient cycle within the area you're growing, you've got to look at the bigger picture. Large scale agriculture is the antithesis of closing the loop with its high energy inputs and use of synthetic pesticides and fertilisers.

"One of the best ways people can help close the loop is to purchase from local growers and start growing more food themselves. We need to re-think the paradigms of what an urban space is supposed to look like."

Recently retired from a 20-year teaching career, Joe is looking forward to expanding and refining his production systems and passing that knowledge onto others through workshops on composting, how to set up a micro farm, and vegie growing basics.

So, can you really feed a family from a suburban block? "If you asked me this question ten years ago, I would probably have said no, but once you get the right system and processes in place you find that you can produce a huge amount of food from a relatively small space."

This article by Jacqueline Forster, with photos by Maja Baska, first appeared in ABC Organic Gardener magazine and is re-printed with permission



FINDING YOUR WAY

The Edible Garden Trail winds its way through the Blue Mountains, from Glenbrook to Blackheath and Mt Tomah. Here are some handy hints to help you get the most out of your journey.

THE MAP

To help you plan your time on the Trail you can download a pdf of the map from our website ediblegardentrail.com/map onto your mobile phone or tablet or scan the QR code with your phone camera or QR scanner app to access Google maps.

Gardens are open from 10am to 4pm (unless otherwise stated) but not all are open on both days, so make a note of which gardens you'd like to visit on which day before planning your route.

Be respectful of the time and effort people have put into their gardens. Tread carefully, take only photos, and don't stray into private areas of the properties.

Most of all enjoy and be inspired to grow your own edible garden!



TRAIL TIPS

PLAN YOUR ROUTE

To avoid back-tracking or missing out on something plan your day or weekend carefully by checking out the specific attractions at each garden or by sticking to one area.

TAKE YOUR TIME

Don't rush from one garden to another, take a little time to enjoy the features of each garden, talk to the owners and learn from them.

SLIP, SLOP, SLAP & SIP

Don't forget sunscreen, a hat and water – it can be hot walking around some of the gardens.

FOOD PITSTOPS

Check out local village cafes and restaurants so you don't run out of fuel while exploring the trail.

TOILET FACILITIES

Toilet facilities are not available at private gardens. Check our google map (QR code) to find the nearest public toilets.

BEST FOOT FORWARD

As many of the gardens are on steep and uneven ground please make sure to wear sensible and sturdy footwear.



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Edible GARDEN Trail

CENTRAL COAST

19+20 NOV 2022
 9.30AM - 4PM

OVER 25 GARDENS OPENING FOR TICKET HOLDER
 TO BE INSPIRED, CONNECT, LEARN & SHARE KNOWLEDGE.

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BLUE MOUNTAINS PLANETARY HEALTH INITIATIVE

Blue Mountains City Council's Planetary Health Initiative is collaborating with our First Nations Communities, Universities, Citizen Scientists, businesses, organisations, community groups and individuals to explore ways to restore planetary health for generations to come - recognising that human health and the health of all life is dependent on the health of our natural systems.

Our Planetary Health Pluriversity is exploring learning from many voices and in many ways to encourage the whole community to become #GenerationRestoration.

In December 2021 we trained a group of Permaculture teachers, and in January 2022 these new teachers participated in leading a free Permaculture and Social Enterprise Design Course for young people.

The group of young students created a Kitchen Garden at the old Katoomba Golf Course (adjacent to the former Club House), Acacia Street, Katoomba.

To encourage more people to begin growing their own food we are experimenting to see which plants are wildlife-compatible in the Blue Mountains and therefore don't need netting. We're also increasing the number of edible perennial plants to help build soils and habitat. Over a few hours the young people built a community compost hub, a pond, a vegie garden and a herb spiral to demonstrate how easy it is for everyone to do.

The Planetary Health Initiative is focused on building community and protecting the health of all life by restoring the health of our natural systems. We are keen to inspire everyone to participate in becoming #GenerationRestoration and will be offering courses for the whole community. Contact planetaryhealth@bmcc.nsw.gov.au for more information.

- Lis Bastian



Garden
14
SAT ONLY



bmcc.nsw.gov.au/planetary-health



Photos: BM Planetary Health Initiative

HANDMADE HOME

The crafty owner of this sustainable house and garden in Katoomba gives new meaning to the term "homemaker".

There's something about Kiwis and their can-do attitude that has many of us feeling a tad envious. For a small nation, with just over four million people, NZ has been punching above its weight for some time: see Sir Edmund Hillary, Jacinda Ardern, and that rugby team. So, it isn't surprising to learn that the creative talent behind this sustainable handmade home and garden in Katoomba hails from across the ditch.

Invercargill-born, Halin Nieuwenhuys, left the shaky isles for sunny Australia in 1987 bringing with her a hefty dose of that Kiwi grit and a passion for making which began as a child. "I've always loved making things and started sewing leather clothing from scraps - skirts, jackets and tops - which I sold at a shop in Dunedin after leaving school," Halin remembers. "When I came to Australia, I had a stall at Paddington Markets selling handmade shoes, and later kid's clothes, swimming cosies and hats."

During this time, Halin supported her creative endeavours with other work including a stint at the legendary IKU Wholefoods in Glebe where her love of food and fresh produce was first nurtured. This passion was further fostered when a tree-change in 1997 led Halin to the Blue Mountains and a job at the local food co-op.

Serving at the helm of the flourishing community enterprise for over a decade (while completing a Certificate in Community Services and a degree in Art Education) taught Halin many things about sustainable living. She definitely walked the talk during her tenure growing her own food, riding an electric bike to work, and building her own handmade home.



At just under 70 square metres Halin's home doesn't quite make it into the tiny house category, but it was a conscious decision to build small. "I lived in a magical little house in Darlinghurst in the early 1990's which had a profound influence on me," Halin recalls. "It was open plan, with lots of windows, and a small but lovely garden and made me realise I didn't need much space at all."

"When I was planning my house, I'd take my tape measure around to friends' places to see how big their living area was. One friend lived and slept in their kitchen, which I loved as I'm food obsessed, so I measured that space to figure out the minimum area I could comfortably hang out in."

After buying a 600 square metre block in Katoomba Halin began to visualise her house drawing floor plans of the design. "I cut out shapes of all my belongings that needed to fit in but realised my imagination was limited unless I could manipulate the space in 3D." An app called Floor Planner generated a virtual 3D model complete with furniture and fittings. "Every evening I would obsessively play with different versions until I started to get something that I thought would work on the land."

The north-facing section and tight budget helped determine the design. "I wanted to build a one-bedroom house, but the bank preferred that it had two, so I have one bedroom for me and one for the bank, which has turned out to be very handy because even though I have tried to hone down all my stuff - there's still fabric and sewing machines and tools that need a home. And It's good to have a spare bed for visitors."

Key elements to consider were light and warmth. Katoomba sits at an altitude of 1000 metres above sea level and winter can bring snow, so it was important to make the home cosy says Halin. "I wanted to maximise as much light as possible. I knew that if it was well insulated and let in lots of north facing winter sun, it would be warm. And it is!"

Drawn to the Kiwi bach aesthetic (a bach is a modest holiday house, often just a shack) Halin decided on a fibre cement clad timber frame building with a skillion roof. Construction proved to be very hands-on. Whittling down items from the builder's quote that the budget wouldn't stretch to Halin was left with a big to-do list: install kitchen and bathroom cabinetry, lay decking on front and rear verandas, install front and rear steps, paint inside and out. And that wasn't all she tackled herself.



Halin's handmade home includes many bespoke fixtures and fittings including a stunning sofa. "I hate shopping and had an unpleasant experience trying to order a sofa from a furniture store, so just as Covid was breaking out in March 2020 I took a couple of weeks leave from work and built my own," she says.

"It needed to be a particular size to fit in my house and I wanted it to be good quality and upholstered in velvet, so, as is often the way - if I want something and the price is hugely expensive or I just can't find it, I make it myself."

Other handcrafted items in the house include a pair of Adirondack chairs, cushions, lampshades, a sideboard, shelving and a reupholstered set of Parker dining chairs. "I was able to make four good chairs out of a set of six second-hand ones even re-using the legs from one on my sofa."

But of all Halin's creations the one that sparks the most joy is the garden she built from scratch.

Halin admits it wasn't until she moved to the Blue Mountains and lived in a charming cottage on five acres that she really got into gardening. "As a kid we always had a vegie patch and some fruit trees which kept us well in silverbeet, green tomatoes for chutney, apples, plums, raspberries and spuds," she recalls. "While not passionate gardeners, like most Kiwi households our family vegie garden was a bit of a tradition, with my brothers rotary hoeing the patch each spring before mum planted out the veg."

When Halin moved into her new build she was faced with a relative wasteland. "The soil was very degraded. It had been the site of the milk depot and before that a Peter's ice cream factory and parts of the garden were full of broken milk bottles, rubble, rocks, concrete, bits of fibro and various strange bits of rusty metal.

"There was a sad moment when after having a digger in to remove all the African love grass a pair of magpies hopefully watched as I shook out the soil from the mountain of weeds waiting for a tasty treat. There was not a single living thing in the soil. Now after five years and tons of mulch and compost there are worms and tiny creatures everywhere. It has been incredibly satisfying to see the soil slowly come back to life."

The abundant garden now teems with diversity. Herbs, vegies, and flowers sneak their way into every nook and cranny from raised beds to paths, in amongst the natives, on the driveway, the verge, and in pots and tubs. "I'm growing a lot of the usual veg suspects. Lots of greens for salad, and various kinds of kale and Asian greens. The boysenberries have been a fabulous success and I have quite a few fruit trees including pears, peaches, lemons, lime, pink grapefruit, tamarillo, a column apple, and two fig trees."

Halin recently added two new beds with edges woven from hazel sticks collected from a friend's garden. "She never gets any hazelnuts, but the sticks are fabulous!"

Native plantings include loads of grasses – poa, lomandra, dianella, native sedge, xanthorrhoea, and kangaroo paw, with an upper story of eucalypts, tree ferns, and a magnificent white waratah. An area on the deck is devoted to succulents while inside the house there's an ever-growing jungle of happy indoor plants including fiddle leaf fig, Rojo Congo, philodendron Xanadu, monstera Fruit Salad, orchids, and devil's ivy. Halin says her garden has a mind of its own. "It's such an evolving organic process and a constant learning curve. I win some and lose some."

When Halin isn't tending her garden and fixing things around the house she can often be found belting out a tune in a neighbourhood choir. This love of community connection also led her to join the Blue Mountains Edible Garden Trail as a founding open garden. "The Edible Garden Trail is a wonderful opportunity to share the garden love," says Halin.

"Even though my garden was still in its infancy when I first opened to the public, people found inspiration in what could be achieved in a short space of time on a derelict block. I love running into people, sometimes a year or two later, who tell me that my garden inspired them to start gardening."

Halin's verge garden also attracts visitors and encourages neighbourliness with its free pickings and compost hub. "The joy of growing is truly infectious. You never stop learning about gardening and there is something to be discovered from every garden you visit."

In addition to the Edible Garden Trail and choir, Halin belongs to a textile group that has been meeting for the last 19 years. "Naturally, we're all into making but we mostly just love to share and talk about food."

This article by Jacqueline Forster, with photos by Maja Baska, first appeared in ABC Organic Gardener magazine and is re-printed with permission

COMMUNITY, SCHOOL & SOCIAL ENTERPRISE GARDENS

If you're interested in volunteering, learning how to grow your own food, and would like to connect with like-minded folk over a cuppa, why not join a community garden.

#5. MEGALONG VALLEY PUBLIC SCHOOL

Megalong Road, Megalong Valley

#15. LEURA PUBLIC SCHOOL

Corner Mount Hay Road & Greater Western Highway, Leura

#19. KINDLEHILL SCHOOL

8 Lake Street, Wentworth Falls

#22. LAWSON PUBLIC SCHOOL

Adelaide Street, Lawson

#29 BLUE MOUNTAINS STEINER SCHOOL

83 Clearview Parade, Hazelbrook

#38. EUROKA CHILD CARE CENTRE

Corner Great Western Highway & Hope Street, Blaxland

#39. BLAXLAND EAST PUBLIC SCHOOL

53-85 Old Bathurst Road, Blaxland East

#4. BLACKHEATH COMMUNITY FARM

[facebook.com/connectiontoplace](https://www.facebook.com/connectiontoplace)

60 Thirroul Ave, Blackheath

#23 MID-MOUNTAINS COMMUNITY GARDEN

[facebook.com/MidMountainsCommunityGarden/](https://www.facebook.com/MidMountainsCommunityGarden/)

Kihilla 5-17 Queens Road, Lawson

#35. SPRINGWOOD COMMUNITY GARDEN

[facebook.com/SpringwoodCommunityGarden](https://www.facebook.com/SpringwoodCommunityGarden)

168 Hawkesbury Road Springwood

#40. HOPE STREET COMMUNITY GARDENS

69 Old Bathurst Road, Blaxland East

#27 FARM IT FORWARD SOCIAL ENTERPRISE

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107 Clearview Parade Hazelbrook

#14 BLUE MOUNTAINS PLANETARY HEALTH INITIATIVE

@bluemountainsplanetaryhealth

Acacia street Katoomba (Old Katoomba Golf Course)

PRESERVING YOUR HARVEST

Seasonal mixed vegie kraut

This great no waste recipe by Naturopath, Sonya Byron, can be used to preserve just about anything from the garden. Perfect for gluts or slim end of season pickings.

Ingredients:

- Mixed organic vegetables of your choice (I like a combination of crunchier vegetables, such as cabbage and carrot, with softer ones, like Asian greens)
- 1tbsp of salt per kilogram of vegetables (Himalayan pink or Murray river salts, both available at Blue Mountains Food Co-op, are my favourites. I recommend avoiding Celtic sea salt, which tends to produce a mushier kraut due to its moisture content)
- Herbs and spices of your choice (think beyond caraway seeds, and add any herb or spice you enjoy to your kraut. I love adding big bunches of fresh basil, coriander or dill to mine)

Method:

Finely slice your vegetables, grating any that are particularly firm. Tare the weight of a bowl, add your vegetables, herbs and spices to obtain their combined weight, and calculate 1 tablespoon of salt per kilogram of vegetable mixture. If you have 2.5kg of mixture, for example, measure 2.5 tablespoons of salt.

Add the salt to the mixture, put on some good music or a podcast, give your hands an extra wash, and start mashing and squeezing your vegetables (use your hands, or a tamping tool or rolling pin to help you if you like). When you can pick up and squeeze a handful of the mixture and the juice runs easily, you're ready to pack your kraut.

Scoop your mixture into your fermentation crock (also available at the Co-op) or jars, pressing firmly down as you go. When each vessel is filled, add krauting weights, a smooth stone, a folded cabbage leaf with a chunk of carrot, etc. to ensure that the mixture remains below the brine, as this will prevent moulds from forming on the surface. Cover the vessel and allow the veg to ferment for at least 7 days. I like to allow at least 3 weeks, and some people ferment their vegetables for even longer.

NB: If you're using a crock, the gasses that arise through the fermentation process will be released with no effort on your part, however, if you're fermenting in jars you'll need to "burp" them once or twice daily to release these gasses or your vessel may explode!

Sample your kraut after about a week, and weekly thereafter to determine the perfect ferment time for you. Refrigerate when it's ready, and then add your finished kraut to anything and everything – it's for more than just hot dogs! I like to enjoy mine as a side to pretty much any dish, and it's especially good added to scrambled eggs and vegetable soups.



The Mick Dark Talk for the Future

with Costa Georgiadis

Sunday 23 October 2022, 4:30pm – 5:30pm

Marquee at The Carrington Hotel

Tickets \$25.00 / \$22.50

Book now at www.bluemountainswritersfestival.com.au

*Presented by Varuna, the National Writers' House, the Blue Mountains
Conservation Society and the Blue Mountains Writers' Festival*



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