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From the source

Welcome to the very first edition of From the Source, the quarterly newsletter of Source Community Wholefoods Co-op. In addition to the regular e-newsletters, *From the Source* will keep you updated with what's going on at Source, as well as providing informative and entertaining articles on anything and everything relating to sustainability, food, gardening and health from a local Tasmanian perspective.

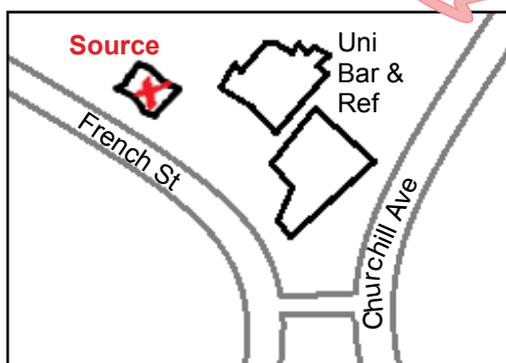
Thankyou to Ben, Sam, Sarah, Lissa and Jenny for their high quality contributions to this issue. For future issues we'd love to see contributions on anything sustainability, food or gardening related, for example: your favourite recipe, DIY articles on topics like preserving, garden projects etc., articles of about 400 words on any topic related to sustainability. E-mail: evewhite@hotmail.com

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New to Source?...

- Source is a community driven not-for profit venture including:
- An organic food co-operative providing affordable organic, local, minimally packaged & fair trade goods.
- A community garden with wood-fired pizza oven, small apple orchard and composting facility.
- Members receive a 20% discount on all produce. Active members (volunteering in the shop) receive a 30% discount.
- Shop and community garden are located at 12 French St, Sandy Bay, on university campus (see map). Look out for signs on French St & take stairs down hill OR follow path from student union building.
- Visit website at <http://www.sourcewholefoods.org.au/>
- Open Tues-Thurs 12-6pm, Fri 12-5pm & Sat 12-1pm





Garden Working Bees

When?

11am to mid-afternoon 1st Saturday of every month.

What?

Do some work in the garden

Make friends

Eat PIZZA!

Where?

Source Community
Wholefoods Co-op. 12
French St, Sandy Bay

For more about the Source garden see Sam's article on page 3-4.

Source needs you!

Whatever your skills, they are needed at Source...

Like to get your hands dirty?

Volunteers needed to:

Build a kids' sandpit

Build a greenhouse cabinet for seedlings

Water garden on regular basis

Got the gift of the gab?

You could:

Be a site tour guide

Run a workshop (eg. Preserving, gardening etc)

Set up school excursion program

Got an eye for a bargain?

Receive 30 % discount on produce by volunteering at the shop for eight hours out of every six weeks.

WANT TO HELP DIRECT THE FUTURE OF SOURCE?

Board members needed now! See facing page for more about the board.

Need to build your marketing resume?

We need you to:

Make an events display board

Distribute flyer & posters around town

Explore other free/ cheap marketing options

Develop communication plan for dealing with stakeholders



For more info...

about these and many other volunteer opportunities e-mail:

Source.wholefoods@gmail.com

The Board

What's it like to be a board member?

Behind the scenes at Source there exists "The Board". Who, or what, is the board? And what do they do? I interrogated long-time board member, Ben Wills.

The board currently consists of Jen Calder (acting secretary), Ben Wills (treasurer), Clare Wiltshire (general board member), Lissa Villeneuve (chair) and Penni Rockcliff (community outreach) Jenny and Ben have been on the scene since Source's inception in 2005.

Board members work on a voluntary basis and currently put in about 10-20 hours per month (the time commitment may change if Source's structure changes).

Back in the early days, Ben explains, the role of the board was largely about selling the idea, and later about project management and the legislative side of things. The different people involved had complementary skills which helped it all happen, for instance Jenny excels at community engagement and Ben has a business background.

The role of the board has evolved somewhat over time with the level of formality growing as Source grows.



Jen, Lissa, Ben and Clare receiving EPA's Environmental Excellence Award in 2010

Now the board's role tends to focus on making sure things continue to run well and making improvements where required. The board is responsible for tasks such as:

- Employing staff
- Applying for grants
- Managing finances
- Managing relationships with key stakeholders (such as the university)
- OH&S issues
- Managing memberships
- Communications (with the media and with members)
- Setting policies
- Organising events

Regular board meetings are held, at which decisions are made on a consensus basis, meaning discussions are held, and compromises made, until an agreed solution is reached.

Close friendships have formed among board members, and Ben describes his involvement with the board as being extremely rewarding: "It's very exciting to have the opportunity to steer an organisation at the cutting edge of food issues, making good quality food accessible to everyone", Ben explains, "Being on the board allows you to make a tangible difference".

Ben emphasises the fact that Source is more than just a shop; as a co-op, the involvement of all members is important. New board members will be required from mid-2011, so please consider standing for one of these rewarding roles to help ensure the survival of your food co-op.

- By Eve White

“It's exciting to have the opportunity to steer an organisation at the cutting edge of food issues. Being on the board allows you to make a tangible difference.”

The Garden Report

-By Sam Wood

Mama Mia, Day Dream, Tulay Black, Green Zebra, Tommy Toe, Riesenstraube, Black Krim, Stupice, Black Cherry, Jaune Flamme, Tigerella, Broad Yellow Ripple Currant, Black Russian. Yellow Tom...

Sounds like a list of horses from the latest Melbourne Cup field or perhaps the stars of a local cabaret show. But no, they are the names of the 14 types of heritage tomato at *your community garden*. Come late January they will comprise a veritable smorgasbord of flavours, colours, sizes and shapes that will surely be popular amongst the 'pick your own' produce this summer. Perhaps the ultimate Source Challenge for February is to pick and buy one of each tomato, line them up and put them to a truly unique taste test!



Pick your own. Food miles = zero!

It seems rather incongruous to describe the last few months as summer with sunny days being few and far between. Nevertheless, the vegetables have battled on, spurred on perhaps, by all the wonderful rain.

Inspired by our bumper crop of Brassica and our forest of broad beans, we trialled the 'pick your own' concept at Source and it has been a resounding success. We hope that you are enjoying the ultimate fresh food (food miles = 0) and that you are looking forward to what we have to offer in the upcoming months: garlands of garlic, a cornucopia of corn, resplendent rhubarb, a

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kaleidoscope of beans (yellow, red, green and blue), zesty zucchinis, curvaceous cucumbers, three temperatures of chilli, tempting tomatillos, fathoms of carrots and parsnip, bulbous beetroot, languid lettuce, tonnes of 'taters, a platter of silver beet and a paddock of pumpkins. All this delicious food just for you.

Of course these vegetables don't get there by accident. They are the product of a community of volunteers that epitomise the ethos of Source. Dozens of people have come along to our 'First Saturday of the Month Working Bees' to build sheds, construct terraces, plant seeds and seedlings, gossip and – most importantly – eat pizza. We have had some 'special guests' come and get their hands dirty: Costa from Costa's Garden Odyssey and Tino Carnevale from Gardening Australia supervised a gaggle of kids to plant the butter beans and carrots that may end up in your salad. We were even featured on the front cover of the summer edition of the National Community Garden Magazine (see <http://communitygarden.org.au/>). Special mention must be made for our silent army of waterers (and their battles with the rather impotent water pressure) and to Sally the Inimitable Chief Composter.



It's tomato time!

In the coming months there are exciting plans afoot to construct a proper trellising system for the espalier apple orchard, landscape the bank above the BBQ, continue our crop rotation and stand back and admire the sunflowers. So what are YOU doing on the first Saturday of next month?



A return to common sense: Cygnet Herb, Health and Organic Expo 2010

The sky looked ominous but the rain held off for Cygnet Herb, Health and Organic Expo, held on the 28th November 2010. The Expo featured over 30 stalls offering plants and organic, local and handmade products for sale, and information on all things sustainable.

Unfortunately the beautiful plant stalls distracted me, making me late for the morning workshops, but I made it to the excellent afternoon forum themed "Food, forest, family: building resilient communities".

The ABC's Tino Carnevale (inset) gave an enthusiastic presentation on organic pest control; Adam Burling from the Huon Environment Centre, the event's sponsor, gave an impassioned talk about forest conservation; Celia Leverton discussed permaculture's holistic approach to land management; Dr John Todd provided an educational overview of the health benefits of warmth and air quality in the home; Naturopath Belinda Robson discussed a side of natural medicine that we don't usually hear much about: the ethics of where herbal products come from; and The University of Tasmania's Professor Jamie Kirkpatrick gave an entertaining and heartfelt talk about living in peace with the wildlife in our gardens.

What struck me most was the common thread shared by each of these very different talks, an idea

that came up again and again: that for our own good and for the good of the planet we must return to a simpler way of living, a common sense approach to doing things.

In keeping with this sentiment, Tino, Celia and Jamie offered practical suggestions for working with ecological processes in managing our gardens and the insects and wildlife within them, John urged us to reduce the use of toxic air-polluting products in the home and to turn to the old European tradition of airing our homes daily, and Belinda advocated a return to herbal medicine sourced from our own backyards. Adam took a big picture view, highlighting the fact that we could go a long way towards halting biodiversity loss and climate change by taking one simple action: preserving the world's forests.

Each talk was hopeful, focusing on the good things, rather than doom and gloom, with a strong emphasis on our role as individuals in facilitating positive change.

There are no words more apt than those of Permaculture guru, Bill Mollison, to sum up my impression of the day: *Though the problems that face the world are increasingly complex, the solutions remain embarrassingly simple.* I guess it's "simply" a matter of us putting these changes into practice.

-By Eve White

The Food Files



Carob balls

Carob Balls

A friend of my mum's gave her this recipe over 30 years ago and, as kids, this was our favourite sweet treat. Carob balls are simple, yummy and require no cooking. Children love to help make them and to eat them!

- 1 C honey
- 1 C dried milk powder
- 1 C desiccated coconut
- ¾ C chopped almonds or brazil nuts
- ½ C carob powder
- Extra coconut or sesame seeds to coat

Heat honey in saucepan, stirring, until bubbling.

Turn down heat and simmer, continuing to stir, for one-two minutes. The longer it simmers, the harder the balls will be.

Pour into medium bowl.

Add remaining ingredients and mix.

Allow to cool for about 15 minutes or until firm enough to shape into balls.

Take a tablespoon of mixture and roll into ball, coating with coconut / sesame seeds. Repeat with remaining mixture.

Place on plate in fridge until firm.

Makes 12.



Got a favourite recipe to share? Please e-mail it to: evewhite@hotmail.com for publication in an upcoming issue.

DID YOU KNOW?

The food and beverages sector is Australia's largest manufacturing industry.

Global sales of organic food and drink increased by 43% between 2002 and 2005.

Over 70% of Australian organic export goes to the European Union.

In Australia, 12,000 ha of land is used for organic farming.

Of all states, Tasmanian households have the lowest weekly expenditure on fast foods (average \$18 per week in 2005).

Sources:

- Brian McElroy (2008) Global Statistics of the Organic Market.
- Australian Bureau of Statistics.

Carob: cheerful chocolate substitute or cheeky charlatan?

Let's not beat about the bush: if you're craving chocolate, carob won't do. Other than being similar in colour, carob is really pretty different to chocolate. Carob is a delicious food in its own right though, and because it's healthier in some respects, than chocolate it has the added bonus of making you feel virtuous. Conveniently, Source stocks both organic carob and chocolate, so you never have to choose between them.

Carob vs. Chocolate

A large tree, a legume	A small tree in the Sterculiaceae family
Native to the Middle East	Native to Central America
Most is sourced from Spain & Portugal	Most is sourced from South America & West Africa
Likes arid conditions	Likes the wet
Has few natural pests so easy to grow organically	Has a number of natural pests and diseases
Low in fat	About 50% fat
Naturally sweet so less sugar needed	Naturally bitter - much improved with sugar
No caffeine	Caffeine
Low in theobromine so you can share it with your dog!	High in theobromine = bad for dogs.



Source's organic chocolate selection

Sourcey Folk

Each issue of *From The Source* will feature a profile of someone involved with Source (a volunteer, a board member, a member...). This time we feature Sam, who thoroughly deserves recognition for his tireless work in the Source garden.



Sam, Sam The Garden Man

What's your role at Source?

My role is to coordinate volunteers to grow and maintain a productive shared community garden. We run the garden through a series of monthly working bees (first weekend of each month), an informal garden committee and an unseen but much loved army of hose people that keep our garden watered and compost turning over. All I have to do is make sure enthusiastic, happy people show up at Source at the same time as trays of seedlings, seeds and pizza ingredients (and sheds and railway sleepers and fencing wire and mowers etc.). I also make sure that basketfuls of tasty seasonal produce are being plucked from our garden by shoppers.

What do you do when you're not busy in the Source garden?

Ever wondered how old Tasmania's giant old-growth forest trees are? Ever pondered what explains the distribution of rainforests and buttongrass plains in southwest Tasmania? I did. So I invented a PhD that got me to Tasmania and gave an excuse to wander around

some of the most beautiful places on earth with a shovel and a GPS. So that occupies most of my 'working' hours. Answers to the aforementioned questions will be available at the next garden working bee!

I spend most of my spare time outside (I lied about being the indoor type), 'strompsing' and 'botanising' all over Tasmania, Australia and the world in quest to do a handstand in the most spectacular places on Earth. Laura and I just bought sea kayaks, which are currently competing for attention with the hiking boots. I have insatiable competitive streak, which I placate by running around after frisbees, hockey balls, footballs and golf balls. I look forward to a Carlton premiership in 2011. In my more sedentary mode, you'll find me kicking back with a flat white, The Age and a cryptic crossword at any of the pokey cafes around Hobart.

Where did you grow up?

I grew up on a farm in North East Victoria nestled somewhere between the Murray River and the Victorian

Alps. The farm comprises a diverse array of enterprises including beef cattle, an orchard of 4000 persimmon trees, an extensive oak and plane tree nursery, a seven hectare eucalypt plantation and an 1800's house and garden straight out of a Country Living magazine. I have since studied Environmental Science in Canberra and worked in forest research all over NSW before eventually finding my home in Hobart.

What's your favourite veggie?

It is probably somewhat blasphemous for a former 'country boy' to nominate a glorified thistle as a favourite vegetable to grow, but I am most proud of the four Giant Artichokes at Source. Those magnificent sawtooth artichoke 'trees' stemmed from four tiny root fragments that I rescued from Creek Road Community Garden. As for my favourite veggie to eat, there is simply nothing like a tomato eaten straight off the vine.

Party in the garden!

26 November 2010

Over 80 people attended a garden party at Source on the evening of Friday the 26th of November.

The party was to belatedly celebrate our six month anniversary, all our members and volunteers in the Source community, spring / summer time, and the beauty and productivity that our volunteers have nurtured in the garden and the shop over the year.

Italian chefs Samuele, Jole, Genesis and Benito (umm, Sam, Jodie, Jen and Ben) were covered in flour and busy all evening creating pizza master-pieces with herbs and greens from the garden. Tasty beverages included beer from the Two Metre Tall Brewery, home-brewed ginger beer from Kevin and some home-made lemonade by Sam Sam the garden man. Later in the night some amazing cakes appeared! Thanks Mell!

While local musicians Billy Whims, Jayson and Barney played some tunes on the stage, we had a lucky garlic pulling competition. This was a tricky ploy to get everyone harvesting our 2nd annual garlic crop. Later some helped plant a crop of corn as well. I can't wait until those fresh and juicy sweet corn cobs start appearing next year! Sam has suggested that every working bee be relabelled as a garden party!

However the biggest thanks goes to Clare Wiltshire, one of the board members of Source, who organized the whole do. It was a lovely night and I hope it re-inspired all who attended about how fantastic it is when the community gets together to take ownership of our food system, build the Hobart community, and support organic and ethical producers all whilst having a good time!

Thanks to all who came.

-By Jen Calder



Source Tasmania?

If you've read Sarah's article (facing page) in this exciting expanded edition of the Source Newsletter, you will know there is a growing buzz around "food security" in Tasmania. In fact our state is now leading the nation in recognising the importance of not just providing adequate nutrition for all citizens, but as much as possible, doing so from local sources.

If you live in Sandy Bay, Tarooma or South Hobart, the Source Community Wholefoods Co-op now provides a relatively convenient and affordable means for you to access good quality, nutritious and sustainable food. For many people, such as uni students, who are potentially food insecure, this development increases their "food security". However, I believe there is also a need (and opportunity) to extend the reach of this service beyond the relative affluence of the Co-op's current location into some of Hobart's (and potentially Tasmania's) more distant locations.

If such a program is to be successful over the longer term however, it needs to generate enough income that it can cover operating

expenses without the need to continually rely on government or donor support. That is, it needs to be a self supporting 'social enterprise'.

With this end in mind, I recently requested a small grant from the Tasmanian Food Security Fund, to undertake a study exploring the commercial and logistical feasibility of expanding the reach of the Source co-op in conjunction with two third party organisations; The Smith Family and the Midlands Initiative for Local enterprise (MiLE). This feasibility study (which is being auspiced by my employer The Australian Innovation Research Centre) will explore two modes of service extension, both of which would involve some level of online ordering and delivery of products to community drop off points.

The first option is the 'gently gently' option and would see a minimal investment in the current Source site, such that we could pack perhaps 100 boxes a week on site, a portion of these boxes would then be conveyed to outlying member groups in Bridgewater and Oatlands. Ideally boxes would be custom packed and include any item currently sold by

the co-op. Obviously space is tight in the building though, and packing even 100 boxes on site will need creative thinking. Given we now have around 800 members however, offering any fewer, in my opinion, would be too exclusionary. Delivery to outlying drop off points, would be carried out by volunteers in those areas.

The second option, which I'm referring to as "The Full Monty", would see significant investment in an off-site storage and distribution facility suitable for storing, packing and delivering 500-1500 boxes per week. The boxes would be delivered to designated community drop off points throughout the state. While this option is certainly ambitious, it is I think feasible given the current funding environment and support for similar organisations (like www.foodconnect.com) in other locations.

This study is being carried out in conjunction with the Source board as well as the aforementioned partner organisations. While I believe it has the potential to paint an exciting future direction for Source, actually implementing its

recommendations will be a matter for the Source board as well as you, the members of the Source cooperative, to consider.

If would like to discuss this study with me, please contact me via email: bwills@utas.edu.au or Mob: 0427 502432.

- By Ben Wills
Co-founder & current Treasurer

“ Our state is now leading the nation in recognising the importance of not just providing adequate nutrition for all citizens, but as much as possible, doing so from local sources. ”



Food
security:
The
availability
of good food
and one's
access to
it.



Contextualising Source

Headed the term 'food security' bandied about, but not sure if it's referring to food terrorism or stocking up for Armageddon? Well, it's not quite so exciting, but deserves an equal level of attention!

Food security refers to people having access to good food all of the time. What we mean by 'good food' is that it is sufficient, reliable, nutritious, safe, acceptable and sustainable.

It is not about feeding the hungry one meal at a time, it is about achieving a state where all people have reliable and affordable access to good food.

There are essentially two sides to food security:

1. The food supply (e.g. Production, distribution, retail, pricing) and
2. A person's ability to access the food (e.g. Finances, personal

transport to shops, an adequate kitchen to cook in, etc.).

In a number of ways, Source impacts on both the food supply and the local community's ability to access food.

Source is a brilliant example of an initiative that provides:

- Sustainably produced and sourced food;
- Opportunities for the community to become involved in and have a say about the food they purchase;
- Opportunities to become involved in growing the food that they consume;
- Learning opportunities around food sustainability and production;
- A platform to have a voice about your food supply.
- An innovative social enterprise that is working to improve food security for Tasmanians. One of the benefits of social enterprise is that you know that the money

you are spending there is (as much as possible) being put back in to the local Tasmanian community.

So next time you shop at Source, think about the flow on benefits to your local community, and you will get so much more than just groceries out of it!

There is bit of groundswell in Tasmania at the moment around food security. The Tasmanian Food Security Council was formed in March 2010 and is responsible for setting the strategic direction around responding to food security for Tasmania. They have also just announced the distribution of the food security fund to a number of initiatives which will work in innovative ways to improve food security for Tasmanians. There are more and more initiatives like Source that address food security being established, so watch this space...

-By Sarah Connally
Secretariat.
Tasmanian Food Security Council

Preserving our future

Last year, Source received a micro-grant from the Tasmanian Climate Change Office to purchase some fabulous preserving equipment and now that the summer bounty of garden goodies is upon us we are keen to start using it!

The Preserving Our Future project aims to provide information to our members on how to preserve their own food as well as develop a system for healthy, climate friendly, convenience foods to be processed onsite and made available in the shop at minimal cost.

A series of workshops will teach interested members of the community how to preserve seasonally-abundant food at home while minimising resource consumption and emissions. These workshops and working bees will be held regularly to ensure that the art of food preservation is shared with the broader community. People will be able to make substantial

cost-savings in their home by preserving food that is either from their own gardens, or cheap because of seasonal surplus. Participants will be taught simple ways to preserve using the water bath method as well as pressure canning for vegetables, legumes and soups.

Tasmanian preserving guru, Sally Wise will be presenting a workshop in April, but we still need more presenters. If you (or someone you know) have experience with preserving and are able to facilitate one of our workshops, please contact Lissa (lissa@sustainablelivingtasmania.org.au).

This project will also work to develop the capacity of Source to preserve seasonally abundant foods for resale throughout the year. Many Tasmanian households depend on tinned foods, such as fruit, vegetables and legumes as a regular part of their diet. Although metal tins can be

recycled, their production and recycling is highly resource and energy intensive. By processing local and seasonal foods in reusable glass jars, we will be able to significantly reduce energy use and emissions that are generated from the production, processing, transport and recycling of tinned foods. If you are keen to help with this, please let us know!

Sally Wise's workshop will be held on Saturday 16th April and we'll be making diced tomatoes, onion jam, apple jelly, quince paste and cauliflower pickle. Come and learn how to make the most of Tassie's abundant autumn harvest!

-By Lissa Villeneuve



Want to be preserving veggies from your own garden by spring? Right now's the time to be planting:

March

Spring onions
Overwintering cabbage, cauliflower & carrots
Rocket
Radishes
Lettuce
Coriander
Endive
Beetroot
Mustard greens

April

Lettuce
Garlic
Overwintering bulbing onions
Broad beans
Cover crops like tic beans & Persian clover

May

Broad beans
Cover crops like tic beans & Persian clover

From Steve Solomon (2003): *Growing Vegetables South of Australia: Year 'round Tasmanian food gardening*. Published by Steve Solomon. Available for purchase from Source.