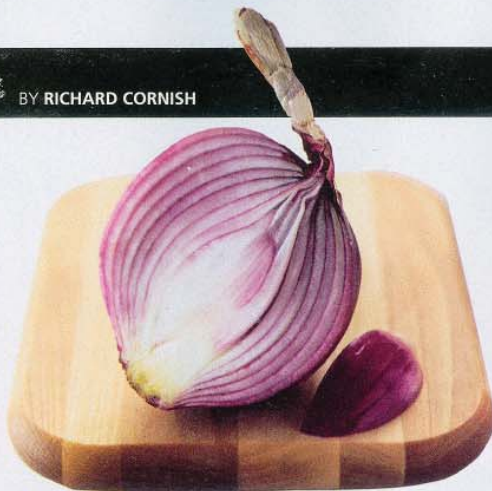


Food miles 782

The average number of kilometres an onion travels to reach the plate of a diner in Melbourne.



JALNA BIODYNAMIC YOGHOURT

This biodynamic tub-set yoghurt (\$3.95 for 500 g) contains no additives, plus the pastures and herds are managed without artificial chemicals. Available from major supermarkets and organic food stores.



SUNNYLIFE APRON

Dinner parties just got a little more festive with these cute and colourful aprons (\$29.95) made from organic cotton and organic dye. Available Australia-wide in David Jones.



FOUR LEAF POLENTA



For 40 years this South Australian company has championed grain farmers who care for their land and soil in a sustainable manner. Their organic corn polenta (from \$3 for 300 g) is made from corn grown on a certified farm in southern Queensland, and is milled in SA. Available from selected supermarkets, organic retailers and health food stores.

TRU FOODS ORGANIC RAW SUGAR

This great-tasting sugar (from \$1.45 for 500 g) is processed and packaged in Queensland. However, like all certified organic sugar sold in Australia it is imported from overseas. Available from health food stores and organic retailers.



Meet the farmer

Some of the best cakes in Australia are baked using the Lloyd family's flour. This family sow, harvest, mill and package the best baking and bread flour in the country. The Lloyds have used biodynamic farming techniques for 20 years in WA. They planted trees along all the creeks and fence lines of their 1,295-hectare farm and banished chemical fertilisers and pesticides. Now they also buy grains from other biodynamic farmers in the Great Southern region. Their Eden Valley flours and grains come in simple paper bags sewn shut with thread, and are sold in many organic and health food stores.

To find stores with Eden Valley flour, visit www.edenvalleybiodynamic.com.au.



Market fresh

THE SLOW FOOD MELBOURNE FARMERS' MARKET

Just a few kilometres from Melbourne's city skyscrapers, tucked into a sleepy bend of the Yarra River, is a former convent dating back to the 19th century. On the fourth Saturday morning of every month, the twisting paths and old courtyards are filled with trucks and trailers loaded with produce from the city's hinterland. From the hills to the north come the best salad greens and from the dry saltbush country near Echuca comes some of Australia's tastiest lamb. There's organic goat's cheese from the Goldfields, oranges from the Murray Valley and some of the nation's richest honey from the stringy bark trees near Victoria's snowfields.

This is one of the country's greenest farmers' markets. Run by Slow Food Melbourne, there are no GMOs, no plastic bags, no long cold storage and where possible, no synthetic chemical pest controls used on produce. Farmers are encouraged to charge equitable prices and city customers are encouraged to arrive by train.

You'll find the market at Abbotsford Convent (St Heliers Street, Abbotsford). It runs from 8am-1pm and costs \$2 entry. To find out more visit www.mfm.com.au/slowfood.