



## In this edition

- Word picture – Joaquim da Costa
- Kojonup on a plate – holistic farming yields retail partnership
- Air raid shelter inspires a gardening life
- 'Vegetables for victory'
- Leaping lizards in an Onslow school garden
- One harmonious snail
- Feasts, fasts, famines and fads – a peek at food history
- Shaking and making in Japan
- Celebrate Terra Madre Day
- A slurp of real milk
- Slow Food Perth contacts
- 'Feeding the snail' – contributions welcome

## Word picture

In *The Secret Gardens of France*, Mirabel Osler interviewed Joaquim da Costa, Portuguese-born gardener and some-time butler at Berzé-le-Chatel in Burgundy, the feudal chateau of the Comte and Comtesse de Milly:

— One year [M. da Costa] went to visit the châteaux of the Loire. 'I saw other *potagers* there. Yes! More beautiful than this, but made for the eye only. There was one – I don't remember which one it was...oh, *merde*, what is the name of the chateau...? Well anyway there were long rows with terraces, with beautiful gardens beneath – with a row of leeks, one of lettuces, one of beetroot, one of cabbage, one of haricots, and each tomato plant the same height. Row after row, all beautifully ordered and aligned.' Then with a shrug and grimace of dismissal he added, 'There wasn't a blade of grass, a weed...there was nothing! *Ce n'est pas la même chose! Voilà* – this one is *un jardin d'exploitation*. A garden that is used! From which one benefits!' And then with a final ebullient justification: 'Which one eats!'

*The Secret Gardens of France*  
Mirabel Osler  
Pavilion Books 1993

## Kojonup on a plate – holistic farming yields retail partnership



In February 2009 Slow Food Perth co-leaders Pauline Tresise and Jamie Kronborg participated in a Taste Great Southern late afternoon local food tasting at Kojonup's The Kodja Place. Exhibitors included nearby wineries, Ringwould goat cheese dairy from Redmond, and Kojonup butcher Duncan McQuade. With Duncan were Kojonup beef producers Pam and Jim McGregor. We asked Pam to tell the story of their fascinating Kojonup farming enterprise – Ardcairnie Angus – and their new partnership in truly 'local food' marketing.

IN 1973, with infant sons Neil and Ross, Jim and I emigrated to Western Australia from Fife in Scotland. Jim had come out ahead of the children and I and purchased a farm in Denbarker – between Denmark and Mount Barker, in the lower Great Southern – which was to be our home for the next 24 years.

By the late 1990s, many of the farms around us were being sold for tasmanian bluegum plantations, and the community changed. We didn't want to live in a forest, so in 1998 we sold (yes, for bluegum plantations) and made the move to Maybenup, a farm on the Albany Highway just south of Kojonup. The majority of our enterprise is beef cattle and for the most of our 35 years in Australia we have bred angus. Our enterprise involves producing breeding bulls, pregnant cows and heifers and beef steers for sale.

At the beginning, the Denbarker farm had some salt-affected land, and Jim gradually came to the realisation from those early years that salinity, wind and water erosion and soil acidity were all symptoms of inappropriate land management practices. Changing the way we managed the whole landscape meant challenging all the then accepted concepts about how land was managed.

Jim had heard of 'holistic management', which takes a more comprehensive approach to decision-making, considering environmental, social and economic impacts. This concept seemed to 'fit'. It should lead to a truly sustainable and even regenerative farming system as we progress towards our landscape goal, working with nature and those things within our control, to move the ecology to more complex and natural systems.

Our animals are a very significant part of the equation, but how we manage them is of the greatest significance. The vast grasslands of North America and the savannahs of Africa evolved and were maintained by enormous herds of herbivores grazing, then moving on to fresh pasture, leaving the heavily grazed and trampled plants lots of time to recover fully before they were grazed again. This is the concept we are trying to emulate at Maybenup.



We now run our 400 cows and calves in one herd for a large part of the year, and the young stock (the previous year's calves) in two groups. We have sub-divided most of our paddocks to achieve much more control of our planned grazing. One of our basic rules is to have soil cover (litter) at all times of the year, and we are managing, by and large, to achieve that in spite of some fairly tough seasons.

In July 2008, Kojonup butcher Duncan McQuade approached Jim and asked if we would be interested in supplying McQuade Meat & Chicken with angus beef. The shop is on the Albany Highway and travellers heading north and south often stop in to buy meat – and they ask: 'Is it local?' Duncan had previously been able to answer: 'Yes, south west of Western Australia', but thought it would be better to say: 'Yes, Kojonup-bred and reared'. And he knew that angus beef was good!

As well as supplying beef from the butcher's shop, Duncan also provided beef and other meats to the local Kojonup Co-op and this accounted for something like 80 per cent of his sales.

After a lot of discussion and working out numbers and feeding regimes, the first consignment of seven steers

and one heifer headed off the farm on 1 February 2009, and returned to Kojonup on 5 February as 93 boxes of cryovac-packed 'Kojonup Angus Beef'.

#### Information

[www.ardcairnieangus.com](http://www.ardcairnieangus.com)

#### Footnote

*On the night of 03 February 2009, the 65-year-old Kojonup co-op building, housing the grocery, drapery, newsagency and liquor sections, burnt to the ground, but – ever resilient in the bush – has re-opened in a smaller way in the large back shed while a new co-op is built.*

### Air raid shelter inspires a gardening life

*In Kojonup, lifetime gardener Audrey Townshend recounts her journey towards backyard self-sufficiency during World War II.*

I AM almost vegetarian but I occasionally like fish, a little red meat or chicken. I seek out local and organic produce and free-range meat.

One of my favourite dishes is slow baked vegetables, usually potato, pumpkin, sweet potato, onion, aubergine and tomato, topped with a rosemary sprig, olive oil and salt and pepper. During the suitable growing seasons I grow the tomatoes, potatoes, aubergines and pumpkin. I like to be able to go into my small garden and pick a few greens, such as lettuce, rocket and nasturtium leaves, accompanied by a West Australian cheese, and salad herbs to go with my home-baked wholemeal bread.

I have fruit trees including stone fruit, grapes, oranges, grapefruit, mandarins, lemons, quinces and lots of apples. I usually bottle and keep plums and tomatoes in the freezer and dry apple rings in the sun and keep small

# HELIX *aspersa* the common brown snail

serves in plastic sandwich bags for winter use. I also slow bake tomatoes with a small topping of olive oil and mediterranean herbs.

I am very fond of middle east, asian and north african flavours and particularly indian curries and am very happy to do vegetables and lentils or any leftovers with any of these flavouring spices and herbs. Many years ago, when I lived on the New South Wales' Central Coast, I was happily involved with a group of amateur fruit and flower winemakers. We made some delightful drops and it was quite scientific brewing. We carefully aged and siphoned off the product each two months to separate the impurities and our air locks prevented wild yeasts entering. We used either French white or red wine yeasts according to the fruit used.

I started cooking slow food during the second world war because of food rationing. My husband was in the services and we moved from Melbourne to Perth and back to Melbourne in the course of 1940 and early 1942. When I arrived back in Melbourne in 1942 I had two very small children and the food allowance consisted of four ounces per week each of meat and sugar and two ounces each of butter and tea. My husband was by this time in the Pacific region for the next four years with some leave each year and we were among the lucky ones. Some people did not see their loved ones for years.

I decided that I had to learn how to grow vegetables and be more self sufficient, so I surveyed the backyard where I was living in East Malvern on what had once been an orchard so the soil had to be good. Most of the space was taken up by a deep air raid shelter which had been dug and had half a metre of water in it. The excavated soil was mostly soapy clay and it was not going to be easy. I dug a few experimental trenches and filled them



Dig for victory poster 1943  
Australian War Memorial collection  
Public domain

up a bit with weeds, mown grass and vegetable scraps and the soil became quite friable. One could not get animal manures but I remember dashing out after the baker or the milkman had been in their horse-drawn carts with my dust pan and brushing up the precious droppings.

In a short space of time my seeds had become visible and we eventually had some carrots, turnips and parsnips. In the waste land I discovered some edible weeds, new zealand spinach and jerusalem artichokes. New Zealand spinach, sometimes called *warrigul greens*. Anyway, I used to hide these cooked greens in the

mashed potatoes so the children would eat them up obediently.

The meat ration was usually stewing mutton or occasionally beef and as it was such a small amount we casserole it with vegetables and cooked it gently to maximise the dish. Very occasionally the butcher might have shanks or some offal and these were 'off-ration', so they were eagerly gathered up by the first to see them. Bones were cooked slowly with some vegetables and either split peas, oatmeal or pearl barley. At that time there were no stock cubes or condensed stock to add flavour to soups. We utilised insulated straw-lined hay boxes in which to slow cook our soups and stews. These had been made by people who remembered their grandmothers using them, or from the Depression years. They were particularly useful for slow cooking when we had daily gas or electricity rationing for an hour at lunch time and again at tea time.

As my allowance of eggs at the grocers' shop was two eggs a fortnight, I asked my husband on his first leave to build a small chook shed in the far back corner and we floored it with thick straw. The hens that I obtained loved it and it was wonderful to have eggs and happy hens because they gradually transformed the roof of the air raid shelter into garden soil with the help of the straw and their droppings.

Fresh culinary herbs were not available and I had this yearning from fresh herbs from my garden. Eventually I satisfied this when people like Edna Walling and other progressive gardeners introduced herbs for culinary, medicinal and cosmetic uses because they smelt wonderful and looked beautiful.

#### Note

*English-born Edna Walling became a renowned Australian garden designer in the 1930s and 1940s.*

## 'Vegetables for victory'

*The Australian War Memorial reports how the 'Vegetables for victory' campaign evolved.*



Working in a victory garden in Toorak Melbourne 1942 Australian War Memorial collection Public domain

DURING 1942 food shortages began to have an impact on the Australian home front. The agricultural industry was struggling with massive labour shortages, a severe and prolonged drought, and major shortfalls in imports of seed stock and fertiliser. There was a growing realisation that unless agriculture became a focus of the war effort, food shortages would be imminent.

In January 1942 the Prime Minister, John Curtin, launched 'Dig for Victory', a publicity campaign urging householders throughout Australia to grow their own vegetables as a contribution to the war effort. The press loved and promoted the idea, as did industry and local community groups.

Many Australians were already keen home vegetable gardeners, being self-sufficient, with fruit and vegetables and a 'chook shed' down the back. Others took to the idea afresh and turned over their whole front and back gardens to vegetable production, often selling excess

produce to raise funds for the front. Some people formed neighbourhood gardening groups as a means of feeding their families. Others formed gardening collectives, specifically to raise funds for the war effort. Legacy, the Red Cross, the Young Women's Christian Association, and the Salvation Army were some of the organisations that received funds raised through neighbourhood gardening.

The idea of establishing 'Garden Armies' was invented by the YWCA, who created 'Garden Army Week' in July 1942 to advertise the cause. Melbourne recruits rose from 500 in June that year to several thousand in July. The garden armies received broad media coverage, from photographs of women in overalls wielding pitchforks to attention-grabbing production targets, such as 50 tonnes of onions for the front. Many municipal councils also organised gardening collectives and some councils provided incentives, including awarding volunteers a badge with a three carrots design.

As the fear of invasion dissipated towards the end of 1943 food production became more of a national priority. Even though improvements were made in the agricultural sector to meet the demands of war, home gardening continued to raise funds and morale, and feed local communities and families, throughout the war.

### Information

[www.awm.gov.au/encyclopedia/homefront/victory\\_gardens.asp](http://www.awm.gov.au/encyclopedia/homefront/victory_gardens.asp)

Snails are communal creatures. If you're enjoying *HELLIX aspersa* but you've not yet joined Slow Food, why not come into the garden of small, slow food and ideas at [slowfoodperth.org.au/join](http://slowfoodperth.org.au/join)

## Leaping lizards in an Onslow school garden

*Leaping Lizards' school vegetable garden programme was devised by the Pilbara Division of General Practice, a group of medical practitioners in Western Australia's remote northwest. It is part of Building Healthy Communities, a pilot initiative set up to provide funding to assist the Rural Chronic Health programme. It began in 2005 and a decision was taken to work with the Onslow community to build child nutrition at the local primary school. Marcelle Coakley tells an inspiring small food tale.*

IN my capacity as school canteen manager I often saw kids coming to school often hungry or turning up with a pie and a bottle of Coke for breakfast. I had been fortunate to have the full support of the school council and the Parents & Citizens' Association in changing the canteen policy to eliminate all processed foods and drinks from the menu. It was a relatively easy transition and I must admit I was not prepared for it to be so accepted. The parents were also commenting that their kids were coming home and saying which meals they liked and what was in them.

I was so fortunate to become the Leaping Lizards' co-ordinator and we introduced a breakfast programme immediately. We also involved Foodbank and it was incredible to hear kids comment that they had never eaten cereal before – and it was delicious! It was great to see teachers sitting with kids and so many turning up early. A change was also noticed in kids' behaviour – more classroom concentration and less truancy.

It was while I was attending a Building Healthy Communities' workshop that community gardens were mentioned. We heard some really fantastic stories about the positive and far-reaching outcomes that gardens



Bungarra Cape Range national park  
Image: Jeff Tanner  
trekature.com

were delivering for local people. A lady from the small northern wheatbelt town of Mullewa was asked how that community's garden began on the site of an old rose garden: 'We just chucked some seeds in the ground and they grew'. I discovered that Mullewa was employing 26 Community Development Employment Programme workers and taking trailer-loads of vegetables weekly to the Midland markets in Perth. Families were provided with cheap boxes of staples to help them eat healthy food regularly and the garden also provided them with a place to come together that was safe.

I came home and went to our school principal who was very supportive. We chose a space that had been the old kindergarten site. The department responsible agreed. We were doing all the things we had set out to achieve in one simple project. The garden was born! As a big fan of Paul Kelly and Kev Carmody's version of the song *From little things big things grow*, I asked permission to use this as our mantra. I was told that I could use it anytime for something so positive, and it is now often sung and played by the kids. Funding allowed us to move fairly quickly and Tim from Your Patch Organic Vegetable Gardens came up to Onslow to discuss the

garden plan. We decided that if we were to supply the school, canteen and surplus produce to the community, we could justify having 20 raised-bed tanks. We had only a few days to get it all done and we had a great group of volunteers who came to help with bob-cattling, clearing and fencing. The kids began to plant on 23 April 2007, and the first hint of green appeared in a few days thanks to wonderful rain on Anzac Day.

We are now in our third year and the garden is undoubtedly the centre of the school. We have an outdoor classroom with an outdoor kitchen and the high school kids built all of the benches and seats. We are now building a chook shed and later in the year will build a wood-fired oven.

We have cooked spaghetti vongole and eaten raw tuna together, hosted health promotions to show the town's services, and held regular free community 'feeds' prepared by the kids using fresh mackerel and salad. The wonderful people at Foodbank have donated a caravan fitted out with donations from The Good Guys and many other sponsors. We used this to host our first Harmony Day celebration and it was a real success. This van will be used to teach young women about food preparation and nutrition and the benefits of Foodbank's *foodcents*.

The garden has provided us with everything from fresh figs to rocket, spinach to silverbeet, and baby beets to apple cucumbers – which the kids adored. Kids have commented all the way along on the tastes of everything. One that sticks in my mind was the seven-year old who said that basil tasted like *gunja*! Our next plan includes the development of a fruit forest and, with the help of the local Thalnjyi women, collecting and propagating seeds for food and bush medicines.

#### Information

[www.pdgp.com.au/health-programs/leaping-lizards](http://www.pdgp.com.au/health-programs/leaping-lizards)

## One harmonious snail

*Slow Food Perth treasurer Trudy Parker writes of a Western Australian Office of Multicultural Interests' project to express cultural harmony.*



Quilters Barbara Holt, Trudy Parker and Carol Marchesi with the 'Harmony Quilt' 2009

LATE in 2008, as a community group, Slow Food Perth received an invitation to participate in a project for Harmony Week. The plan was for groups to design and make a quilt block of standard size to depict our organisation. All the contributions would be put together by the Quilters' Guild and displayed at the launch of Harmony Week in March 2009.

With the knowledge that at least one member of Slow Food Perth, Barbara Holt, is a superb quilter, the committee decided that we should submit a block to this project.

Convivium secretary Philippa Baws introduced a friend of hers who is also an excellent quilter, and in February Carol Marchesi, Barbara and I met at Barbara's house to create the block. We chose simplicity in design and execution, partly because time was running a little short, but also because of the potential contrasts with the other contributions. The Slow Food snail is the centrepiece of the design, with a knife and fork on either side of it to



Slow Food Perth  
'Harmony Quilt' panel 2009

suggest the conviviality of the table. To make the message perfectly clear, we decided to add the words 'Good Clean Fair' across the top, and 'Slow Food' at the bottom.

From Barbara's 'stash' we selected appropriate fabrics, and Carol volunteered to appliqué the snail and cutlery. I recalled that another member, Tracy Barker, is highly skilled in machine embroidery, so enlisted her assistance for the lettering.

All that now remained was the execution, and after some problems with her machine, I collected the fabric with the embroidered words from Tracy and delivered the materials to Carol to do the appliqué. Two days later Carol had completed the job and delivered the block to me for submitting to the Office of Multicultural Interests. A total of 80 community groups from throughout Western Australia participated in this project.

As well as being at the opening of Harmony Week, the completed quilt was displayed for five days at the Craft and Quilt Fair at the Perth exhibition centre in May.

#### See the quilt

Slow Food Perth plans to hang the 'Harmony Quilt' at its 'good, clean and fair' food marquee at the Mundaring truffle festival in Mundaring on Sun 09 Aug 2009.

## Feasts, fasts, famines and fads – a peek at food history

Susanne Wilder reports on a University of Western Australia School of Social and Cultural Studies' examination of food history earlier this year.



Une femme accrochant une volaille  
Lithograph by Martin after a painting by Gerard Dow c. 1850  
philografikon.com

DR Myrna Tonkinson parted the curtains - I wanted to write 'kimono' – on the rich and varied aspects of foods in a historical perspective at this UWA lecture series.

Major points of the history of food production, storage and distribution, from the hunter-gather past to the domestication of plants and animals and exploration with colonial expansion, were covered in the first session. This wasn't delivered in turgid academia but



Aunt Polja with hen  
Painting by Russian social realist L. Russov 1961  
socialistrealism.com

with charming illustrations, quotes, photos and personal anecdotes woven into the culinary fabric.

Some excellent sources were listed such as Michael Pollan's 2006 *The Omnivore's Dilemma*. The cultural imperatives and politics of foods creating choice and over-choice cause a psychological stress on just what to eat anymore! Isn't this sadly true with the fad diets and fasting (when not over-feasting on fast foods) on one side of the planet and famines on most of the other? Food is our friend, not the enemy. And what happened to conviviality at the table of food traditions, etiquette and dining?

These questions were covered in the second session along with defining the edible, food taboos, excesses and restraints. Pictures of foods around the world provided amusement and horror at what is one or

another's pleasure or poison. Slurping food in Japan is a compliment but disdained in America – well, parts of it. Francine du Plessix Grey has a wonderful quote on all this. 'The act of nutrition is not purely a physiological event...the family meal is a formality that cultivates in us...a capacity for sharing, generosity, thoughtfulness a talent for civilised conversation.'

Serial eating of fast foods gulped down by feral teens affects the transmission of values or lack thereof. What happened to leisurely dining a reverence for eating well and thanking the farmers first?

The third session covered famines past and present the inequality of producers and consumers, child labour and then food fads to trends. All ended on a positive note of a return to farmer's markets, regional seasonal foods grown in community garden's and organically. When the food purchased is grown less than 100 miles – 160 kilometres – away, the customer is a 'locavore'.

Slow Food was brought forward as a shining example of a better awareness of all aspects culinary and cultured dining. When we eat ethically with an awareness of fair trade, global impact and animal rights, the buzz word is 'ethicurean', rather than epicurean.

As a pragmatic chef, writer, teacher, culinarian, this course inspired me to get back to growing and assisting in community and school gardens to kitchens to carry on with the message of healthy cooking, fast and fresh but leisurely dining.

In point of fact, I created the quote in my sixth cookbook: 'Beasts feed, man eats; only the person of aesthetics and intellect knows how to dine with all his (her) senses.' This was after too many dates of guys gulping their food as my guest when writing restaurant reviews in southern California.

## Shaking and making in Japan

*Trudy Parker writes about milking a model cow and making butter.*



LAST February, while on holiday in Furano, in the centre of Hokkaido, northern Japan, my sister Margaret and I were collected one snowy morning by a neighbour, Terumi-san, for an outing.

Our first port of call was the Furano Cheese Factory, not far from where we were staying, a beautiful modern building surrounded by snowy fields. There was a choice between short classes making butter or icecream, and we decided on butter, paid our money and spent the intervening time before the start looking around the displays, tasting the cheeses and 'milking' a large model friesian cow.

Making butter by hand is incredibly simple – we were given aprons to wear, and a jar each containing cream and water. We had to shake the jar energetically for around ten minutes, and it was interesting observing how the consistency gradually changed first to something that looked a bit curdled, then ultimately to lovely yellow 'islands' of butter floating in the water. Then it is just a matter of straining off the solid with



Images: Margaret Setchell

muslin or cheese-cloth, and rinsing it with cool water. Next it is pressed on a board with a ribbed butter-pat to squash out as much water as possible. Finally it is sprinkled with as much salt as desired, mixed thoroughly with the butter-pat and placed in a container to take home and enjoy.

Terumi-san then took us to visit the Furano Wine Factory where we looked around the displays and tasted the products. Outside we could barely see evidence of the vines, almost completely buried in soft snow.

Since coming home, I have made a few batches of butter, mostly with the jar-shaking method, and once with the electric beater. With the latter process, you just

keep beating beyond where the cream goes solid to the point where it suddenly changes colour and the water separates out. After that the process is the same – drain, rinse, squash and add salt. The main challenge at home is the ambient temperature, as when it is warm, the soft butter is a little difficult to handle, so it is necessary to keep everything cold. I'm looking forward to making more butter in winter.

## Celebrate Terra Madre Day

SLOW Food Perth will host a celebration to coincide with Slow Food's worldwide Terra Madre Day on 10 December 2009 – and event that will also mark Slow Food International's twentieth anniversary.

This day will encompass the Slow Food network in 150 countries to champion 'eating local' and the work being done by the Terra Madre food communities – a network of farmers, artisan producers, cooks, academics and youth for sustainable food production launched by Slow Food in 2004.

'Terra Madre Day is a way to celebrate our connection to the earth', says Slow Food international president Carlo Petrini. 'It doesn't matter how we celebrate it – you can celebrate it at home, or organise a community or school event, the important thing is that we celebrate eating local.'

The international president identified some of the key considerations at the base of the Slow Food philosophy to be celebrated and promoted through Terra Madre Day:

- food is a right for everyone
- small-scale farming is the future
- food sovereignty is key to communities
- biodiversity is essential to a healthy food future
- we have the right to preserve our cultural and local identities
- agriculture is closely linked to the environment

- food production and trade must be socially just

Slow Food Perth's Terra Madre celebration will probably be held in Guildford, in the Swan Valley, on 05-06 December. Check [slowfoodperth.org.au](http://slowfoodperth.org.au) for more details.

### Information

[www.terramadre.info](http://www.terramadre.info)

## A slurp of real milk...



DO different white milks taste different? Try your palate at Slow Food Perth's *good, clean and fair* food marquee at this year's Mundaring truffle festival on Sunday 09 August. Can you taste the difference between supermarket home-brand milk and the real thing?

Like a calf, suckle up and test your tasting skills against our panel's – including a wine judge, an olive oil judge and a cheesemaker.

The Slow Food Perth marquee will be filled with all sorts of other food activities: our 'brainfood' memory tunnel, the best coffee, pizza, stuff to challenge tongue, stomach and mind! Come and celebrate community, conviviality and diversity. And have you ever asked the question: is it smarter for us to eat an organic orange from Spain or a

conventionally-farmed orange from Chittering? Hear a debate on food miles, genetic modification and what we eat. Participants include organic farmer Annie Kavanagh and author Jude Bleureau in Mundaring hall on at 12:30pm/

### Note

*Slow Food Perth's down-the-road lunch at Mundaring truffle festival on Saturday 08 August has been booked out since 16 June. Thank you to all members and friends who supported this event so promptly.*

## Slow Food Perth | contacts

### Co-leaders

Pauline Tresise  
T 9381 4519  
E [info@slowfoodperth.org.au](mailto:info@slowfoodperth.org.au)

Jamie Kronborg  
T 9293 1845  
E [jamie@big-island.com.au](mailto:jamie@big-island.com.au)

### Treasurer

Trudy Parker  
E [trudy.parker@dec.wa.gov.au](mailto:trudy.parker@dec.wa.gov.au)

### Secretary

Philippa Baws  
E [baws@iprimus.com.au](mailto:baws@iprimus.com.au)

### Membership officer

Linda Papa  
E [lindapapa@bigpond.com](mailto:lindapapa@bigpond.com)

### Public officers

Vincenzo Velletri  
E [ilpaiolo@inet.net.au](mailto:ilpaiolo@inet.net.au)

# HELIX *aspersa* the common brown snail



Trish Wood  
E trishw@bigpond.net.au

Nat D'Ignazio  
E nat@gtlean.com

Stephanie McFaul  
E s.mcfaul@ecu.edu.au

Jan Kaye  
E jpkaye@email.com

**Slow Food Perth website**  
<http://slowfoodperth.org.au>

## **Feeding the snail – contributions welcome**

HELIX *aspersa* is a hungry creature. If you have a story for the next edition of Slow Food Perth's members' newsletter we'd welcome your contribution.

Articles should be of 300-400 words and, where possible, accompanied by images with captions. Images should be of about 300kB in size.

To submit your article, please contact:

Jamie Kronborg  
T 08 9293 1845  
E jamie@big-island.com.au