

LOCAL FOODIES

PRANA (continued)

**Christina:** As we are, we're comfortable and happy. Grow smarter, not larger is our philosophy.

**John:** A market garden is a business. It's not just a lifestyle choice. I don't get to choose whether or not I do things, the farm is ruled by nature and it forces you to follow its rules. In springtime you are crazily busy, there's lots happening. Then it might slow down a little bit, but when it's time to weed, you have to weed. When it's time to harvest, you have to harvest. It's the same as when you turn up to work for somebody and they say, "you've gotta get this or that done."

**Christina:** In saying this, we love it though. We enjoy what we do. We produce vegetables and herbs for many local cafes/restaurants and supply two box schemes in Canberra. Then we have some families who receive our weekly produce boxes. Our pantry goods and skin products are supplied from Moruya to Woden and the feedback is heartwarming.

**John:** Definitely. It's a rewarding business. My advice for anyone that would like to start market gardening is to go work for a farm, offer your services one day a week for free or, if you can, get yourself an apprenticeship on a working farm. Getting this form of education is priceless. You don't need a lot of space to grow. We don't have acres under cultivation, like Christina said, our motto is grow smarter, not larger. That principle of growing vegetables, not weeds. We work hard to keep our weeds down, as a result the vegies grow freely. If we had acres we couldn't manage weed problems, and the vegetables would be in constant competition.

**Christina:** We all know what looks good, tastes good and feels good. Producing that is the purpose of Prana Produce and what we are all about.

## A passion for wine

Jill Bynon tells the story

**C**orang Estate is borne of a love of nature and the outdoors, combined with a passion for great wine. With my husband, Michael Bynon, we launched Corang Estate wines in early 2018. Our property borders the Corang River, near the village of Nerriga.

The essence of Corang Estate is about celebrating the unique wine flavours and cool climate styles of the NSW Southern Tablelands. Our regional selection showcases fine examples of the wines this area has to offer, which in time will be complemented by our own estate-grown Shiraz and Tempranillo.

In our first year of operation we achieved quite a medal haul at the region's wine shows, together with some terrific reviews from the wine media. Most notably, our 2017 Hilltops Shiraz won Best Shiraz of show at the Australian Highlands Wine Show.

Our premium range of wines have all achieved scores of above 90/100 from key wine journalists. Most recently our 2017 Tempranillo was included in James Halliday's Top Value Wines for 2019.

We regularly attend farmers markets and events in the Southern Tablelands, including the Braidwood Farmers' Market plus other special events in the town such as the Braidwood Show and Festival of Braidwood.



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CLOSED PUBLIC HOLIDAYS

LOCAL FOODIES

## Bee happy

Scott Williams buzzes



**B**ees R Us, established in 2005, is a team of me and my wife Armande. We supply a wide range of products to not only Braidwood, South Coast, Canberra, Goulburn, and Sydney, but mail orders country wide.

Our products range from pure honey, creamed honey, hand cream, face wash, lip balm, candles, furniture polish, leather conditioner and more.

All of these products we make ourselves and keep the ingredients as natural as possible.

Our honey is cold extracted and not heated in any way; we do coarse filter the honey just to remove any big pieces of wax and bees, but pollen and propolis can still remain which is what the consumer wants.

Colour, flavour and viscosity changes throughout the year depending on what the bees have been foraging on. All pure honey candies in the cold weather, some quicker than others.

To de-candy honey it needs to be gently warmed over days; use a pot of warm water, or if you have a wood heater keep it in the same room. Do not heat it rapidly. Microwaving is a definite no-no; honey cannot be heated over 43 degrees because doing so will kill the enzymes in the honey.



WINDROWS AT THE FARM.

## Hazelwood

Sarah Merriman explains ...

**O**ur focus has been to increase the biodiversity of the farm by planting a large mixture of natives and exotics and fencing off these areas.

Another major project has been the development of the hazelnut orchard and windbreaks were also planted to protect the orchard, prevent soil moisture loss and encourage microbiotic growth. An additional benefit has been the increase in bird and wildlife. A mixture of native and exotic plants have been placed around the house site to provide further habitat and shelter for birds and wildlife.



**Wayne:** Our farm has a focus on soil improvement including mushroom compost, on-farm compost and worm wee, sifted ash from the fire, seaweed and a homemade 'organic' fertiliser. However, we will never be able to make enough compost or worm wee to improve all our open pasture.

We irrigate through an

inline drip irrigation system directly targeting the plants roots system so that there is very little nutrient and evaporation loss. Most of our farm practices have come about through trial and error. It has been and still is very labour intensive.

We specialise in cold-climate vegetables, rhubarb, berries and apples. We provide rhubarb to Sully's Cider for their rhubarb and ginger beer.

The name Hazelwood is a word play on 'hazel' from hazelnuts and 'wood' from Braidwood. Our main goal for the future is to not only improve our patch of land and food production but to do it in a way that is both environmentally and economically sustainable.

### BRAIDWOOD OUTDOORS

Firearms, Reloading, Bow Hunting & Accessories, Dewit Handmade Garden Tools, Akubra Hats, Wrangler, Thomas Cook, Ariat, Roper, Pure Western, Cinch, Twisted X, Ridgeline, Keens Footwear, Oilskins, EMU, Knives, Binoculars, Sleeping Bags, Eskys, Thermos, Stanley, First aid kits, Camping Equipment & Cookware, Genuine Leather & Cowhide Wallets/Handbags, Gear Bags, Genuine Animal Hides, Hide Furniture & Homewares, FXD Workwear & Boots, Mongrel Boots, Belts, Swag, Top to Toe Packs, Merino & Possum Socks & So Much More!!

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