



Pepper in the mountains

Meraiah Foley and Tim Wimborne made a serendipitous discovery. Meraiah explains ...

In 2015 we had an ecologist do a survey on the property and she casually mentioned we have a lot of native pepper here. We were neither ecologists nor farmers. It was our lifestyle block and we said, "What's that?"

We had owned the property for almost 20 years without even knowing it was there. We found 2,000 *Tasmannia lanceolata* plants growing on our 40-acre property on the edge of Budawang National Park.

Tim: Mountain pepper needs specific

soil, a specific climate and rainfall, a specific type of forest and other trees it grows near. Our property just happens to be a nexus of all the things that it likes, and if you move less than a kilometre from our place — it won't grow. It has been a very steep learning curve.

Our main produce is native mountain pepper berries and leaf, hand-crafted, artisan style, pepper flavoured foods produced in Braidwood including fresh and shelf stable pasta, pepper salt and flatbreads.

LOCAL FOODIES



DOG ON DUTY. PHOTO: PHOEBE TULKS.

Mulloon Creek Natural Farms

Kelly Thorburn

At Mulloon Creek Natural Farms we are best known for our high quality, certified organic, pasture-raised eggs laid by free-ranging hens. We pride ourselves on our biodynamic pastures and strive to produce nutrient dense food that is free from synthetic chemicals.

We follow nature's example to help us manage our soils, creeks, pastures and animals, by building natural capital on our farm and giving our animals a natural and healthy life outdoors.

We are accredited as 'True Free Range' with Humane Choice and Certified Organic and Biodynamic with Australian Certified Organic. MCNF was established in 2004.

All profits from our egg sales are donated to fund The Mulloon Institute's important research into landscape repair and rehydration in Australia.

GET SET, GO!

My involvement started when I attended a parkrun, by chance actually, in Dubbo. I loved the atmosphere and the feel of it; how everyone supported and encouraged each other. It was a real community event. Everyone came out, had a great time and then went for a coffee afterwards.

It brought lots of people together, it was healthy and active, and I just I loved it.

I started looking into the possibility of a Braidwood parkrun at the end of 2017, started the ball rolling and we launched in September last year.

All you need do is turn up at the showground at 7:45, for an 8 o'clock start, every Saturday morning, unless otherwise notified — check the website if in doubt.

It doesn't matter who you are, how old you are, how fit or unfit. We get people that walk, run; you can walk your dog, walk with friends, push a pram, anything.

Just come and give it a go. You don't even have to finish the course. It's a five kilometre run or walk. It's the same five kilometres every Saturday, so everyone gets to know the course really well.

You register online and you get your own personal barcode — that means you can then attend a parkrun anywhere in the world. It doesn't matter where you go, that's your parkrun barcode.

It's for everyone and anyone. My four year old, Eden, has done it. Sometimes she might just do one lap and then she's had enough. My 80 year old mother-in-law does it — she gets to-



parkrun

Kelly Bunn is Event Director for Braidwood Showground parkrun She ran off this story ...

gether with some friends and walks it. There is a guy who is 97 and has done over one hundred parkruns.

Since I started I've quite often travelled to Queanbeyan to participate in their parkrun. I've also completed parkruns at Batemans Bay, Lake Macquarie and Huskisson. Once registered, you can join in a parkrun anywhere.

I've witnessed first-hand the positive effects of parkrun, not only as exercise, but also the benefits this type of community activity has on people.

Another tangible benefit is in tourism by bringing other parkrunners to the area — parkrun tourism is big. Many parkrunners travel great distances (including international trips for overseas parkruns) in order to complete different events.

If you'd like to be a parkrun volunteer

that would be great. We have to have volunteers otherwise we can't run it. Volunteering is really rewarding. We have a timekeeper, and a barcode scanner, so they're easy jobs. We have a marshal out on the course, to guide people and make sure everyone's okay, and we have a tail walker.

No one ever comes last in parkrun. Our tail walker volunteer is always the last person to cross the line, and they make sure everyone has finished, and that everyone is okay.

Turn up at the south gate at the showground and you'll see cars there every Saturday morning. It is free to register and free to run.

For further information or if you would like to volunteer, you can contact me on 0403 326 747 or visit the parkrun website: www.parkrun.com.au to register.

END OF Braidwood area local food producers PART ONE

If you didn't read it before, the editorial on page 7 explains what happened to all the others.



Still to come (and many more)

