

Made Here

A topographic map of the North Coast and Northern Rivers region in New South Wales, Australia. The map shows the coastline at the top, with the ocean in a light blue color. The land is depicted with brown and green shading to represent elevation and vegetation. A network of white lines indicates roads and administrative boundaries. A small blue lake is visible in the lower-middle section of the map.

Echo

A world of wonderful things Made Here, on the North Coast and Northern Rivers

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Welcome...

Creativity, ingenuity and the ability to see how local resources can be used sustainably and effectively by artists and producers alike are key elements to a successful community.

With the recent challenges of flooding it is now a time for our community to come together to forge a way forward that reflects not only survival but highlights our strength and stewardship in how we interact and work with our environment and community. What we create, how we develop businesses and how we manage ourselves and our environment are key to long-term success.

The local maker community offers a plethora of amazing artisanal and commercial products that owe their origins to the region and promises untold possibilities of what may yet come to be. Within these pages you will find the fruits of the love and labours of many creators and makers

who reside in the Northern Rivers and some of the ideas and directions that have significantly influenced their development.

The importance of the cultural worth of First Nations people and their stories is an essential part of Australia's future if we are to move forward with healing. Essential to this is not only recognising the past wrongs but also understanding the ongoing cultural appropriation happening to First Nations people as discussed by Belle Budden on p16.

Through understanding of people, land and the changing environment we as a community can recognise and pursue creative opportunities; from boutique farming and brewing to art and cultural practices. With the right balance this gives everyone the opportunity to find a place within the community and creates diversity within the Northern Rivers region for employment, creativity and self-expression.

It is our differences that define us, but it is our common ground that brings us together as a community. The region's rich tapestry of personalities, cultures and creative expression fuels a melting pot of talent that enriches our lives and brings us together in unique and exciting ways.

The Northern Rivers owes much of its success to the diverse and supportive community with the strength to accept and celebrate its difference. It is this ability to celebrate diversity that has always lent this community its strengths now and into the challenges of the future. Artists and producers work tirelessly in the community to overcome the challenges with determination and flair to bring us something wonderful, something unique and something local. Let's join together and celebrate the delights of the region and the amazing people who create them – now and into the future.

– Aslan Shand


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THE ORIGINAL BYRON BAY CHOPPING BOARD

Eco Food Boards was born in the natural beauty of Byron Bay and as such, caring for the environment and being sustainable are paramount to our family-run business. All boards are handcrafted and naturally antibacterial from ethically sourced Camphor Laurel timber, harvested right here in the Northern Rivers region.

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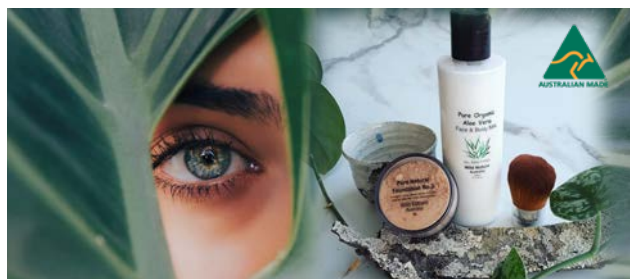
CAMPFIRE LEATHER BALM

Campfire Leather Balm is a waterproofer, conditioner and an anti-fungal, renovating polish for all leather goods.

100% Aussie Made, owned and locally sourced, it's manufactured in Lismore on the Northern Rivers.

Campfire comes in four enticing aromas all containing Australian beeswax, raw lanolin and essential oils.

You can purchase Campfire through their website shop,
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THE ORGANIC CERAMICS CO.

A small, locally owned and operated family business located in Mullumbimby, the Organic Ceramics Co. pride themselves on using recycled and environmentally friendly materials to create the highest quality furniture as a lightweight alternative to concrete furniture. Their products are designed to be, not only aesthetically pleasing and functional, but also to reduce our carbon footprint.

They design and build a range of venetian plaster furniture perfect for every home. Every piece of furniture is carefully handmade with attention to every detail to achieve a high-quality finish. As each piece is handmade, no two pieces will ever be identical, which means each item is completely unique.

Micro Cement is a hygienic, zero VOC and durable product developed for commercial floor toppings. The micro cement they use has been developed in conjunction with high grade sealers to achieve a durable Venetian plaster finish.

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Instagram @theorganicceramicsco

Creativity and sustainability will create

Aslan Shand

What is made here is a reflection of the people, environment and place and the people of the Northern Rivers are continuing to build a vibrant and diverse community based on mutual respect, sustainability, and creativity.

This can be recognised in the flourishing range of art and food trails that have come into existence. These include: the fifth Tweed Artisan Food Weekend that took place last November, which featured Wijiir (native food) and native produce – all sourced locally; the Harvest Food Trail; the annual Murwillumbah Arts Trail (MAT), founded in 2015; and the Ballina and Byron Open Studios event – just to name a few.

'The importance of the work that precedes the food landing on the plate is really important,' said CEO of the Tweed Byron Aboriginal Land Council, Leweena Williams, at the launch of the last Tweed Artisan Food Weekend.

'When we are collecting wild food, the knowledge of the why, how and when is critical. This is how you take care of Country so you can get the best possible food produced by land and water. Understanding and being respectful of this relationship and responsibility honours our Old people, and Country, and community who are still very much connected to these places.'

Respect for the place that we exist in is paramount for our community to move forward in a way that creates a sustainable future, not just environmentally, but with jobs that can build on our communities' strengths. This includes farmers, First Nations knowledge, craft produce and breweries, innovation and creativity all of which help us become – and remain – a dynamic community.

'One of the reasons people love food from the Northern Rivers NSW is that the people, product and the places are authentic, produced on farms that are run sustainably, ethically and regeneratively,' explains Anne Briggs from Northern Rivers Food.

the opportunities of the future

Young Farmers Connect (YFC) have reiterated this idea, highlighting that 'a bright and prosperous future for our next generation farmers is guided by the principles of agroecology, collaboration, diversity, localisation, and food justice. We are committed to seeing a transition to resilient and regenerative farming practices, the intergenerational exchange of farmland and knowledge, and the creation of a food system that provides for the common good.'

Alongside the production and showcasing of fresh and delicious regional foods there is also the importance of self and community expression through art. Following the floods of Ex-Cylone Debbie in 2017, when Murwillumbah was particularly devastated by flooding, the MAT was able to help the community heal through the creation of art and by bringing the community together to recognise the challenges and opportunities they were experiencing.

At the time sponsorship manager Suzi Bourke recognised that there had been a number of businesses who had not recovered from the flood and many others that were still struggling.

'So the idea of moving on with life, health, how the river moves on – how it brings floods that can destroy, as well as build – were really the ideas that we [were] reflecting in the theme' for MAT that year.

MAT is once again looking to bring the community together, this year between 28 and 30 May, to give 'artists a wonderful way to connect with new audiences, inspire young visitors, and share deeper significance of how and why they make what they make,' said Event and Marketing Manager, Peita Gardiman.

The Arts Trail weekend invites the public to a unique opportunity – to visit artists in their studios, historic halls and pop-up galleries in the surrounding villages. MAT showcases a diverse range of art forms including painting, printmaking, jewellery, sculpture, photography, fine glass and mosaics.'

PRESSED + POURED

Nestled between the villages of Bangalow and Federal, Pressed + Poured is a small, two-person studio, creating fine tableware using Australian porcelain. They use pigments to create a range of beautiful colours and polish each piece to a delightfully smooth finish. The P+P studio is open by appointment.

www.pressedandpoured.com to view their range.

hello@pressedandpoured.com

Instagram: [@pressedandpoured_byronbay](https://www.instagram.com/pressedandpoured_byronbay)



CASCADE CONCRETE

Cascade Concrete was born from a love (and 20+ years of experience) of concrete and good design. Cascade Concrete specialises in creating high quality, hand-crafted architectural concrete pieces for residential and commercial spaces, such as benchtops, vanities, basins, fireplace plinths, outdoor living and more.

Collaborating with builders, interior designers, architects and home owners, Cascade Concrete creates custom bespoke pieces as well as offering a range of made to order, handcrafted basins at set sizes. Featuring a palette of 14 colours, (or the option to colour match to suit your project) – the possibilities are endless.

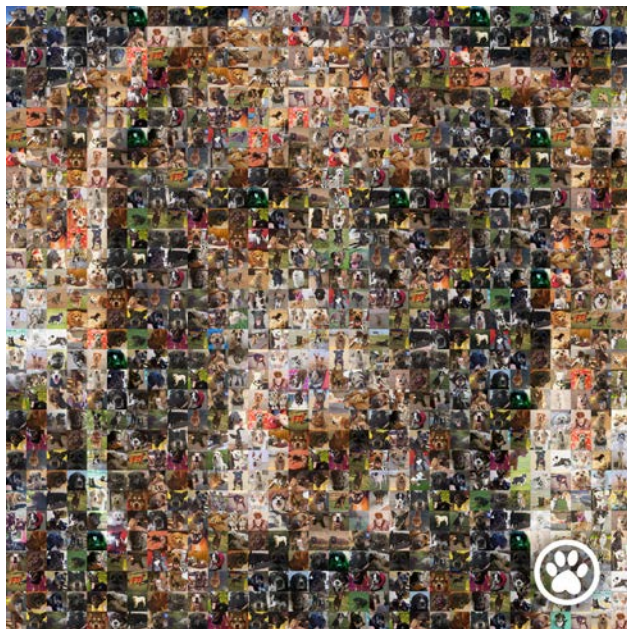
Based in the Northern Rivers, the Cascade Concrete team pride themselves on providing excellent customer service and specialist installation of benchtops and vanities in the local area.

Give Brett a call to discuss your next project.

0407 915 684

www.cascadeconcrete.com.au

[@cascade_concrete](https://www.instagram.com/cascade_concrete)



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Their range features turmeric, hemp, medicinal mushrooms, raw veggies, and more. Whether soothing an ailment or giving them the best of health to avoid illness altogether, give your loved dog good health naturally every day.

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From a little studio in the Byron Arts & Industrial Estate, Two In The Sun create unique, simple and timeless jewellery inspired by the natural beauty of our region.

You can find them at the Byron Markets, make an appointment to visit the studio or find them online.

www.twointhesun.com.au

info@twointhesun.com.au



GENKSTASY

We: A collective. A family.

Standing by one another, seeking to understand and embrace each others' differences, while revelling in each other's successes as fellow humans, fellow travellers, and friends. Here's to the heights we'll reach together, to futures bright and exalting. A freedom we ourselves can create.

www.genkstasy.com:
clothing for all genders.
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CRISTINA ART SILVER

Cristina Art Silver is available at the Hammer & Hand Metalsmith collective located in Station street Bangalow, open seven days.

She is fortunate to have access to some of the best metalsmith artists in this community within the Hammer & Hand collective, with access to ten mentors from jewellery, sculpture, and blacksmith backgrounds.

Inspired by the natural beauty of this area and influenced by the conscious and ethical awareness in this area, she tries her best to source local stones and use recycled metal to create unique bespoke jewellery.

Available at Hammer & Hand Jewellery Collective,
Shop 8/10 Station Street, Bangalow.
Open seven days, 10am-3.30pm.
Instagram @cristina_art_silver • Facebook @cristina
www.cristina.com.au



CONSCIOUS CRYSTAL CUTTING

'What I know about crystals, is that whoever cuts the crystal, programs the crystal.

It is indelible, cut into the very structure of the crystal, and cannot be cleansed by any method.

Whatever was happening for whomever was cutting the crystal is imprinted into the crystal as it is cut.

If you are cutting a crystal for abundance and were worried about money, that imprint would go into the very matrix of the crystal as it was being cut, likewise if you were nursing the pain of a broken heart, the imprint would go into the crystal at the time of cutting.

If it is machine cut, it has the soul of the machine – disconnected from kinetic source energy.

With this knowledge I learnt to cut crystals, consciously.'

Jon Veranese creates power pieces, altar adornments and has begun to set his work in precious metals, as well as the Alchemy of the Weft and the Weave, settings woven in hemp with intention and coded wisdom.

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Your one-stop gift shop and art gallery for everything handmade locally in Mullumbimby. More than 42 local artisans and producers trading under the same roof.

Made in Mullum is a unique collective that is run by local entrepreneurs and artisans, so when you buy in-store you can meet and chat to the creators themselves. All money spent goes directly back into the pocket of the creators. It doesn't get any more 'Shop Local' than that!

You never know what you will find in store... Locally produced teas, chocolate, exquisite jewellery, unique clothing, tie dye kits, toys, craft kits, original artworks, and cards. Gift vouchers available.

Come and say hello, be creatively inspired!

Open seven days a week 9am–5.30pm
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drinking locally.



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echo.net.au/family • www.byronhealing.com.au • echo.net.au/eat-drink



BUN COFFEE

Do you love your morning 'cup of Joe'? A good coffee changes everything. Bun HQ in the Byron Industrial Estate take the job of roasting coffee pretty seriously to make sure you experience what an amazing tasting cup of coffee is all about.

Fresh roasted, ethically farmed and with seriously insane flavours. Try one of their most loved house blends or take your taste buds on an international journey with one of the many single origin beans available from around the world.

Roasting Monday to Friday, Bun Coffee have the largest range of blends and single origins to choose from. Their passion and care for this incredible crop can be tasted in every cup.

Experience the world of coffee. Choose from a cup on the go, or select your grind and ignite your inner barista at home.

Visit the Espresso Bar and Roastery.

Open 7am-4pm Mon to Fri and 7-11am Sat.

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www.buncoffee.com.au

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CAPE BYRON DISTILLERY

Cape Byron Distillery, home to the beloved Brookie's Byron Gin, earns B Corp Certification, and leads the way for sustainable gin and whisky production in Australia.

'It is in our company DNA and at the very core of everything we do here, to support local communities, the environment and our people' says Eddie Brook, co-founder.

www.capebyrondistillery.com

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KOALA TEA

Did you know that Koala Tea is a local family owned company that has been in Alstonville for over 30 years and is the original Australian Certified Organic makers of herbal teas?

They create a wide variety of delicious teas that are manufactured into individually wrapped, unbleached heat sealed compostable tea bags, all packed into recyclable cardboard packaging, right here on the North Coast, in their own factory.

They offer free delivery to local businesses wishing to stock their teas. Contact them for more information. They'd love to hear from you.

info@koalatea.net.au

ph 02 6628 6363

www.koalatea.com.au



HUSK DISTILLERS

Inspired by the diverse and vibrant rum culture of the Caribbean islands and a yearning for fine Australian spirits, distiller Paul Messenger, along with his wife Mandy and their three daughters, embarked on a journey to create a plantation distillery on their cattle and cane farm, nestled in the green caldera surrounding Mt Warning, in Northern NSW.

Made entirely from sugar cane grown onsite, Husk Rum captures the unique terroir of this region in each bottle. The soil, climate and geology culminate each year in the harvest, which is reflected in these innovative, Australian, sipping rums sure to challenge your perspective of rum.

Husk Rum is Australia's only farm-to-bottle agricole rum made entirely from sugar cane with a unique Australian expression. Their journey is now in its tenth year. They've had to develop new skills and adapt new methods of small-scale cultivation, harvesting and crushing, not used in the area before. They've designed their distillery based on fermentation, distillation and maturation methods not typically used in commercial rum distilleries and the result is a rum that they are proud to say has the unique characteristics of this part of the world – this provenance.

The Messengers' 150 acre farm in the ancient Tweed Valley is also home to Ink Gin.

The multi award-winning cult classic Ink Gin was one of the first Australian gins on the market. It strives to capture the beauty of nature in every bottle. Crafted and bottled by hand at Husk Farm, Ink draws inspiration from botanicals found on and around Husk Farm.

Connected to their working distillery is the Husk Cellar Door. Join them for a walk-through tour of their working production distillery where you will discover the star botanicals of Ink Gin, learn about their farm to bottle Husk rum production processes, and taste the full range of spirits in the quiet of the Barrel House. Soak in the beautiful rural location while sipping an original Husk Rum or Ink Gin cocktail in the cellar door, before taking home a bottle of your own for later.

Husk is open to the public for tours, drinks, lunch and views Wednesday – Sunday. Bookings recommended on weekends.

www.huskdistillers.com
reservations@huskdistillers.com
 02 6675 9149

1152 Dulguigan Road, North Tumbulgum, NSW 2490



Good Things Take Time



BYRON BAY CACAO

After ten years of wholesale trading from their small factory, Byron Bay Cacao's stunning new retail space is now open to the public. The industrial-style factory offers a unique experience and is fast becoming a favourite spot for locals and visitors to the region. Watch the chocolatier in action from the viewing window while you choose from the range of artisan chocolates and enjoy a coffee, chai, iced drink, or their local and in-house baked goods in the sunshine-soaked outdoor seating area.

Byron Bay Cacao offers gluten-free, dairy-free, vegan, egg-free, refined sugar-free cakes and chocolate products to cater to the masses. If you are stuck for gift ideas, vouchers are available for purchase. The team is excited to launch a new bon-bon range in November, showcasing Australian ingredients and collaborations with local suppliers, with a launch to follow each season. Driven by passion and inspired by community, Byron Bay Cacao creates smiles, happiness and joy with every bite of their artisan chocolates and custom cakes.

Pop in and grab a Toby's Estate coffee and sample their delectable range of chocolates!

Unit 4/20-22 DeHavilland Crescent, Ballina
(extra parking on Southern Cross Drive).
info@byronbaycacao.com
0412 095 815





A CHEF'S POCKET

Sit back, relax and enjoy your next dinner party with your own private chefs. Andres and Franco from A Chef's Pocket offer a unique catering service, preparing the food of your choice in the comfort of your own home or holiday accommodation in Byron Bay and the Northern Rivers region.

They will work with you to create a custom menu to delight your taste buds. They are both Peruvian and love cooking their food, but are always open to new challenges. They also love highlighting local, fresh produce that is only available in this beautiful area. Check out the menus on their website and on their social media (Facebook and Instagram).

www.achefspocket.com

FB: @achefspocket

Insta: @a.chefs.pocket



WE* THE MANY – SUSTAINING THE HEALTH OF PEOPLE & PLANET

We* the many is on a mission to help sustain the planet and the people on it in the healthiest possible way by investing 50% of profits into carbon reduction projects while ensuring people have access to healthy, nutritious and delicious food.

We* is a coming together of a group of environmentally conscious families in Byron Bay, Australia, who together with the help of the community in 2021 launched a new sustainable business model where the environment is at the core and not the afterthought.

Their carbon neutral and vegan range of granolas and porridges are produced locally with all natural ingredients. Each includes a unique set of superfoods chosen to help optimise health – green banana supporting gut health, beetroot for energy levels and turmeric for recovery.

So in addition to enjoying a highly nutritious breakfast, you can also play an active role in restoring our planet one brekky bowl at a time.

Available online, IGA Byron Bay and in Woolworths from May.

www.wethemany.com.au

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Cultural Creatives

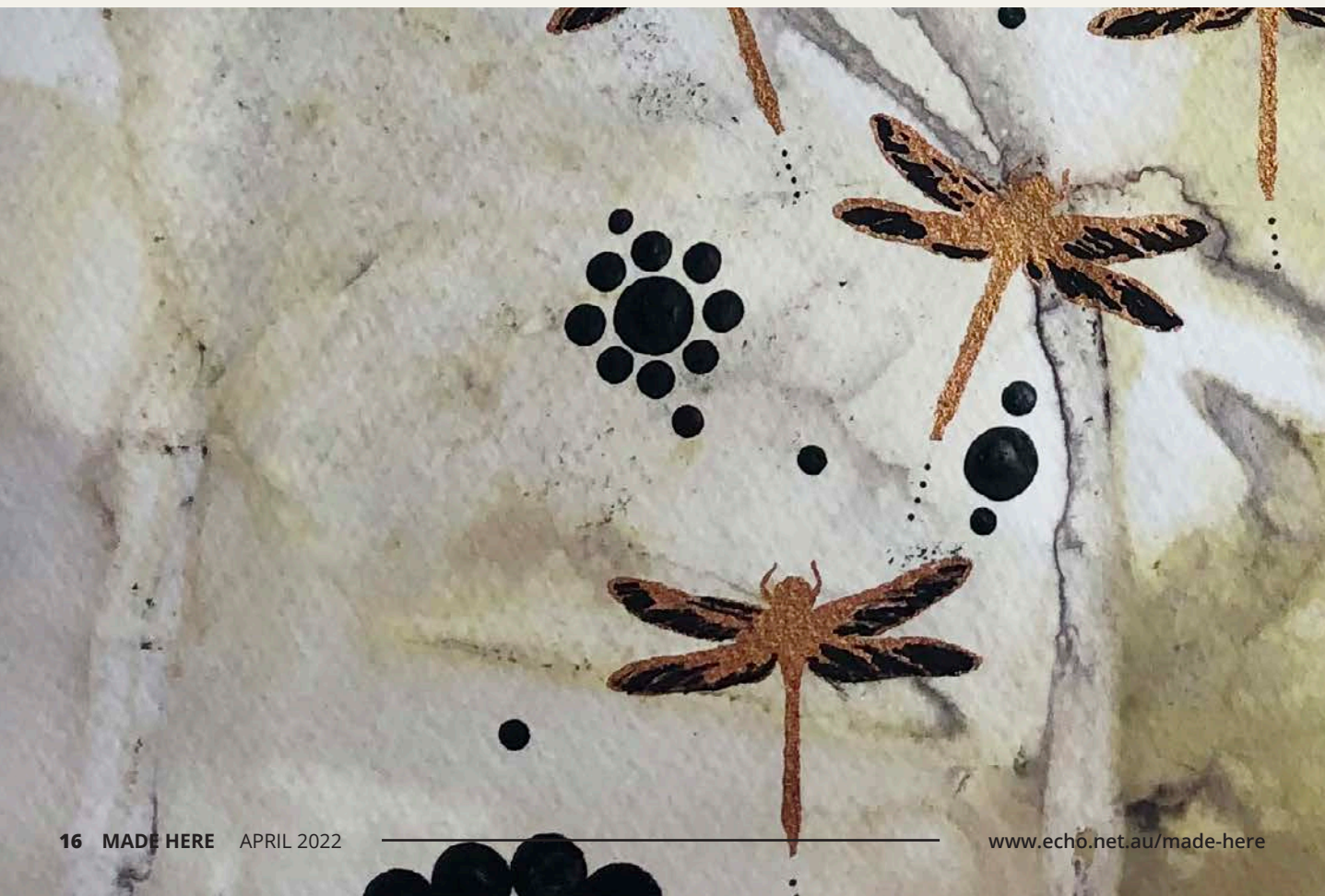
Belle Budden

I'm a cultural creative; I make cultural objects across many mediums and there are always complex meanings, layers of stories and connections that form part of my work. I've been a creative all my life and the stories I tell with my creativity are often deeply personal, political, intergenerational, about my identity and healing or my connection to Country. Practising my cultural expression is important to me. It is beneficial to my mental health and wellbeing and helps me to make sense of the world. Mainstream culture is difficult for me to relate to and belong to. So, practising my culture and being a cultural creative is how I belong in the world. And at times it helps me to survive economically.

I use a lot of contemporary mediums, they are easy to access and have less Lore to consider and have incredibly vibrant results. Lately I have been working on a project that focuses on cultural restoration practices, and opportunities to support sustainable development of economic opportunities. It's a tricky yarn. I have been weaving for many years and have

had many teachers from Wiradjuri, Ngugi, Bundjalung, Torres Strait Islander and non-Aboriginal backgrounds. When I teach, I advocate for people to use commercial materials so that we don't deplete native (endemic) species, because lots of traditional fibres are rare and we need to have a collective yarn about propagation and planting of these into public spaces.

During a textiles project I ran for Aboriginal women (dubay) in 2019 I met local printmaster Anne Leon. Anne introduced me to plant dying and printing. I fell in love with this practice as a way of celebrating Country. Anne worked with a wide range of plants but I have defined my own practice and only work with native plants. Combining natural native dye with botanical print and other forms of print making (lino/block, resist, screen printing) I create stories that reflect the place in Country where the plant originated. I then blend this with experiences of personal, family, community healing and cultural identity.





As part of this process I experiment with dying textiles for weaving large (recycled) fabric pieces and large paper pieces. The water used through dye and print process suggests a dream like quality to me that reflects the peace found in the natural world. Whilst a print from original drawings and hand coloured detail honours totems and the interconnectivity of Country, which can be layered on these more earthy and soft expressions.

Culture as commodity

Cultural development is an important outcome of the cultural creative process and First Nations creatives contribute to the restoration and reclamation of cultural practice. It is critical for restoration of diverse knowledge and cultural transmission that these opportunities exist to economically support regional artists to stay in community. There is growing popularity of cultural artworks and imagery, consequently cultural appropriation frequently

happens in a myriad of ways. Culture has become a commodity that many First Nations people rely on for economic independence. As a cultural creative I am often requested to include the cultural story with the sale of the artwork. While non-Aboriginal art is open to interpretation, for us the story is part of the acquisition.

Being an off Country Aboriginal person, I never tell creation stories of Country, that would break the Lore. Lore is very complex and I have to follow the Lore of Country and the Lore of my own mob, which means I'm very careful about the stories I tell and how much of the story I reveal. These stories are for the local Custodians to determine how to share. Locally there are some incredible Bundjalung artists, like Arakwal artists Nickolla and Kaitlyn Clark, Douglas and Sean Kay and so many across the broader Bundjalung nation. It is essential for the continuation of cultural practice and cultural transmission for our artists to be adequately remunerated for our work, and for our intellectual property to be protected

HEMP FOODS

Hemp seeds have long been consumed as a staple food around the world, but they have only been legally classed as a food for human consumption in Australia since 2017!

Today, they are also hailed as a superfood, thanks to their extraordinary nutrient profile.

Hemp seeds, and the products created from them such as protein powder and cold-pressed oil, are exceptionally nutritious.

Hemp protein is fast becoming a popular protein choice for Australians due to its amazing nutrient combination, easy digestibility, and delicious taste. It is a wholefood nutrition powerhouse, packed with iron, magnesium, thiamine and zinc, as well as being low carb and grain free.

Hemp Foods Australia was founded in Byron Bay back in 1999 and have their headquarters in the beautiful hills of Bangalow, in the Byron Shire.

They exist 'to make a positive difference for people, the community and the planet'.

The close-knit team are dedicated to quality, sustainability, and adding value.

Seeds are sourced from a variety of locations, including Tasmania, for their Australian grown seeds and internationally for their ACO certified organic seeds.

They have recently launched an exciting new range of tasty Hemp Protein Shakes, produced locally in the Northern Rivers.

If you would like to try hemp products for yourself, they are stocked in many health foods stores and local food shops. Or head over to hempfoods.com.au and have the products delivered directly to your door. Sign-up to their newsletter and receive a recipe book curated by leading food bloggers and 10% off your first order!

www.hempfoods.com.au





BANGALOW BREAD CO.

Located in the historic village of Bangalow, a short ride from Byron Bay, Bangalow Bread Co. showcases the diversity of the wonderful local region of the Northern Rivers. Offering seasonal food sourced from artisan producers and local farmers, they bring the age old trade of baking into the modern world. Get ready to be taken all the way back to your childhood with nostalgic memories of reimagined chocolate fudge slice.

Since opening their doors in 2019, owners Tyson and Jess Phillips have been delivering wholesome baked goodness to the community, producing a range of gut loving sourdough breads daily, made traditionally and slowly fermented for a minimum of 24 hours to ensure that delicious taste and perfect chew. Look no further for all your traditional bakery items, and so much more. Selecting other local producers with similar ideals was of the utmost importance for Tyson and Jess, who quickly partnered with the legends from Old Quarter Coffee Merchants, who source and supply sustainable coffee beans from farming partners around the globe.

With all of their products produced on site, including hand rolled pastries baked fresh every morning, it's not hard to see why there is a line out the door every day of the week. You'll need to get in early for their brioche doughnuts filled with Nutella! With a rotating display of delectables, the hardest thing will be deciding between a slice of their famous carrot cake or a chunky olive oil cookie that dreams are made of. The regulars say you can't go past their vanilla slice made with butter puff pastry and passion fruit icing, but we'll leave that decision up to you.

The offerings don't stop at sweet treats – housemade pies made with slow cooked beef are all cooked on site, as are sandwiches made using fresh sourdough and including a variety of fillings. A must-try is the popular 'Reuben sandwich', which boasts layers of silverside, traditional sauerkraut, Swiss cheese and a not-so-modest serving of housemade Russian sauce. Yum!

12 Byron Street, Bangalow
6687 1209
Insta: @bangalowbreadco





ECLAIR AT THE BAY

Indulge yourself and your family with a selection of delicious and unique treats. Eclair at the Bay is a local homemade pastry business dedicated entirely to the creation of contemporary eclairs and luxury desserts (tarts, profiteroles, cakes).

Delivery and pickup option. Eclair at the Bay Market stall. Special orders events and weddings.

www.eclairatthebay.com

info@eclairatthebay.com



FED UP WITH COOKING? OR JUST SHORT ON TIME?

"What's for lunch/dinner?" Let's face it, it is one of the most prevalent, annoying, stressful and relentless questions.

To relieve some of this stress, meal planning helps.

- It takes out the stress from mealtime
- It allows you to plan for variety in your meals
- It helps you save money since you know beforehand what you will spend
- It avoids food wastage
- You are more likely to plan healthier and more nutritious meals
- And most importantly, it allows you to spend time with your kids, spouse, friends or getting that workout done which otherwise always takes a backseat

This is exactly what Dinner Is Served helps you with! A variety of delicious, nourishing and comforting everyday meals, delivered to your door, that just need to be heated and served! Find out what all the fuss is about with 20 per cent off your first order. Use code LOCAL20 at www.cookaborough.com/dinner-is-served.



KNOX & AYA

After many requests, Knox & Aya began making coconut yogurt. Their goal: simply create the conditions to allow potent probiotics to thrive.

Their testing recipes were often too potent, however after much fine tuning of time, temperature and fuel, they succeeded! Not too thick or thin, just right to create satisfyingly silky, naturally tart and thick coconut yogurt. They package their yogurt in a jar, which can be reused by you or returned to them for re-use.

Pairing perfectly with anything from curries to bircher bowls and nourishing in a way that can only be reached with live probiotic cultures and their natural fermentation method, Knox & Aya yogurt is enlivening, uplifting and indulgent.

From their solar powered premises they produce ice cream sandwiches, brownie bites, dream cheese, yogurt and ice cream, all in reusable or compostable packaging, available through local independent retailers.

Instagram: [@knoxandaya](https://www.instagram.com/knoxandaya)
<http://www.knoxandaya.com>



BROOKFARM

It starts on the family farm... 30 years ago a dream to move to the country and a passion for quality healthy food sparked Pam and Martin Brook to transform a run-down dairy farm in the Byron Bay hinterland into a working macadamia farm and to regenerate an ancient sub-tropical rainforest.

Brookfarm is a generation family business and leading regional gourmet food producer of award-winning macadamia muesli, granola and snacks packed full of all natural premium ingredients, with a commitment to sourcing from Australian farmers. Baked locally, in their Byron Bay bakehouse, they never compromise on quality or taste and cater for gluten free, vegan, paleo and keto diets.

They have been committed to the environment and regenerative agriculture from day one, having planted over 45,000 native trees and installing 13 wildlife boxes on the farm. Most recently they are leading the way with a world-first, home recyclable, soft packaging solution with their new Roll 'N' Recycle pouches. Look out for the fully recyclable packs above in store as they start to roll this out across the range.

To read more, shop online or find local stockists:

www.brookfarm.com.au



ALIVE AND WILD PLANT-BASED GASTRONOMY

You are what you eat...

Desire something delicious and nutritious to ground and nurture your group as you traverse the path of self-discovery? Stock your pantry. Do you need to cater for a special occasion, dinner, soiree, party or canapés? Alive and Wild uses fresh local produce, all organic, biodynamic, and spray free.

Original recipes. Simple food done well. Servicing the Byron Shire since 2008.

PLANTGASM platters, picnics and gastronomical experiences feature Alive and Wild fermented nut cheese and organic raw cacao, with gluten, wheat, dairy, and refined sugar free taste sensations suitable for vegan, vegetarian, and flexitarians that will awaken a jaded palate and satisfy the hangry.

Vicki Veranese

www.aliveandwild.com

0412 400 085



Trees not Bombs





Eve Jeffery

I was talking to someone last week who was passing through and saw the challenges we have been facing with the floods.

As we sat in the Trees not Bombs cafe in the Lismore Quad carpark, a pop-up service that supplies meals and refreshments free or by donation, in particular for people who have lost everything owing to the floods, he gestured around and said 'this doesn't happen everywhere. Not every community is like this.'

That made me think. In October 1993 I was eight months pregnant and at home alone with my toddler when the river we lived on broke its banks and surrounded my house for three days. At that point, I felt very alone, and I have to say I was pretty bloody scared.

Though I lived in a town that was full of friendly people and locals willing to give you a hand if asked, there was no boat to come and get me, there was no food drop, there was no helping hand or offer of a place to come and live until things improved.

I'm not saying the people of that town were uncaring, but no one just jumped in to help. Were they minding their own business? Waiting to be asked? Or just plain shy?

There's no such thing as shy in the Northern Rivers. Something that is definitely made here is a willingness to approach people and see how they are doing, to check on neighbours, ask people if they are okay, and give hugs (whether you want one or not) and be galvanized into action when things go awry.

The Tree Not Bombs is a great example.

Susie Russell felt she couldn't sit at home and do nothing when there was a major disaster unfolding in her region.

After a few days collecting supplies – a bulk dry food order from Sydney brought coffee, fresh veggies and fruit by the box someone who started a GoFundMe and a local egg farm donated 200 dozen eggs, then someone helped to get all the gear to Lismore: Trees Not Bombs was born.

But it was what happened then that was the Northern Rivers flashing their true colours.

Susie says that at first, it was mainly the original crew. 'Slowly others have come in and either brought food in, or cooked on-site or chopped veggies, ferried water, done dishes or made coffees.

'We've served 300 to 400 hot meals a day and unlimited tea, chai, and plunger coffee. We've aimed to have sweet treats too and we have any excess of anything we put it on the free takeaway table.'

Susie says people realise that cooperation is the key to survival. 'Working together, much more can be achieved. We are doing something tangible and much needed. It still shocks me thinking about the hole there would be if we weren't here. There are now dozens of people involved in various ways in the essential role we are playing in the recovery.'

