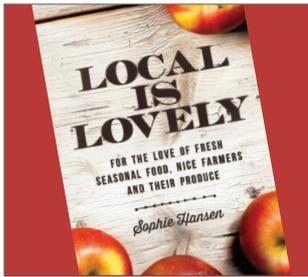


READ



LOCAL IS LOVELY

Sophie Hansen

Occasionally you encounter a person or a story (or even a place or a meal) that takes the word ‘lovely’ from its home on the ceramics shelf of language and fills it with wholesomeness. Knowing this feeling so intimately is what qualifies Sophie Hansen, food writer and deer farmer, to write a book with such a word in its title.

Local is Lovely is like a stroll through a rural township: meeting the people; hearing their struggles and triumphs; learning conversational tidbits, such as “Did you know that hazelnut catkins bloom and pollinate in winter?” ... and then leaving with your notebook full of new friends’ mouthwatering recipes.

Before eventually settling in Orange with her farmer husband Tim, Hansen spent three years writing for Italy’s *Slow Food Editore*, an experience which led her to advocate the holistic management principles that inform her book’s seasonal approach to cooking. Encouraging us to source fresh, seasonal local food, *Local is Lovely* provides a list of markets and producers in each state to help compile our own compendiums of local loveliness.

“Mum taught us that offering your special people good, healthy food is one of the best ways to show them your love,” writes Hansen – and her mum’s recipe for rhubarb and ginger jam is just the thing to accompany that lovely piece of advice.

{Clare Murphy}

EAT



FEAST OF MERIT

117 Swan Street, Richmond 3121

The concept behind the dining experience at Feast of Merit heralds from Nagaland, a region in the far North-eastern corner of India. A blackboard in the entrance of the cafe proudly explains: “In Naga culture, when someone within the community acquires a position of wealth, they can choose to hold a festival – Feast of Merit. The whole community – including the poor and disadvantaged – is invited to join together to share the fruits of the person’s wealth. The feast lasts until all of their assets – everything of value – are shared amongst all of the community.”

The menu is inspired by the slow food movement and contains nothing but local, ethical and sustainable ingredients like roasted Dutch carrots, mint, pistachio, currants, freekeh, harissa and preserved lemon, which you can pair with a selection of braised lamb, roasted Milawa chicken or barbecued market fish. A refreshing approach has been taken with the drinks menu; Ayurvedic Tonics (traditional Indian alternative medicine) are available to warm, soothe or calm. Also available are smoothies, juices, prana chai and other creations including ‘The Basilenko’ which you can get on the house if you are on a Tinder date – bonus! Owned and run by YGAP, all proceeds from the business are directed to support youth education and leadership projects around the world.

{Kate Bensen}

READ



VINTAGE GIRLS

Nadia Barbaro

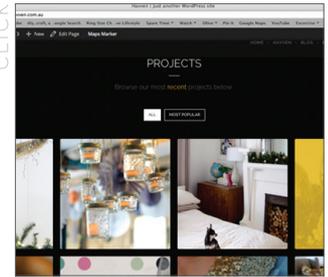
Calling all vintage mavens: Nadia Barbaro’s gorgeous *Vintage Girls* is hot off the press and crying out for a spot on your antique coffee table. Barbaro is a Melbourne-based stylist and creative director whose lifelong passion for vintage began with childhood explorations of her grandmother’s wardrobe, particularly her 1940s and 50s beaded handbags. Luckily, the collection has been so well cared for that ‘rarely a week goes by’ without Barbaro wearing a piece of her grandmother’s jewellery or clothing or using one of her treasured bags.

Intent on discovering other women’s stories about what first made them fall for vintage, Barbaro interviewed a range of stylish ladies from LA to Melbourne – including Kimbra, Janie Bryant and Sarah Blasko – and her book is bursting at the seams with her subjects’ vintage love and top fashion tips. *Vintage Girls’* stunning photographs of its inspiring fashionistas, who are all decked out in their most delectable dresses, are guaranteed to make you wish your wardrobe was twice its current size.

Barbaro’s book doesn’t just celebrate the beauty of vintage fashion, but aims to resurrect the philosophy of caring for your clothes so that they last a lifetime. Hardcover print copies of *Vintage Girls* are all signed, numbered and limited, so make sure you get in quick – or you might just find yourself all dressed up with nowhere to go.

{Carody Culver}

CLICK



HAVVEN

havven.com.au

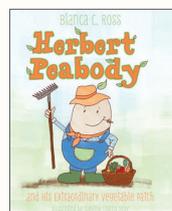
“Everyone needs to start being creative with what we already have to lower our consumption levels” – so goes the philosophy behind Havven, a one-stop DIY blog created by Jade Sheedy. Unlike many DIY bloggers, she hasn’t limited herself to one category, and instead offers projects under headings including style, party, food and weekend warrior (for those who like a challenge – concrete pendant lights and stripping vintage desks are not for the faint hearted or those short on time!). Most of the posts are by Jade herself, but she also enlists guest bloggers – including men – from around the world to contribute ideas and instructions, making Haven a little less cutesy/girly than some of its counterparts in the blogosphere.

Although it might have been helpful to work a capability level search function into the site, anyone looking for inspiration only has to browse a bit to find something to match their skills – or lack of them. Apart from live-streamed workshops in macramé, how-to videos and good old fashioned step-by-step instructions, there is plenty of inspiration to get even the less creative among us fired up (who knew the humble balloon could look so pretty dipped in glitter?). And if creativity and you are never going to be friends, there are plenty of easy projects to make you look good at parties – free printable bunting and cupcake flags, to name a few.

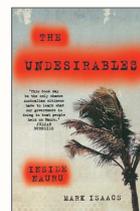
{Leeyong Soo}

REVIEWS 110

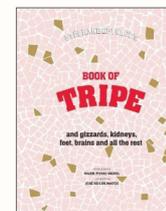
recommended reading



Herbert Peabody
Bianca C Ross
The first in a new children’s series, this sweetly-illustrated instalment of Herbert Peabody follows his adventures through the vegetable patch and beyond.



The Undesirables: Inside Nauru
Mark Isaacs
A rare eyewitness account of life at Australia’s asylum-seeker processing centre, focusing on the July 2013 riot.



Book of Tripe
Stephane Reynaud
From old-school to avant-garde, this collection of nose-to-tail recipes covers all the basics of sustainable meat eating.



PASTA EMILIA

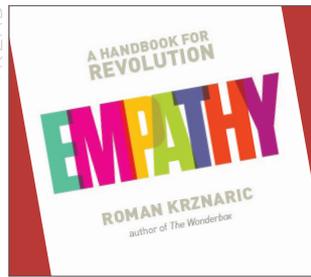
259 Riley Street, Surry Hills 2010

Pasta Emilia in Sydney's Surry Hills neighbourhood looks like the kitchen set from *Under the Tuscan Sun*. Beadboard shelves balance homemade sauces and stovetop espresso makers, while fragrant flowers, brimming produce baskets and cheery red chairs invite diners to stay for lunch (and then dinner).

But the cafe, co-owned by Anna Maria Eocliidi – a native of the Emilia-Romagna region of northern Italy – truly transports guests with its dishes. Pasta Emilia is well-known for its handmade tortelli: large ravioli inspired by a family recipe that are stuffed with such seasonal combinations as beetroot and chevre, duck and truffles and tomato and basil. Other traditional plates include *strozzapreti* pasta tubes smothered in ragu.

Just like she did in her home village, Eocliidi picks out the best organic flours, biodynamic produce and free-range eggs, and buys cream from a supplier that names its cows and uses glass-only packaging. It's the kind of sustainability you can taste. The cafe also gives back to Surry Hills by distributing its worm-devoured kitchen waste to community gardens, holding charity events and hosting regular pasta-making courses and workshops to further nourish guests and friends. Welcome to Famiglia Emilia – where one visit is never enough.

{Serena Renner}



EMPATHY

Roman Krznaric

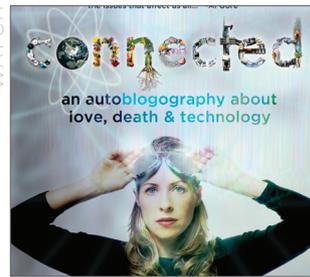
Wondering who would benefit from reading a book about empathy? Well, you're on your way to cultivating revolutionary habit number two: 'Make the imaginative leap' – something Roman Krznaric describes in his book *Empathy* as 'making a conscious effort to step into someone else's shoes'.

Declared by the *Observer* as one of Britain's leading popular philosophers, Krznaric prescribes six such 'life-enhancing habits' drawn from the wells of science, humanities and popular culture, and encourages us to study his examples of 'collective empathic flowering' as a remedy to the self-taking woes of an issue-riddled 'what's in it for me?' age.

Krznaric's argument that empathy may grow revolutionary movements one precious snowflake at a time (mostly) swerves the pitfalls of naïve optimism, and may even hold some sway with readers usually skittish about moral preachiness – particularly if they're one of the many Western citizens Krznaric identifies as expressing "low levels of life satisfaction despite a culture of introspection and material abundance."

Empathy champions von Goethe's maxim that 'man only knows himself insofar as he knows the world'. By which, I imagine, von Goethe meant to encourage us to cultivate habits four and six – 'Practise the art of conversation' and 'Inspire a revolution'.

{Clare Murphy}



CONNECTED

Tiffany Shlain

"When you tug at a single thing in the universe, you find it's attached to everything else." So a reference to John Muir's quote opens Tiffany Shlain's film *Connected: An Autobiography About Love, Death & Technology*, which documents a year where, unsurprisingly, love, death and technology were front and centre for the director.

Shlain's father Leonard, a neurologist and best-selling author, is dying of brain cancer. Shlain, founder of the Webby Awards and advocate for The National Day of Unplugging, is navigating a high-risk pregnancy after five prior miscarriages. These foundation-rumbling circumstances are destabilising her ideas on big-picture stuff. Anchored by Shlain's autobiography, and using animation, archival footage and home movies, *Connected* pulls together disparate threads to consider how technology has facilitated a central nervous system connecting us to our loved ones and the wider world – and how we're all looking down at screens instead of at each other.

The film offers a sweeping history lesson meets love-hate examination of technology and what connection means in the 21st century and beyond (think interdependence rather than independence; think ripple effects from our actions). As a documentary, it is overly, confusingly, ambitious. But as a heartfelt tribute to her father, Shlain's work has legs.

{Fiona Crawford}



MU'OOZ

54 Mollison St, West End 4101

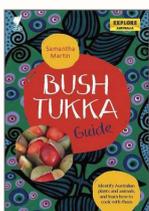
Operating a restaurant, catering service and cooking school out of their small kitchen, Mu'ooz has provided training, work experience and employment for more than 60 refugee women arriving in Brisbane from Africa since 2003.

Tigrinya for 'tasty and healthy', Mu'ooz's humble dining room wears a thick cloud of spices like a perfume. Even if you can't pinpoint Eritrea on a map, the flavours of the region's traditional cuisine will give you some clues about the culture – there's a strong Ethiopian influence, spices reminiscent of Indian cooking, with a little ode to Italy thrown in too in the form of a hybrid lasagne dish.

Among the traditional North-East African dishes on offer are Sambusa Sigha (pastries filled with seasoned meat) and my personal favourite, Kitcha Fit Fit – bread fried in berberé spice mix and clarified butter, and served with natural yogurt – Eritrea's answer to a greasy spoon breakfast.

In the evenings, a full menu of Eritrean delights is available, with fragrant curries and stews based on brsun (red lentils), alich (potato), and shiro (chickpeas), as well as lamb, goat and beef dishes, all served with traditional Enjera sour bread. Top it off with a serve of busbusa, a simple semolina and coconut cake, and the Mu'ooz coffee ritual, where African beans are roasted at the table before being brewed to share in clay Jebena pots.

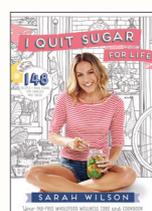
{Emily Lush}



Bush Tukka Guide
Samantha Martin
Explore Australia a different way with this concise compendium of bush tukka knowledge and recipes passed down from the author's Aboriginal ancestors.



My Year Without Matches
Claire Dunn
Earthy charm and wisdom from the woman who left city life for a year in a wilderness survival program, reconnecting with the landscape, her family and herself.



I Quit Sugar for Life
Sarah Wilson
The follow-up to Sarah's much-loved debut, this new publication focuses on sustainable food choices and maximising nutrition to help you kick the white stuff for life.



The House Gardener
Isabelle Palmer
All you need to know about bringing a little bit of greenery into your interior spaces, including innovative ways to display and style houseplants, and how to care for them.