

IT'S LIVE!  
in Queensland

Sunshine Coast  
**real food**  
*Festival*

12-13 September 2015

Maleny Showgrounds

9am to 4pm

ADULTS \$20/day

KIDS under 16 FREE

[realfoodfestivals.com.au](http://realfoodfestivals.com.au)



# 2015 Program

## Taste Learn Laugh

For lovers of good food, who want to know how to nourish themselves and their family, the Real Food Festival is a joyful annual event that brings together all elements of Sunshine Coast food in a weekend of learning and celebration.

CLASSIC ITALIAN COOKING



Tourism and Events  
Queensland



Sunshine Coast  
COUNCIL

Sunshine Coast  
Queensland Naturally refreshing



Kunara  
organic marketplace



University of the  
Sunshine Coast  
Faculty of Arts and Business



WIN A LUXURY  
WEEKEND  
PACKAGE

worth over \$1500 at  
Spicers Clovelly Estate  
and Tamarind Retreat.  
Simply fill in your  
competition form at  
the entry tent.

# SATURDAY 12 September 2015

## VENUE

## SPONSOR



**REAL FOOD KITCHEN**

DEMONSTRATIONS



**FOOD CRAFT**

DEMONSTRATIONS



**KITCHEN GARDEN**

WORKSHOPS



**FOOD FOR THOUGHT**

PRESENTATIONS



**NOURISHING IDEAS**

PRESENTATIONS



**EAT MY WORDS**

CONVERSATIONS



**LITTLE SPROUTS**

ACTIVITIES

*Music and Fun*

9:00

## Festival Opens 9am!

10:00

10:00 Tagliolini with pork and scallops

MATT GOLINSKI  
MELINDA MURNANE

9:45 Bush food banquet

PETER WOLFE

10:15 Discovering the pleasures of hands-on food education

STEPHANIE ALEXANDER  
KITCHEN GARDEN SCHOOLS

9:45 Food in the future

PHIL WOODS

10:30 Understanding the "localness" in food supply chains

DR DAVID FLEISCHMAN

10:00 Bush Tucker: Kabi Kabi hunting & gathering techniques & tools

LYNDON DAVIS

10:30 Reflecting on life after My Kitchen Rules

DAN AND STEPH

Face Painting  
ANANDA MARCA  
RIVER SCHOOL

Pot up a seedling

Make Your Own  
Pizza

STEPHANIE ALEXANDER  
KITCHEN GARDEN SCHOOLS

9:00am - 12Noon  
RUBATUBA

11:15

11:30

11:30 Beer, berries and bloody good cheese

CAMERON MATTHEWS  
GREG CURRAN

11:00 Pork belly with watermelon

MICHAEL JENKINS

11:15 Keeping bees in your backyard

LAURA ELLIS

11:15 Food box schemes: an efficient food distribution system

MICK DAN  
GEORGIE MCKEOWN

11:00 Nourishing your baby and child: some simple tips

TARA LEONG

11:45 Publishing for a global audience

JAMES COLQUHOUN

9:00am - 12Noon  
THE MAX SPORTELLI TRIO

12:00

12:30

12:45

1:00

1:15

1:30

1:45

2:00

2:15

2:30

2:45

3:00

3:15

3:30

1:00 Cooking with foraged ingredients

GLEN BARRATT  
CRAIG HUBBARD

12:15 Free-from naan bread

TANIA HUBBARD

12:15 Discover the health benefits of culinary herbs

LINN WIGGINS

12:00 Food waste and loss

DR MEREDITH LAWLEY  
DR JANE CRAIG

12:00 Adopting a plant-based lifestyle & the effects on planet earth

SCOTT MATTHIAS RAW

12:45 Food rescue & distribution to the disadvantaged

STUART CHARLTON

1:00 Food and fertility – how to optimise reproductive health

KAREN MCELROY

1:00 Chasing Flavour  
CHRISTINE MANFIELD

Making Sense of  
Food

Storytelling

Decorate Your  
Own Apron

Paint a musical  
Gourd

Making a Bee  
House

12:30pm - 2:00pm

LATTE ART SMACKDOWN  
COFFEE MARQUEE

12:30pm - 3:00pm  
SWING LOCO

2:30 Chicken Catalan-style

JAVIER CODINA  
GEORGE WALKER

2:45 Brining, curing & pickling salmon

DAN AND STEPH

2:15 Growing bushfoods

SPENCER SHAW

2:15 Food sovereignty

DR NICK ROSE  
TAMMI JONAS

2:00 The Lantern Project: better food for the aged & frail

DR CHERIE HUGO

2:15 Searching for a good food story

KERRY HEANEY

See our website for more information about sessions and speakers - [realfoodfestivals.com.au](http://realfoodfestivals.com.au)

# SUNDAY 13 September 2015

## VENUE

### SPONSOR



**REAL FOOD KITCHEN**

DEMONSTRATIONS



**FOOD CRAFT**

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**KITCHEN GARDEN**

WORKSHOPS



**FOOD FOR THOUGHT**

PRESENTATIONS



**NOURISHING IDEAS**

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**EAT MY WORDS**

CONVERSATIONS



**LITTLE SPROUTS**

ACTIVITIES

*Music and Fun*

## Festival Opens 9am!

9:00

10:00

10:15

10:30

10:45

11:00

11:15

11:30

11:45

12:00

12:15

12:30

12:45

1:00

1:15

1:30

1:45

2:00

2:15

2:30

2:45

3:00

3:15

3:30

10:00  
Eat Sunshine Coast - using local seasonal fruit & vegetables  
**CHRIS WHITE**  
**MICK DAN**

10:00  
Making mozzarella  
**TREVOR HART**

10:15  
Creating an abundant edible garden  
**MORAG GAMBLE**

10:15  
Food Tourism: from paddock to plate  
**ROSE WRIGHT**

10:00  
GMOs in our food chain  
**JESSICA HARRISON**

10:00  
Fair Food Anthology  
**DR NICK ROSE ET AL**

Face Painting  
**ANANDA MARGA RIVER SCHOOL**

Pot up a seedling  
Make Your Own Pizza

**STEPHANIE ALEXANDER**  
KITCHEN GARDEN SCHOOLS

Pat farm animals  
**OLD MACDONALD'S TRAVELLING FARM**

Making Sense of Food

Storytelling  
Decorate Your Own Apron  
Paint a musical Gourd  
Making a Bee House

11:30  
Cooking with rhizomes and chicken  
**CHRISTINE MANFIELD**  
**RORY THORP**  
**HANS ERKEN**  
**MATT SCHMIDT**

11:15  
French country cooking  
**LAURENT VANCAM**

11:15  
Grow Nourish Connect - The 3 Core Elements to Sustainable Food  
**CRAIG HUBBARD**  
**ERIN YOUNG**

11:40  
Fair food for everyone  
**ROBERT PEKIN**  
**EMMA-KATE ROSE**

11:00  
Nutrition myths: the good, the bad, & the ugly  
**ASSOC PROF FIONA PELLY**

11:15  
Small or Big – self-publish with courage & kindness  
**TANIA HUBBARD**

12:00  
Making sense of food labeling  
**DR SARAH BURKHART**

12:15  
Creating the Perfect Compost  
**DR PENE MITCHEL**

12:30  
Food ethics  
**TAMMI JONAS**

12:30  
Recipes vs diet advice  
**SCOTT MATHIAS**

12:30  
Pickles + chutney + ferments + charcuterie  
**PETER RIDLAND**  
**JEREMY ATKINS**

1:40  
Farandole of strawberries  
**ERIC PERNOUD**  
**KIM LEWIS**

1:45  
Creating healthy sweets using pure gelatin  
**AIMEE CLARK**

1:15  
How to keep happy healthy hens in your backyard  
**KIRSTIE HENNING**

1:30  
Panel Discussion  
**LOCAL FOOD: TOO POSH TO PURCHASE?**  
**PANEL**

1:00  
The Brazilian sustainability diet  
**DR JUDE MAHER**

See our website for more information about sessions and speakers - [realfoodfestivals.com.au](http://realfoodfestivals.com.au)

12:30pm - 3:00pm  
**RUMBA FUEGO**

12:30pm - 2:00pm  
**LATTE ART SMACKDOWN**  
**COFFEE MARQUEE**

9:00am - 12Noon  
**HAYDEN HACK & LEE HARDISTY**

*Festival Close - Come & Dance With Rumba Fuego!*

# 2015 Exhibitors



## ARTISAN QUARTER

- Woombye Cheese Company** A1  
Local award-winning handmade artisan cheese
- Gympie Farm Cheese** A2  
Artisan cow & goat cheese, butter, bakery
- Cedar Street Cheeserie** A3  
Award winning buffalo cheeses
- Chocolate Provisions** A4  
Divine gluten free cakes and brownies!  
Organic local wholefoods
- Lychee Divine** A5  
Tempt your tastebuds with award winning liqueurs, vinegars
- Cedar Creek Farm Bush Foods** A6  
Australian bush food products



## LITTLE SPROUTS

- Walker Farm Foods** K1  
Nomadic pastured chickens and eggs
- City Chicks** K2  
Pure bred, hand raised chickens, feed, poultry accessories
- Old Macdonald's Travelling Farm** K3  
Pat, feed & brush baby farm animals; free-entry \$1 cup of feed
- Stephanie Alexander Kitchen Garden schools** K4  
Kids from Conondale & Montville State Schools share their stories

- ROCKCOTE** K5  
National award-winning manufacturer of renders and cob oven kits



## LANE

- Hermes Strawberries** L1  
Fresh delicious strawberries grown in Wamuran
- Sprout Out and Live** L2  
Sprouting devices & packs, seeds, nut milk bags, veg noodle makers
- Jerky King** L3  
A great tasting beef jerky made locally
- At One** L4  
All natural, vegan, gluten-free and paleo super-food bars
- Rhodavale Pork** L5  
Free range pastured pork - fresh, Paleo friendly and nitrate free
- Sunshine Cane Juice** L6  
A nutritious drink for health and mind
- Devinebodies Pressed Juicery** L7  
Cleanse, heal and nourish with 100% raw, organic juice & food programs
- Suncoast Limes** L8  
Lime products direct from the farmer
- Alnatura Wholefood Market** L9  
Local retailer organic bulk wholefoods and chemical free products
- The Maple Street Co-operative** L10  
Local, wholesome & ethical products; support and education to members
- I Want Well Being** L11  
Magnesium and pain relief products
- Hierbe Santa** L12  
Organic and natural ice tea blends
- CC's Kitchen** L13  
Gourmet preserves: chutneys, jams, pickles, relishes, sauces & fresh produce

- Maleny Avocado Oil** L14  
Avocado oil and avocados if available
- Cobra Chilli** L15  
PremiYum, all-natural chilli sauces made with 100% food
- Eco Vanilla** L16  
Discover the succulent flavour of true, authentic Madagascar vanilla products
- Country Harvest Australia** L17  
TerraAustralis and Chilli Harvest jams; chillies, chutneys and mustards
- House of Threads** L18  
Locally crafted goods used in food handling
- Spice Itt** L19  
Spice Itt for spice and everything nice
- Gourmet Afrika** L20  
Gourmet Afrika - gifts to eat
- Hinterland Feijoas** L21  
Certified organic feijoa growers, fine feijoa foods
- Kin Kin Naturals** L22  
All natural cleaning products, freshly made in the Noosa Hinterland
- Sinchies** L23  
Fill Sinchies reusable pouches with your own healthy homemade goodness
- Maleny Cheese** L24  
Hand-crafted cheese, yoghurt from local cow and buffalo milk
- Colin James Fine Foods** L25  
Maleny's own producer of gourmet artisan gelato and sorbet
- Fat Hen Farm** L26  
Quality handmade olive products from our farm
- Pomodoras on Obi** L27  
Chris's famous balsamic, orange vincotto and ginger & lime dressings
- hellohoney.com.au** L28  
It's all about the BEES. 100% natural. 100% Australian
- Old Fashioned Home Baked Treats** L29  
Traditional home baked biscuits, cakes, slices and macarons
- Stella May Fine Foods** L30  
Queensland's award winning artisan producer of French charcuterie
- Coral Tajine Catering** L31  
Moroccan Cuisine Sunshine Coast
- Gluten Free For Me** L32  
Great food gluten free
- Merbye Farms** L33  
Fresh pineapple juice, select whole pineapple, fresh cut pineapple
- Clean Indulgence** L34  
Clean Indulgence, clean eating recipe books
- Buchi Kombucha & Culture Club** L35  
Certified organic, locally sourced, gut-health and fermented foods
- Worms Downunder** L36  
Worms, habitats, castings, liquid... and the NEW 'Bite-size' composter!
- Rosetta Books** L37  
Amazing array of books from paddock to plate

## H1 PAVILION

- Spicers Tamarind Cooking School** H1  
A taste of one of the Sunshine Coast's top



## OVAL

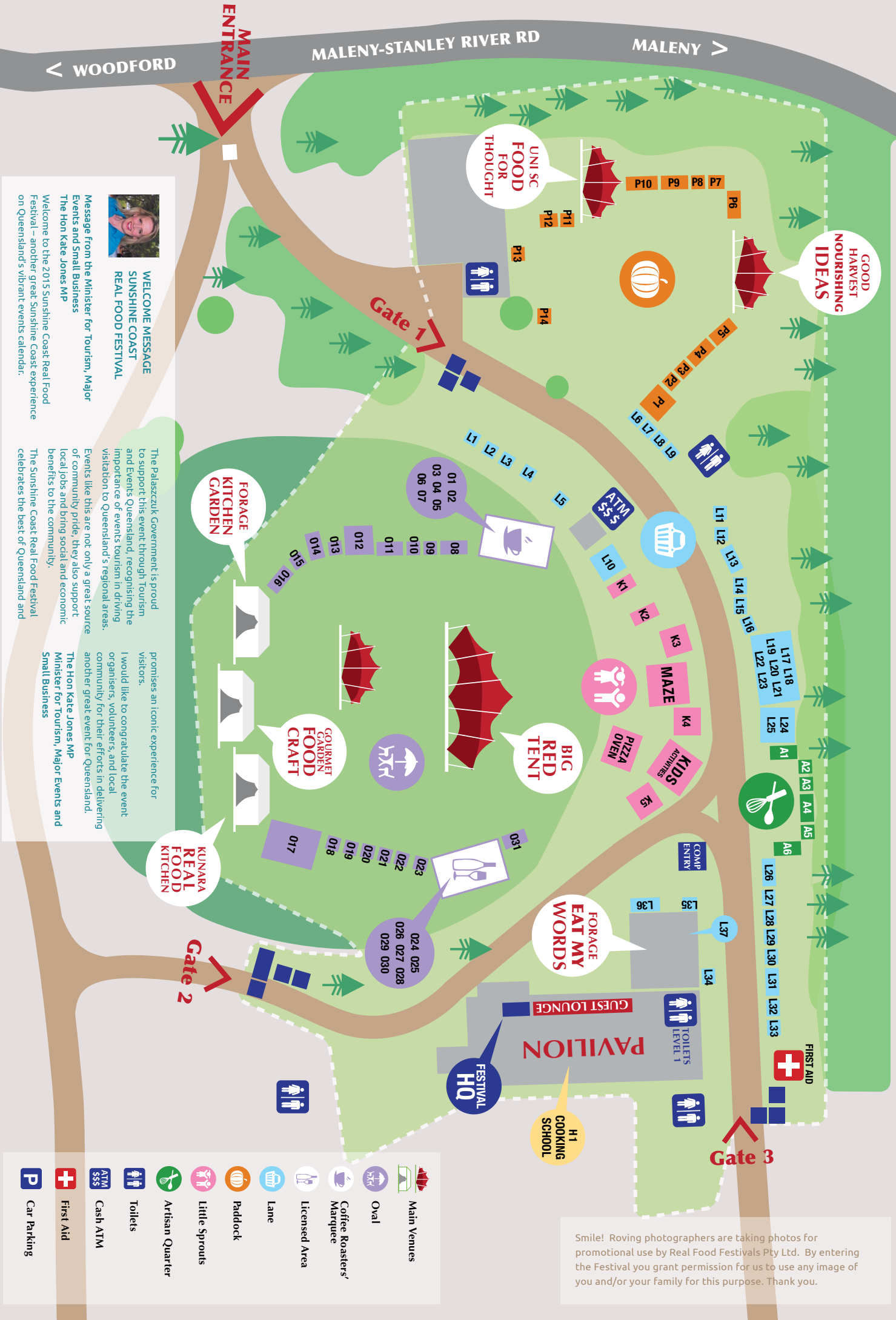
- Sunshine Coast Specialty Coffee Roasters Guild** O1  
A collaboration of Sunshine Coast specialty coffee roasters
- Flying West Coffee Roasters** O2  
Coffees; coffee bags; cold drip coffee; real organic chai powder
- Montville Coffee** O3  
Absolutely delicious coffee that contributes to the betterment of the world!
- Sunshine Coast Coffee Roastery** O4  
Locally roasted fresh speciality coffee
- Tim Adams Specialty Coffee** O5  
Tim Adams Specialty Coffee & beans
- Clandestino Roasters** O6  
Direct trade coffee consistently roasted to perfection
- Pioneer Coffee** O7  
Coffee roaster - retail, wholesale and training
- The French House** O8  
Authentic french crepes, baguettes and croissants - all baked onsite
- Kidaman Beef (Sunday only)** O9  
Healthy, locally grown, pasture fed, ethical and sustainably managed beef
- Montville Mist Springwater (Saturday only)** O9  
Pure mountain springwater, hydration station
- Swift Smoothies** O10  
Fresh, fast, health and local smoothies, juices and healthy snacks
- Juice Power** O11  
Healthy, organic, nutrient rich beverages and snacks
- Cooloola Berries** O12  
Delicious fruit blended desserts and locally grown strawberries
- Frozen Sunshine** O13  
Gourmet iceblocks made using local and seasonal fruit & produce
- Mt Beerwah Natural Springwater (Sunday only)** O14  
Chemical free natural springwater, sparkling natural springwater
- The Maleny Pie Guy** O15  
Hot and homemade award winning pasties, pies and sausage rolls
- The Dosa Deli** O16  
Vegetarian, gluten free dosa with inspired fillings and homemade chutneys
- Kunara Organic Marketplace** O17  
Variety of organic, GF health foods & snacks
- Cecile's Crepes** O18  
Sweet and savoury traditional French style crepes
- Gourmet Dumplings** O19  
Steamed dumplings hand-made, fresh and healthy
- Baja Tacos** O20  
Authentic Mexican style tacos, handmade tortillas with fresh local salad
- Mojo Food Co.** O21  
Italian street food - family recipes handed down for your enjoyment
- Goodness Gracious Organic & Gluten Free Café** O22  
Organic and gluten free homemade pancakes and muffins

- Claude's Food** O23  
Delicious, fresh, healthy flavours from around the world
- Paella By Javier Codina** O24  
Javier's signature seafood paella, crumbed & fried feta stuffed olives
- Eat @ Dan & Steph's** O25  
Dan & Steph's gourmet sausages
- Hungry Feel Eating House** O26  
If you want to eat local, Hungry Feel is a must do!
- Bent Road Wines** O27  
Boutique handcrafted premium wines from the cool Granite Belt
- Sunshine Coast Brewery** O28  
Sunshine Coast Brewery - award-winning craft beers brewed locally
- Kingsley Grove Estate** O29  
Table wines, fortified wines and sparkling wines by bottle or glass
- Uncle Bob's Estate** O30  
Preservative free organic wine made in a natural manner.
- Woodfire Australia** O31  
Woodfired pizzas made fresh to order



## PADDOCK

- Suncoast Care** P1  
Promotion of Suncoast Care and Food Rescue
- The Falls Farm** P2  
Local, organic, fresh... we only sell what we grow
- Peachester Farm** P3  
Producers of local, organically fed, pasture raised chicken
- Queensland Strawberry Industry** P4  
Promoting winter strawberry production in Queensland
- Guide Dogs Queensland** P5  
Providing free services to vision impaired Queenslanders for 55 years
- Good Harvest** P6  
Supplying organic fresh wholefoods direct from local farmers
- scottmathiasraw** P7  
Plant based nutrition and natural health solutions
- Primal Influence** P8  
Paleo-inspired health and fitness coaching and cooking workshops
- Fresh Box** P9  
Online organic fruit and veg delivery service supporting local
- Wild River Goats** P10  
Goats milk soaps for people and animals with skin conditions
- University of the Sunshine Coast** P11  
School of Business - information on courses at our local university
- ETHOS Foundation** P12  
Learn how to grow your own incredible edible garden
- Sunshine Coast Beekeepers Group** P13  
Raw honey tasting and sales, live bee display
- Forest Heart** P14  
Native plants for your backyard, big or small



**GOOD HARVEST NOURISHING IDEAS**

**UNI SC FOOD FOR THOUGHT**

**FORAGE EAT MY WORDS**

**BIG RED TENT**

**GOURMET FOOD CRAFT**

**KUNARA REAL FOOD KITCHEN**

**FORAGE KITCHEN GARDEN**



**WELCOME MESSAGE**  
SUNSHINE COAST  
REAL FOOD FESTIVAL

Message from the Minister for Tourism, Major Events and Small Business  
The Hon. Kate Jones MP  
Welcome to the 2015 Sunshine Coast Real Food Festival – another great Sunshine Coast experience on Queensland's vibrant events calendar.

The Palaszczuk Government is proud to support this event through Tourism and Events Queensland, recognising the importance of events tourism in driving visitation to Queensland's regional areas. Events like this are not only a great source of community pride, they also support local jobs and bring social and economic benefits to the community.

promises an iconic experience for visitors. I would like to congratulate the event organisers, volunteers, and local community for their efforts in delivering another great event for Queensland.

The Hon. Kate Jones MP  
Minister for Tourism, Major Events and Small Business

Smile! Roving photographers are taking photos for promotional use by Real Food Festivals Pty Ltd. By entering the Festival you grant permission for us to use any image of you and/or your family for this purpose. Thank you.

- Main Venues
- Oval
- Coffee Roasters' Marquee
- Licensed Area
- Lane
- Paddock
- Little Sprouts
- Artisan Quarter
- Toilets
- Cash ATM
- First Aid
- Car Parking