

by Elizabeth Stephens

**Welcome** to our new regular feature on good food and all that it takes to prepare or buy a good meal. We will naturally be focusing mostly on organic food, since that's where the goodness and flavour is and, more importantly, the health of our bodies and our planet. However, there are still reliable sources of whole foods worthy of coverage. And what is a good meal without the utensils and cooking pots for the preparation and the place to sit at?

Please feel free to send in recommendations for new products, restaurants, organic shops, cooking pots, potters; in fact "the butcher, the baker and the candlestick maker". Email to [editor@livingnow.com.au](mailto:editor@livingnow.com.au).

But we must cover an item on the darker side - genetically modified food. See the item opposite. Please write to your local politician to find out his/her stance on this. If pressure is not brought to bear by the consumers, devastatingly the Federal government and the biotechnology industry will win out.

Don't think your words are small and meaningless. I have personal experience to show me that people writing to their local member create 'heat' and it only takes a couple of dozen saying the same thing to make them start listening. Multiply that by another couple of dozen so that a few hundred write, call, email, and we have created a real force.

## THE RAW CHOCOLATE REVOLUTION COMES TO AUSTRALIA

And now to suburban Melbourne where a quiet revolution in organic raw chocolate is taking place. Healthy organic chocolate, from beans grown on fair trade principles, is being created by a somewhat unlikely Melbourne chocolatier, community worker Scott Fry.

Scott, who worked with the Mayan people of the Chiapas region in Mexico for two years, realised the native cacao grown there resulted in a glorious, subtle, sweet and healthy type of chocolate. Coming home with his wife and child, he decided to manufacture it himself - directly from the raw cacao (the natural source of chocolate, loaded with antioxidants, nutrients and live enzymes) in a technique new to Australia. They cold press from raw cacao that's never been heated above 45 degrees Celsius. All other cacao butter has been heated at temperatures of 100 to 150°C.

"The cold pressing means that it has four times the antioxidants of the heated kind. So when it's raw it's about four times as potent as it would be otherwise."

It is sweetened with liquid agave syrup (a natural low Glycaemic Index sweetener) sourced from a Mexican cactus. Because it's from an ancient variety of criollo cacao and it is raw, it has a lower melting point than regular chocolate, and is best kept in the fridge.

For Scott it's also about helping the communities in Mexico and Peru where he sources his raw materials. "It's really not just the health benefits. It's about a new take on organic food, called 'beyond organic', which is about connecting the consumers with the growers and their culture - so they know where the product comes from and the cultural context it's grown in.



Everything we deal with is called 'single origin' in that it literally comes from a single origin."

And despite being up to his elbows in raw chocolate and packaging it under his Living Earth brand for most of his waking hours, Scott says he's not sick of chocolate yet. He brought us a present in the office - and we couldn't stop laughing because he kept dipping into the chockies himself.

Wholesalers and retailers can contact him direct on 03 8300 6335 or email [info@livingearth.com.au](mailto:info@livingearth.com.au)

## GOOD GRUB



## GOOD FOOD TO GO AT OLIVER'S

Opened just two years ago now, Oliver's Real Food healthy food café is situated on the Pacific Highway, 45 minutes north of Sydney on both sides of the highway at the twin Caltex stopovers, Wyong. The concept is based on the usual but unmentionable fast food outlet, but it serves healthy food instead, with a delicious selection and wide variety of choices including sushi, hot pita pocket breads, gourmet pies, salads, organic juices, gluten-free and low fat muffins and delicious all-natural desserts.

For those who want a great coffee as well as health food, the coffee is made on premium La Marzocco coffee machines.

The innovative healthy kids' packs are a real hit with parents and children alike - made with vegetable sticks, gluten-free dips, sandwich or sushi and a bottle of branded water. The kids may even get an Oliver's toy thrown in!

Everything around Oliver's Real Food is geared towards healthy lifestyle choices; even the 5 star bathroom facilities that use water efficient plumbing and safe chemicals.

The stores are open from early breakfast to dinner, seven days a week, and there are plans to open more in 2008.

Go to: [www.oliversrealfood.com.au](http://www.oliversrealfood.com.au) for more information or, better still, take a drive with the family and call in.

## JAPANESE CONSUMERS LOBBY AUSTRALIA'S STATE PREMIERS TO EXTEND GE FOOD CROP BANS

Sydney, 15 October 2007: A Japanese delegation arrived in Australia today to deliver a petition to State Premiers from groups who represent over 2.9 million Japanese consumers, requesting an extension to state moratoria on the commercial growing of genetically engineered (GE) food crops.

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