



Hi Frequent Feasters!

Spring is here and new life abounds everywhere... buds flower, lambs appear on the landscape, and asparagus is now available! I always think of Spring as the start of the year as far as the seasons go. We've passed the longest day of the year and we start to emerge from our caves to enjoy the outdoors more. Yes it's time to get out there and smell the jasmine!

Cheers,
Flip



food in focus: mushrooms



Mushrooms are around now, but check out the incredible Japanese Snow Cap Mushroom available at Damian Pike's Wild Mushroom Specialist stall at the Prahran Market. Apparently it tastes like lobster! Simply slice thinly and pan fry in a little oil, garlic and parsley! It's delish.

Mushrooms have been around since 3500 BC when in Ancient Babylonia the locals first pulled them from the ground.

The early Chinese dynasties claimed the kombucha mushroom was the remedy for mortality and Japanese samurai warriors carried kombucha cultures with them.

These days masses of mushies are cultivated, collected and devoured - ranging from the common button to the highly treasured Truffle.

You can even pick yourself up a grow your own kit and keep yourself in permanent supply of the little fungus.

Mushrooms are very versatile and according to Stephanie Alexander's *Cooks Companion*, go with everything from artichokes to squab pigeon.

photo: freedigitalphotos.net

do

Now that the (Melbourne) weather is fining up... pop down to My Dog Café at Station Pier, Port Melbourne. The Café was closed over winter but will re-open in October and is open Wednesday-Sundays 8am-5pm.

It's a perfect spot to start or finish a long walk on the beach (just remember there are some leash-only areas from November.)

Fab Melbourne chef Andrew Blake, in collaboration with "My Dog" created Melbourne's first cafe for dogs! Who said Melbournians were barking mad?!

The cafe welcomes human and canine patrons alike, and features menu items such as Great Danish Pastries, Boxer Chocolates and Dog Day Afternoon tea featuring low sugar dog biscuits.



Harvey waits patiently for Flip to finish breakfast and take him to the My Dog Café.

Flip talks TV each Saturday between 5-6pm with Denis Walter on 3AW Melbourne

make

mushroom mini pizzas

This is a fabulous twist on a old theme...

stuff

4 'horse' or very large mushrooms
 4 thin slices of zucchini
 2 Roma tomatoes, sliced
 drizzle olive oil
 2 tablespoons tomato paste
 few fresh thyme leaves
 to taste - sea salt and cracked black pepper
 4 baby spinach leaves
 4 slices gruyere cheese

action

Peel mushrooms and remove stalks.

Brush mushrooms, zucchini slices and tomatoes with olive oil and cook on a griddle for a few minutes each side until softened and starting to brown, or bake in an oven on 220 degrees/gas mark 7 for 15 minutes.

Brush mushrooms with tomato paste.

Sprinkle with fresh thyme leaves.

Top with spinach leaf, zucchini, tomato and cheese.

Grill for a few minutes or until cheese starts to melt.

new

In response to consumer feedback, Flip Shelton's Natural Muesli is now available in two convenient sizes – 500g and 1kg bags. Both bags are resealable.

Also in keeping with the positive feedback received, both bags are resealable. The 1kg bag keeps the zip lock feature (which will get an even greater workout with the bigger bag) while the 500g bag has a 'sticky' resealable label. I hope you like the changes.



buy

what's in season during spring?

- Pink Grapefruit
- Berries
- Asparagus
- Mandarins
- Oranges
- Pineapple
- Avocadoes
- Watercress
- Spring onions
- Peas

watch

Go For Your Life is a new series to premiere on Channel 7 at 5.30pm on 6 October. This new ten part series hosted by former Collingwood Captain and Coach Tony Shaw with nutritionist Shane Bilsborough, former Aerobics World Champion Sue Stanley, Melissa Hetherington and yours truly aims to give helpful food and fitness tips and inspire us all to lead healthy balanced lives.

eat and be merry

Allan Campion and Michele Curtis run the fabulous *Melbourne Food Tours* - which now include tour dates for all other State Capitals. The Tours can be booked out for a private group (what a great idea for a Hen's Activity, birthday celebration or family activity) or school groups.

Check out www.melbournefoodtours.com



"If you think you're too small to have an impact, try going to bed with a mosquito."

in honour of the late Anita Roddick, founder of The Body Shop