

Hi Frequent Feasters!

Welcome to the fifth edition of the Flip's Frequent Feasters Newsletter which means the FFF newsletter is celebrating its first birthday! Here's three cheers to you for your support.

I am typing this with a hot water bottle nestled between my back and the chair, (His Royal Hindlegs) Harvey at my feet and the sound of rain outside – it's winter! Now is the time to check out the fabulous winter fruit and veg which are in abundance in the cooler months - cabbage, cauliflower and celeriac are all around now, as are rhubarb, pink lady apples and mandarins. Your shopping list could also include grapefruit, kiwi fruit, passionfruit (which I am currently addicted to!), avocado, beetroot, Brussels Sprouts, celery, Chinese cabbage, fennel, Jerusalem artichoke, sweet potato and walnuts, so there's no excuse not to keep healthy and eat well in the cooler months.

Cheers, Flip



food in focus: Brussels sprouts



Like tennis players Kim Klijsters and Justine Henin... Brussels sprouts really did originate from Brussels. Some references say they date back to the 13th Century and were also served up as part of wedding feasts in the Burgundian court at Lille in the 15th Century.

Brussels sprouts are an excellent source of vitamin C, folic acid and potassium. Like all members of the cabbage family, they are thought to have cancer inhibiting properties. Reason enough to put them on your shopping list.

For those that were inflicted with overcooked, grey and lifeless Brussels sprouts which Gran served up ... it's time to give them another chance. Try cooking Brussels sprouts lightly... blanch them for a few minutes then toss them into a wok with some oil, ginger, and soy sauce and stir fry for a few minutes then serve them with sesame seeds.

They're in season from mid autumn to mid-spring so now's the time to take advantage of this little green vegetable.

do

Winter is a good time to hunker down at home and enjoy your surroundings. Light candles, dim the lights and get some early nights. It's a wonderful time of year to **nurture family and friends**, and of course yourself with delicious and nutritious 'comfort food' ... and to catch up with reading and those video tapes that have stacked up.

A **brisk walk** in the cool early morning or evening is excellently invigorating and gets the circulation and metabolism going.

Do a course...with the weather conducive to staying indoors, why not grab a friend and do a one day or weekend course. The Dalai Lama was in town and I headed off to Rod Laver arena to learn a few things. The last time I was there was to see Kylie in concert and the next I go will be to see the rock legend Bob Dylan. The day after the Dalai Lama 'performed', the Crusty Demons were in action at Rod Laver Arena - don't you just love the juxtapositions!

Hot Chocolate Hunt...Easter might have passed but another favourite winter activity of mine is to hunt around for the best hot chocolate. My local favourites are at Tre Bicchieri (626 Rathdown Street, Carlton), Jaspers Coffee (Prahran market); KokoBlack (Block Arcade, Melbourne CBD) and Chocolateria San Churro (277 Brunswick Street, Fitzroy).



"The more we care for the happiness of others, the greater our own sense of wellbeing"

Dalai Lama

make

joffa's pumpkin soup

My partner and I often have a soup-off... but this never fails to put a smile on a dial and make a buddha belly (because I always have to eat a second bowl!)

makes 4 generous serves

stuff

1 tablespoon olive oil
 2 medium onions, diced
 4 garlic cloves, grated
 1 large carrot, diced
 1 kg pumpkin, diced
 2 medium potatoes, diced
 2 litres stock, enough to almost cover pumpkin
 2 stock cubes
 1 teaspoon curry powder
 cracked black pepper, to taste
 seasalt, to taste
 ½ cup white rice

action

Sauté onion, garlic and carrot in olive oil.

Add cubed pumpkin and potato and fry gently for a minute.

Pour in stock and cubes and bring to the boil.

Add curry powder and season with pepper and salt.

Simmer for an hour then add uncooked rice and continue simmering for another hour.

Blend to a smooth consistency.

For a creamy texture add some soymilk or a dob of yogurt before serving.

Mow your own grass...

Metaphorically speaking. It means to take responsibility for what's going on in your own backyard and to deal with it proactively. But watch out for the tall poppies - don't mow them down... just go around them.



new

Appetite Food Store has their own unique blend of "5 Senses" coffee roasted and blended specially created by owner Marinus Jensen, a Kiwi, living in Melbourne having traveled the world for 3 years looking for the perfect coffee. The predominantly Dominican based blend serves up a chocolatey smooth espresso with a sweet & delicate finish. The bowl latte is the perfect choice on a cold morning with a freshly baked muffin or some of the gluten free treats on offer.

Appetite Food Store, 8 Errol Street, West Melbourne
 Open: Monday-Saturday 8am-5pm, Sunday 9am-4pm

soap box

With nearly 50% of women buying scooters (as opposed to only 10% who ride motorbikes), I (along with 3AW traffic reporter Caroline Ferguson and producer Selby-Lynn Bradford) did a 2-day motorcycle learner's course at HART (Honda Australia Rider Training) in Tullamarine. This was part of a story for Neil Mitchell's program in particular for Tom Reynold's motoring segment (which can be heard each Wednesday at 11.45am on 693AM). I was given a bright red vespa (technically called a LX125) to toodle around town on for ten days. But I loved it so much I asked to extend the loan for another 10 days, and then another! I have to say I enjoyed the experience much more than I thought I would, and having done the course and experienced riding on the road on a scooter, feel I have become a better and more aware driver. Personally I think when we get our licences we should also learn how to ride bikes, scooters, cars and even trucks to get a better appreciation for sharing the road.



Photo by Thomas Reynolds, www.thomasr.org