

PROGRAM



24th Symposium of Australian
GASTRONOMY

8-11 MAY 2022
BENDIGO,
VICTORIA

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RECLAIMING HAPPINESS: THE EPICUREAN GARDEN, SIMPLE PLEASURES AND A SUSTAINABLE FUTURE

24TH SYMPOSIUM
OF AUSTRALIAN
GASTRONOMY

8-11 MAY 2022,
BENDIGO, VICTORIA

ACKNOWLEDGEMENTS AND THANK YOU

To those of you who have organised, contributed, presented, participated and assisted in so many ways to make this event happen during these COVID times, thank you for being here and for making it happen.

The Symposium would not happen without significant contributions of time and a variety of supports, from involvement on the organising committee, local organisations who have provided venues, businesses and enterprises providing catering, showcasing Indigenous ingredients and local produce plus Bendigo TAFE students who have lent support to the event.

To those who have sponsored - with financial support, local produce or in kind - thank you also for adding to this unique national event. Without the generous support of all our sponsors, this event would never have been possible.

Particular thanks to our organising committee for the many Zoom meetings and hours spent designing, promoting and discussing - all in the name of continuing and expanding the community's understanding and appreciation of gastronomy: Jennifer Alden, Amie Sexton, Kelly Donati, Therese Piper, Bev Laing, Carly Noble, George Biron, Rodney Carter, Trevor Budge, Max Dingle, Rose Vincent, Julie Howard, Sonia Anthony, Robert Forde and Karina Dambergs.

Thanks also to Geoff and Liz Disney for the fund-raising contribution supporting our keynote speaker Luke Slattery.

We hope you will agree this has all combined to create something special and hopefully memorable.

Editors: Dr Jennifer Alden and Dr Kelly Donati

Design and layout: Studio Ink



WELCOME TO THE 24TH SYMPOSIUM OF AUSTRALIAN GASTRONOMY

WELL, WE MADE IT! AFTER ALL THE UNCERTAINTIES OF THE PAST TWO YEARS, IT IS SUCH A RELIEF TO BE ABLE TO COME TOGETHER FACE-TO-FACE TO CHAT, LISTEN, DISCUSS, EAT AND HOPEFULLY HAVE A GOOD TIME – ALL THE WHILE SHARING OUR LOVE FOR ALL THINGS GASTRONOMIC.

The Symposium stimulates conversations, celebrating the history and culture of foods, our producers and the diversity of approaches to creative education and the art and science of food and drink. It continues traditions and, with each new iteration, brings fresh perspectives and approaches to what gastronomy is in this country and, importantly, on Country.

The challenges of the pandemic have been cause for reflection and introspection: about life's priorities, what is necessary and what is within our command. We have yearned for connection, for the simple pleasures of food and drink with friends and for the engaging exchange of ideas at a shared table. Over the years, the Symposium has taught us the power of conversation and conviviality. We turn to gastronomy to help us as we emerge from these troubled times. As Luke Slattery writes in *Reclaiming Epicurus*, 'the fundamental human needs whose fulfilment Epicurus saw as the condition for happiness – simple sustenance and friendship – are returning to focus on a global scale.'

Future challenges must bring our focus to how we live a simple and sustainable existence within our limits and, yet, to a happy end. The settings for this Symposium were intentionally chosen to reflect many aspects of Bendigo as Australia's first Creative City of Gastronomy, a designation received just before COVID-19. The 24th Symposium of Australian Gastronomy builds on Bendigo's four unique gastronomic pillars: celebrating and elevating First Nations' culture and knowledge; recognising creativity, cultural diversity and innovation; improving health and wellbeing through healthy eating and prioritising environmental sustainability, sustainable agriculture and food production as we tackle climate change and recover from the disruptions of the pandemic.

There are 246 UNESCO Creative Cities in the international network across seven different categories, including gastronomy. The network of 36 Creative Cities of Gastronomy creates rich opportunities for collaboration and the exchange of ideas, particularly with three other Creative Cities in Victoria: Melbourne (Literature); Geelong (Design) and Ballarat (Craft and Folk Arts). The framework for action provides opportunities to rethink health, renewal and ultimately future-proofing. As part of a global community of creative cities, the breadth of approaches to gastronomy will continue to evolve, all the while knowing that regardless of country, state or town, what we make of our unique assets and culture is what sets us apart in defining our version of gastronomy – one that is fit for these times.

Over four days we will explore together what might enable gastronomic happiness: the abundant garden of a social enterprise; a celebration of Bendigo's Chinese heritage; simple pleasures and their possibilities for an Epicurean existence; and the centrality of community in responding to contemporary disconnection.

Whatever your interest in gastronomy, we hope there's something for you here in Bendigo – that you will come away refreshed, stimulated and maybe even a little happier. If that is the case, then the Symposium will have achieved its aim: reclaiming happiness.

**Cr Dr Jennifer Alden, Convenor
24th Symposium of Australian Gastronomy**



ACKNOWLEDGEMENT OF COUNTRY

**WE ACKNOWLEDGE THAT THE CITY OF GREATER BENDIGO IS ON
DJA DJA WURRUNG AND TAUNGURUNG COUNTRY.**

We also acknowledge the Dja Dja Wurrung People as the Traditional Owners of the land on which the Symposium is held and pay our respects to leaders and Elders past, present and emerging for they hold the memories, the traditions, the culture and the hopes of all Dja Dja Wurrung Peoples.

We express our gratitude in the sharing of this land, our sorrow for the personal, spiritual and cultural costs of that sharing and our hope that we may walk forward together in harmony and in the spirit of healing.

DJA DJA WURRUNG AND GASTRONOMY

Rodney Carter

Our mother country has nurtured Dja Dja Wurrung people for many thousands of generations. This ancient knowledge is again finding its place as being useful to not only help heal Country but also heal People.

The advances we have seen in modern agriculture have helped to feed the planet, but have we grown too clever for our own good? Will we place all the eggs for our future generation's survival in one basket?

Increasingly we see the emergence of older type farming practices and to use our own ancient native grains is one example and to be thinking: lower, slower, more gentler inputs, connecting with the soils and country more closely, treating it with respect as the form of being it is. This is closer to what the Dja Dja Wurrung look at with Country and the many spirits and memories it holds. But for Dja Dja Wurrung – with our dispossession from Country – plants and animals can be an important part of the healing of People. Please do not dispossess us of that opportunity.

The trauma faced by Country and its modifications from modern agricultural systems is an opportunity to include native plants in our rotations. It is an opportunity for the farming of native foods and to help place Dja Dja Wurrung back at our homelands, assist in addressing climate change challenges we all face and hopefully eat our way to good health and healthy Country.

We owe this to all of our children that their inheritance is communal and they collectively create their vision of a future where they are all equal.



Unearth culinary treasures in Australia's first UNESCO City and region of Gastronomy

In years gone by Bendigo and the surrounding region was home to one of the greatest gold rushes the world has ever seen. People from across the globe ventured to the goldfields to unearth treasures from beneath the soil. Now, the Bendigo region invites you to unearth a different kind of treasure: a city and region recognised by UNESCO for its unique food culture and diverse culinary heritage.

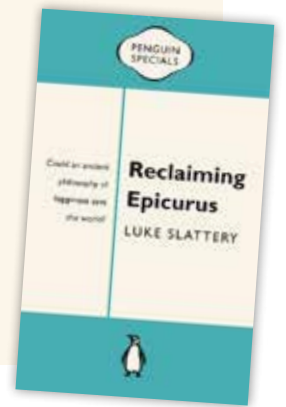


BENDIGO

UNESCO Creative City and
region of Gastronomy

“The impending crisis of man-made climate change casts Epicureanism and its analysis of runaway desire in a new light. The great themes of ancient Epicureanism – living in accord with nature, the setting of limits on desire, the search for simple pleasures – are the burning issues of the twenty-first century. With a global population approaching nine billion, the challenges of the next quarter of a century will be about fulfilling basic needs for fresh water, adequate food and energy, while attempting to repair environmental damage. At the same time, the need to maintain, and in some cases rebuild, the fabric of community and family has been recognised as an urgent First-World social agenda. The fundamental human needs whose fulfilment Epicurus saw as the condition for happiness – simple sustenance and friendship – are returning to focus on a global scale.”

Excerpt from: **Luke Slattery, *Reclaiming Epicurus***



Luke Slattery

Luke Slattery is an author, journalist, and literary critic. He teaches at the University of Technology, Sydney and is an honorary associate of Sydney University’s School of Social and Philosophical Inquiry. His journalism and writing have been published in metropolitan media throughout Australia and internationally in *The Los Angeles Times*, *The London Spectator*, *The Times Literary Supplement*, *The New Yorker* and *The US Chronicle of Higher Education*.

He has served as higher education editor at *The Australian*, *The Age* and *The Australian Financial Review* and has been the recipient of the Higher Education Journalist of the Year Award, the European Union Journalist Award and the Australian Council’s Keesing Writing Fellowship in Paris. He was shortlisted for the 1995 Graham Perkin Journalist of the Year Award. His books include *Dating Aphrodite: Modern Adventures in the Ancient World*, *Reclaiming Epicurus: Could an Ancient Philosophy of Happiness Save the World?*, *Crisis in the Clever Country: Why Our Universities are Failing* (with Geoffrey Masien), and *The First Dismissal* and his first novel, *Mrs. M*.

Elizabeth Chong AM is a prominent Chinese-born Melbourne-based Australian celebrity chef, former cooking teacher, author and television presenter. She is known as a pioneer of the industry, the first celebrity chef and promoter of introduced Chinese cuisine to Australian households. Since she opened her first cooking school in 1961 she has introduced her family’s Chinese recipes to the Australian public. Through her work over more than 5 decades Elizabeth has been a vital link in the multi-cultural chain of Australia.

Elizabeth will attend as guest of honour at Monday’s dinner, Hawker, at the Golden Dragon Museum. The menu pays tribute to Roy Geechoun’s Chinese cookbook *Cooking the Chinese Way*.



Elizabeth Chong

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SCHEDULE

Day 1: Sunday, May 8th

Bendigo TAFE (154 Hargreaves Street, Bendigo)

4:00 pm **Registration – Bendigo TAFE**

5.00-7.00 pm

Welcome **Dja Dja Wurrung** (TAFE Six Seasons courtyard garden and smoking pit)
 Welcome City of Greater Bendigo Mayor – Andrea Metcalf
 Introduction from Bendigo TAFE Head of Campus – Dave Richardson
 Overview of Symposium – Jennifer Alden
 Light refreshments by Murnong Mummas (Building E foyer)

Dinner option (not included in ticket price)

Ms Batterhams 03 5444 2497 (please mention you are a symposiast when booking)

Day 2: Monday, May 9th

The Epicurean Garden at PepperGreen Farm (40-44 Thunder Street, North Bendigo)

9.00 am **Welcome and overview of day**

9.15 am

Keynote – *Gardening in the pandemic: reflections on pleasure, time and hope* – Kelly Donati

9:45 am

A question of pleasure – Amie Sexton & Colette Geier

10:05-10:25 am

Morning tea

10:25-10:50 am

Tour of PepperGreen Farm

10.50-11.50

Cuisine & Culture (Ecopod 1)

- *The rise of foraging within advocacy dining* – Neil Gow
- *Women's food knowledge: why it matters* – Vicki Swinbank
- *Exploring the culinary traditions of active older adults* – Carolyn Cairncross & Christine Hall (pre-recorded)

10.50-11.50

Advance Australian Fare (Ecopod 2)

- *Breaking the monotony of meat: vegetarian messaging in the Australian Women's Weekly, 1933 – 1982* – Lauren Samuelsson
- *Hidden in history: the forgotten First Fleet gardens of Botany Bay* – Jacqui Newling
- *What happened to thrift and plain cooking? Searching for Epicurean principles in Australian culinary literature* – Alison Vincent

12:00-1.00 pm

Hedonistic consumption (Ecopod 1)

- *Behind Cadbury's 'Happy Centres': researching histories of Australian chocolate manufacturing* – Emma Robertson
- *Look back to move forward: fermenting a new gastronomic imaginary for food tourism* – Tracy Berno & Francesc Fuste-Forne (NZ and Spain – pre-recorded)

12:00-1.00 pm

Gastronomy in paradise (Ecopod 2)

- *The Garden of Eden and after: peace and plenty in foods in the Bible* – Rita Erlich
- *Bread: Returning to paradise* – Hilary Heslop

1.00 pm

Lunch

2:15-3.15 pm

Schooling taste (Ecopod 1)

- *Climate adaptation through native foods in the classroom* – LaVergne Lehmann & Rebecca Sullivan
- *Designing with worms: getting creative in the kitchen garden for learning outcomes* – Bev Laing

2:15-3:15 pm

More than sweet and sour: Chinese foodways in Australia (Ecopod 2)

- *Cooking the Chinese way* – Alison Vincent
- *Chinese cooking the Bendigo way: simple pleasures and the Chiko roll* – Jennifer Alden
- *Alan Saunders' 'A feed at the Chinese and other places'* – Christine Cremen

3:15 pm

Afternoon tea

3:45 pm

Tiny pleasures and a little spritz

5:30 pm

Pre-dinner drinks and nibbles in Yi Yuan Chinese (Garden of Joy) walled garden and tour of the Golden Dragon Museum

7:00 pm

Dinner at Hawker @ the Golden Dragon Museum. Special guest: Elizabeth Chong AM

Day 3: Tuesday, May 10th

Simple Pleasures at Bendigo TAFE (154 Hargreaves Street, Bendigo)

9:00 am

Welcome and overview of day

9:15 am

Plenary (1887 Building)

A Kinder Life and Simple Pleasures – Annie Smithers

Day 3: Tuesday, May 10th

Simple Pleasures at Bendigo TAFE (154 Hargreaves Street, Bendigo)

9:45 - 11.00 am	<p>First Nations gastronomy (1887 Building)</p> <ul style="list-style-type: none"> • <i>Djaara fusion cooking</i> - Rodney Carter • <i>First Nations food renaissance on Gamilaraay Country</i> - Jacob Birch • <i>Eating Djaara Country Healthy: the 50-year menu</i> - Jodi Newcombe & Rebecca Phillips, Carbon Arts
11:00 am	<p>Morning tea by Bendigo TAFE cookery students plus symposiasts' preserves and ferments</p>
11:30 am - 12:45 pm	<p>Gastronomic justice (1887 Building)</p> <ul style="list-style-type: none"> • <i>Who gets to be a food writer?</i> - Denise Cullen • <i>Easy, healthy, tasty: how everybody benefits from disability-inclusive food media</i> - Jen Richards and Charity Spalding • <i>Out of the garden and onto the streets: the limits of Epicureanism in achieving gastronomic justice</i> - Paul Van Reyk (pre-recorded)
11:30 am - 12:45 pm	<p>Creating taste (Kitchen)</p> <ul style="list-style-type: none"> • <i>Twin passions: artisan small goods and Italian organic gardening</i> - James and Kathy Mele • <i>Natural Tuckerman: the history of bread, from Indigenous Australian bakers to the rise of white-sliced</i> - John Downes
12:45 pm	<p>Packed lunches by Food Fossickers featuring local producers</p>
2:15 pm	<p>Memoirs of simple pleasures (1887 Building)</p> <ul style="list-style-type: none"> • <i>The simple pleasure of a fruit, a cake and a kitchen - or how the quotidian informs the universal</i> - Helen Greenwood • <i>'Tis an unweeded garden that goes to seed'</i> - Max Dingle • <i>Pamboli Culture</i> - John Newton (pre-recorded)
2:15 pm	<p>From France to Bendigo (Kitchen)</p> <ul style="list-style-type: none"> • <i>From Limoges to Castlemaine: Long Paddock Cheese</i> - Ivan and Julie Larcher • <i>Australian grown, inspired by the Rhône</i> - Amie Sexton
3:30 pm	<p>Afternoon tea by Bendigo TAFE cookery students and symposiasts' preserves and ferments</p>
4:00 pm	<p>Perspectives on sustenance (Upstairs Room)</p> <ul style="list-style-type: none"> • <i>Fermenting sustainability: Multispecies thinking in the big (and small) world(s) of wine</i> - Colleen Myles (pre-recorded) • <i>Brani! Be brave! Be wild!: these are Timor's noodles</i> - Timor-Leste Food Lab/Agora Food Studio, Dili (pre-recorded) • <i>The garden as a larder, touchstone and self: the Madrilenos huerto</i> - Juan-Carlos Tomas (pre-recorded)
4:00 pm	<p>Preserving taste (Kitchen)</p> <ul style="list-style-type: none"> • <i>The taste of Tea</i> - Dilhani Dissanayake • <i>Found or foraged, grown or gifted?</i> - Sue Gerdson
4:00 pm	<p>Fermenting and pickling (Kitchen)</p> <ul style="list-style-type: none"> • <i>Olives: picked and pickled</i> - Julie Howard & Millie Byrne • <i>Ferment to be: of microbes and (Wo)men</i> - Mii Chan
5:00 pm	<p>Tiny pleasure and a little cocktail</p>
7:00 pm	<p>Dinner at the Bendigo Tennis Centre, 21-26 Nolan St Guest Keynote Speaker: Luke Slattery, Reclaiming Epicurus <i>Multicultural perspectives on simple pleasures</i> - Friday Food Safari and Loddon Campaspe Multicultural Services. Musical interlude with Amie Brûlée</p>

Day 4: Wednesday, May 11th

Sustainable Futures & Happiness at Old Church on the Hill (36 Russell Street, Quarry Hill)

8:30 - 9:30 am	<p>Breakfast - Old Church on the Hill Supporting women's cultural enterprises: fundraiser for families in crisis in Afghanistan</p>
9:30 am	<p>Keynote - <i>The Regenerative Food Future</i> - Hannah Moloney</p>
10:00 am	<p>Sharing future foodways</p> <ul style="list-style-type: none"> • <i>Food cooperatives: the making of a community</i> - Sandra Clarke • <i>Sharing a growing thing</i> - Bridget Bentley, Bendigo Foodshare • <i>Creating food learning opportunities for adults within everyday lives</i> - Soo Jin Park
10:55 am	<p>Morning tea by CWA Scones with symposiasts' jams and coffee/tea</p>
11:15 am	<p>The Symposium of Australian Gastronomy Legacy Project - George Biron</p>
11:30 am	<p>Wrap up and discussion: SAG25</p>

Optional farm tour

12:30 - 4.00 pm	<p>Bridgeward Grove Olives, Goornong (participants' vehicles / car pooling) Lunch \$22 with olive grove walk and olive oil tasting with olive oil sommeliers Julie and Milly</p>
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SESSION DETAILS

DAY 2: MONDAY, MAY 9TH

PLENARY KEYNOTE

Gardening in the pandemic: reflection on pleasure, time and hope

Kelly Donati

When Australia entered its first lockdown in March 2020, panicked shoppers packed supermarkets and gardening nurseries. Seeds, seedlings and soil sold out as quickly as toilet paper, pasta and flour. Growing one's own food took on a more urgent meaning. A national survey undertaken by Sustain: the Australian Food Network in mid-2020 sought to understand what food gardening meant to people during those early months of the pandemic. What was initially intended to be a survey of a couple of hundred respondents ended up capturing the experiences of over 9,000 gardeners across Australia. This presentation explores the surprising stories gardeners shared about the quiet pleasures of the garden and their lessons for living well in an uncertain future.

Dr Kelly Donati is an ethnographer in gastronomy and agriculture. She developed and currently lectures in Australia's first Bachelor of Food Studies and Master of Food Systems and Gastronomy at William Angliss Institute and is the founding Chairperson of Sustain: the Australian Food Network, a not-for-profit organisation which undertakes food system research and policy work for local government and beyond. Her teaching and research are focused on the multispecies interactions of the food system. She loves composting almost as much as gardening and cooking.

PLENARY SESSION

A Question of Pleasure

Amie Sexton and Colette Geier

What if we could instill more pleasure in our daily lives in tiny ways? In an era of pragmatism and speed, how do we make time for daily pleasure? Could the joie de vivre garnered by paying attention to the small rituals of ordinary life make us a happier and healthier society? Rolling these ideas together, like a delicious coffee scroll, Amie and Colette have put pleasure under the microscope and developed the notion of Tiny Pleasures. Over the last few years, the pair have been pondering questions such as: Does warming a dish of olives increase your gustatory enjoyment? Does listening to your favourite music increase the satisfaction of a cup of tea and a bikkie? Along with many other multi-sensory postulations. This presentation takes the Tiny Pleasure seriously, defining the idea, digging into the research and case studies, and providing examples, suggestions and ideas. Throughout the symposium Amie and Colette will sprinkle hands-on Tiny Pleasure experiences for symposiasts to test, ponder and enjoy. As serious pleasure professionals, Amie and Colette are on a mission to help make daily life a more gratifying experience through tiny pleasures, thus creating a better world.

Dr Amie Sexton is a musician, performer and social researcher who focus on wine and food. She is a specialist in music, French, and socio-cultural anthropology and has a particular interest in the creative process, social connection and pleasure. Amie is based in Central Victoria and currently spreads her work between the creative arts, the wine industry and social impact research.

Colette Geier is an interdisciplinary researcher and microbiology lecturer with a background in hospitality, commercial cookery, food production and food writing. From forging her own Damascus steel kitchen knives to confit-ing cockatoos, Colette draws on a plethora of diverse and unusual culinary adventures to disseminate her passion for science, food and pleasure. Colette is currently a doctoral candidate at Charles Sturt University.



CONCURRENT SESSION 1A: CUISINE AND CULTURE

The rise of foraging within advocacy dining

Neil Gow

Within the world of gastronomy, it could be argued that three distinctive, but interrelated models of creative philosophy exist founded upon unique as well as shared knowledge and practices. Firstly, the Modernist trend, heralded and brought into global prominence by culinary luminaries such as Spain's Ferran Adrià or the UK's Heston Blumenthal, was founded upon a "techno-emotive" approach to the dining and often underpinned by high profile scientific collaborations. Secondly, the fusion culinary model focuses on the promotion and advancement of the creolisation or hybridisation of specific cuisines, illustrated by examples such as Mod Oz, Californian cuisine, Pacific Rim or Pan-Asian. Lastly, the advocacy culinary model exhibits a strong ethnic, social-demographic or territorial alignment, emphasising dishes developed through the foodways of specific geographies – for example the "Mother cuisine" of France or those of Italy, Greece, Spain or the United Kingdom. This latest movement advocates for the preservation and promotion

of a specific culinary history, the artistic rendition of artisanal foodways and the culinary renaissance for dishes from that region. This presentation aims to map the rise of this latest trend, with particular regard to the recent central manifestation of foraging, a form of gastronomic knowledge and practice that has long been undervalued.

Born and educated in Scotland, Neil Gow holds a Masters Degree in Gastronomic Tourism from Le Cordon Bleu and Southern Cross University where he authored a thesis entitled "Leveraging Gastronomic Science & Culinary Trends to Embetter Society's Ability to Eat Well Now and in the Future". He additionally holds a Diplôme Universitaire du Goût, de la Gastronomie et des Arts de la Table from the Université de Reims Champagne-Ardenne and is a Fellow of the Royal Society of Arts. Neil works with a number of internationally recognised culinary and gastronomic organisations and lectures on a range of subjects including Modernist Cuisine and Gastrophysics.

Women's food knowledge: why it matters

Vicki Swinbank

The most undervalued and overlooked area of gastronomic knowledge and practice is that of women whose collective intergenerational food knowledge and practices have, since time immemorial, been responsible for the world's countless nutritious and delicious regional cuisines. Such cuisines, which are the product of particular geographic, climatic and historical conditions, have evolved over many centuries, even millennia, from the creativity and inspiration of women's work in home gardens and fields, as food gatherers and in the kitchen. This has resulted in the important link between biodiversity and cultural culinary diversity which is overwhelmingly a result of women's resourcefulness in these areas, each contributing to and reinforcing the other. The lack of acknowledgement of women's central role in the development of the world's regional cuisines is due to gender bias that credits men, especially the

individualistic cooking of male professional chefs, with the creation of distinctive cuisines, as well as the fact that women's work is linked to the undervalued domestic sphere. I argue that in the interests of food security and food sovereignty, as well as the associated environmental issues, it is crucial that women's historic and current food work and knowledge is recognised, promoted and celebrated.

Vicki A. Swinbank is an independent researcher and writer. She obtained a PhD in 2008 from the University of Melbourne. Her research interests focus on feminist politics and food issues. Her 2021 book *Women's Food Matters: Stirring the Pot*, published by Palgrave Macmillan, celebrates the rich history of women's intergenerational food knowledge and central role in the development and maintenance of food systems and cultures.

Exploring the culinary traditions of active older adults

Carolyn Cairncross and Christine Hall

Family culinary traditions are passed onto the children, where they have the potential to shape the culinary journey throughout their lifespan. The presentation presents findings from a study exploring older adults' recollections of foods and food traditions from their childhood and their current eating habits. Active older adults, aged 67-82 years, born in New Zealand and the United Kingdom, who are members of the AUT never2old exercise physical programme, participated in four focus groups across Auckland, New Zealand. In older age, these participants were seen to carry on cultural traditions experienced in childhood, from the kitchen, home eating environment and family garden. They still prepare food themselves, using seasonal foods, against the background of a modern food environment awash with highly processed foods. Lessons for subsequent generations can be taken from the contentment expressed by older adults in making their own foods. These offer valuable learnings to inform nutrition and food literacy for all ages.

Carolyn Cairncross and Christine Hall are senior lecturers in the departments of Culinary Arts and Gastronomy at the Auckland University of Technology. Christine has had extensive experience in the New Zealand culinary industry and leads the AUT Masters of Gastronomy programme. Carolyn is also a NZ Registered Nutritionist whose research and teaching combines her interest in gastronomy and health.



CONCURRENT SESSION 1B: ADVANCE AUSTRALIA FAIR

'Break the monotony of meat': vegetarian messaging in the *Australian Women's Weekly*, 1933 - 1982

Lauren Samuelsson

Growing meat consumption, the result of industrialised animal production, is responsible for a disproportionate level of pressure on environmental sustainability in the global food chain. Vegetarianism and veganism have been rising in popularity in Australia, which has a long history of and cultural links to excessive meat consumption. Recent statistics suggest that around 12 percent of the Australian population abstain from eating meat, while around 50 per cent are actively trying to reduce their meat consumption. This is a recent phenomenon. However, there have long been segments of the Australian population who have pushed for the uptake of a vegetarian diet, for a wide variety of reasons. As the preeminent women's magazine of the twentieth century, the *Australian Women's Weekly* (the *Weekly*) had an immense influence on mainstream Australian food culture. This paper seeks to investigate vegetarian messaging in the magazine between 1933 and 1982. In examining these messages, I aim to discover the ways in

which vegetarianism was integrated with the wider food culture communicated to the magazine's readers and the underlying entanglements between vegetarianism, gender and class throughout the twentieth century. In doing so, I hope to shed light on the complex historical relationship between Australian food culture and meat eating to understand contemporary cultural barriers to the uptake of vegetarianism.

Dr Lauren Samuelsson holds a PhD in History from the University of Wollongong. Her interests include the history of food and drink, women's history, popular culture and Australian cultural history. Her doctoral thesis focused on the *Australian Women's Weekly* and its influence on the development of Australian food culture during its first fifty years of publication. Her award-winning work has been published in *Australian Historical Studies* and *History Australia*. She has also been published in *The Conversation*.

Hidden in History: the forgotten First Fleet gardens of Botany Bay

Jacqui Newling

Tropes of barren soils in a harsh environment on a fatal shore dominate the received view of gardens and agriculture in the founding of colonial New South Wales. Hidden from view – certainly in popular narratives that feed upon stories of death and despair – are flourishing gardens that helped sustain First Fleet colonists, emotionally and materially. Drawing from first-hand reports in letters and journals from 1788–1790, this paper presentation examines the veracity of claims of unyielding and hostile ground, and the role of garden produce in the early colonists' diet. In doing so, it invites us to consider why cherished clichés of paucity and failure prevail in our collective memory of Australia's founding years, rather than stories of resourcefulness and resilience.

Dr Jacqui Newling is a historian and museum curator with specialisations in public history and culinary heritage in convict, colonial and settler-colonial Australia. A graduate of the Le Cordon Bleu Masters in Gastronomy through Adelaide University (2007), Jacqui is a self-confessed 'food fraud'; her driving interest lies in the ways that food and culinary practices can be used to interpret history and reflect social identity. Jacqui is author of *Eat your History, stories and recipes from Australian kitchens* (2015) and is 'the cook' in the internationally recognised *The Cook & the Curator* blog. In 2021 Jacqui completed her PhD, researching food and food security in the First Fleet colony of New South Wales (1788-1790).

What happened to thrift and plain cooking? Searching for Epicurean principles in Australian culinary literature

Alison Vincent

Economy and practicality were the watch words of domestic cookery manuals in the late nineteenth century. Thrift and plain cooking continued to dominate Australian cookbooks until the 1950s. Consequently, many regard the first half of the twentieth century as the dark ages of Australian cookery, the era of food that was monotonous, bland and boring. The commonly-held view is that after World War Two, by some combination of increasing consumer affluence, overseas travel, immigration and a burgeoning restaurant industry, the Australian diet was transformed and meals became tasty and interesting. Culinary literature also played, and continues to play, a significant role in influencing social attitudes towards eating and changing ideas about what is deemed to be good

and appropriate. This paper considers Australian cookbooks and food journalism to trace what happened to thrift and plain cooking and investigate how Epicurean ideals have fared over almost 150 years from Mrs Lance Rawson's *Cookery Book and Household Hints* (1878) through the introduction of restaurant reviews in mainstream newspapers, the first glossy food magazines (*Epicurean* and *Australian Gourmet*) to chef Neil Perry's recently published *Everything I Love to Cook*. Culinary literature does not just reflect and record food culture, it shapes the thinking around food preparation and consumption and redefines understandings of thrift, simplicity and pleasure.

Alison Vincent is an independent researcher with qualifications in science (BSc, Food Technology, UNSW) and history (BA, MLitt, UNE), and a PhD from Central Queensland University. She is a student of Australia's food culture, with research interests including restaurant criticism and the role of restaurant criticism in establishing standards of good taste, the social history of dining out, and the history of cookery books and writing about food in Australia. Her work appears in the *Australasian Journal of Popular Culture*, *Proceedings of the Dublin Gastronomy Symposium*, *TEXT (Journal of the Australian Association of Writing Programs)*, *Lilith: A Feminist History Journal* and *Journal of Australian Studies*.



CONCURRENT SESSION 2A: HEDONISTIC CONSUMPTION**Behind Cadbury's 'happy centres': researching histories of Australian chocolate manufacturing**

Emma Robertson

In the early 1960s, Cadbury in Australia advertised their Milk Tray assortment – full of “happy centres” covered in milk chocolate – with slogans such as “Make the Day a Happy One” and “Happiness for Two”. Chocolate has long been associated with feelings of “happiness” and media stories circulate periodically to persuade consumers of scientifically proven links between the chemistry of cacao and positive emotions. This presentation takes an historical approach, considering what the production of these “happy centres” in Milk Tray might have meant for some of the chocolate manufacturing workers who

are typically absent from the television adverts. It examines how and why the British firms of Cadbury, Fry and Pascall invested in Australia 100 years ago and place this in the broader context of the Australian chocolate industry at the time. Chocolate is a food charged with so much symbolic power that it is sometimes easy to forget the material conditions of its production.

Dr Emma Robertson is an Associate Professor in History, working at the Bendigo Campus of La Trobe University (on Dja Dja Wurrung and Taungurung Country). She is the author of *Chocolate, Women and Empire* (Manchester, 2009).

Look back to move forward: fermenting a new gastronomic imaginary for food tourism

Tracy Berno (NZ) and Francesc Fuste-Forne (Spain) (pre-recorded)

Food tourism has been largely analysed from destination management and marketing perspectives, and from economic and social approaches. While the impact of food tourism on communities and places is crucial to understand, it fails to address the pivotal role of the pure hedonistic pleasures of enjoying the foods of the places that we travel to in situ. David Zilber, of the fermentation lab at Noma, suggested that “‘Culture’ and ‘culture’ mean two different things to a biologist and an anthropologist, but in fermentation, [they] overlap completely”. In this presentation we suggest fermentation is an avenue to explore the source of food which reconnects visitors and tourists to culture and nature in a unique way through which they can explore and understand the sense of place more deeply and differently. Fermentation, as does food, plays a powerful role in the configuration of culture and the relationships between people and place. Fermentation is a place-based expression based on ancient knowledge that fosters relationships between people, culture and nature. This establishes an important link between fermentation, landscape, agriculture, environment, culture and place, and food tourism. This also relies on a regenerative and responsible understanding of food consumption. Since authentic food tourism is also focused on an intimate relationship with seasons, which in turn contributes

to the development of sustainable supply chains, fermentation plays an active part in the promotion of slow and wild food tourism and the real consumption of organic food. We invite you on a journey to explore consumption of place in food tourism through fermentation.

Tracy Berno is Professor and Associate Dean – Postgraduate at Auckland University of Technology. Her interests include the relationship between agriculture, tourism and cuisine, sustainable food systems and food politics. She has researched and published widely on agriculture, culture, cuisine and tourism development in the South Pacific and Asia, and has co-authored three international award-winning books in this area. She is a keen fermenter and loves to eat and experiment with ferments when she travels.

Francesc Fusté-Forné is a lecturer and researcher at the Department of Business, University of Girona. He is undertaking research on culinary and rural heritages from a marketing and travel perspective. Particularly, he focuses on the food tourism phenomenon, making connections among food identities, landscapes, regional development, rural activities, street food, and tourist experiences. He also conducts applied research on the role of gastronomy in relation to mass media and as a driver of social changes.

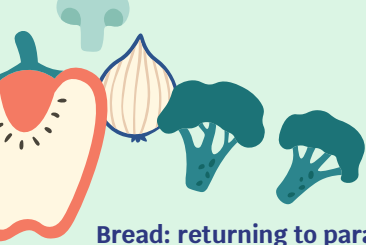
CONCURRENT SESSION 2B: GASTRONOMY IN PARADISE**The Garden of Eden and after: peace and plenty in foods in the Bible**

Rita Erlich

From the first chapter, the Old Testament is full of food references, starting with the Garden of Eden, where every tree was pleasing to look at and good for food. We might say Judeo-Christian human history began when Adam and Eve ate the wrong food. We know, for example, what foods were eaten in Egypt and were missed by the ancient Hebrews on the long journey out of slavery in Egypt. Of particular note are references to food of the land of Israel before the ancient Hebrews settled there. It was a land of milk and honey, a land of water courses, and the seven species which, even today, provide a nutritious diet: wheat, barley, vines, figs, pomegranates, olive oil, and honey. These foods signify peace and prosperity. Strikingly, they are all foods that keep – by being dried, or transformed by other preservation techniques. They are all still part of our diet. So important were those plants in the ancient world that

the Greeks had gods associated with all of them. Those species are an indication of an agricultural economy, and there are innumerable laws in the Bible about how to plant, when to harvest, how to harvest, what to leave for the poor, how to eat, and how to manage the land.

Rita Erlich is a noted food writer and broadcaster, with a career in journalism that included reporting, editing, reviewing, and feature writing, specialising in food and drink. She was *Epicure* editor and a senior writer with *The Age* newspaper, co-editor of *The Age Good Food Guide* for 15 years. She has collaborated with chefs on books – *More than French*, with Philippe Mouchel, and *A Cook's Story* with Scott Pickett. Other books include *The Makers: a story of food, family and foreigners* (Hardie Grant Media) and *Melbourne by Menu: the story of Melbourne's restaurant revolution* (Slattery Media).



Bread: returning to paradise

Hilary Heslop

“With a piece of bread in your hand you’ll find paradise under a pine tree” – Russian proverb

This proverb is an impassioned declaration on why bread is so central to finding contentment and joy. Bread has made an appearance at most tables across the world and, for many, is a necessity of life or a celebration of life, or both. This explains why wheat is cultivated on more land than any other crop. It has been a long journey from a subsistence crop to one of the cornerstone crops of agribusiness. Modern wheat is bred for high input farming systems and roller milling, but it is not well suited for agro-ecological farming or whole wheat baking. Sourdough and whole-grain breads are increasingly popular again, but the thick-branned wheat favoured for modern wheat is not optimal for stone milling, which needs a thinner bran to mill the best product. Is propagating a ubiquitous crop solely based on yield the best approach, or should we be asking what

grains to grow, and can we re-localise our supply chains? Has our pursuit of yield been at the expense of quality and joy? This paper investigates these questions, looking to Australia’s past and specifically to the Aboriginal grain belt. It asks what Australia’s bread could and should taste like and, of course, debates whether we should eat it under a pine tree or a eucalyptus tree instead.

Hilary’s career focus has been in food retailing, food manufacturing, hotels and restaurants. She currently works as a food consultant. Hilary graduated in the Hautes Etudes du Gout programme run in France and holds a Le Cordon Bleu Master of Gastronomic Tourism. This, and international work experience for major retailers, food suppliers and hotel chains, have focused her interest on the tensions between consumerism, food ethics and sustainability. Hilary likes to write the stories of food and their impact on us all while never forgetting the sheer pleasure food can bring to us all.

CONCURRENT SESSION 3A: SCHOOLING TASTE

Climate adaptation through native foods in the classroom

LaVergne Lehmann and Rebecca Sullivan

In developing a climate change adaptation education program aimed at upper primary school children in the Wimmera and Grampians region, it made sense to not only consider adaptation from an Indigenous perspective but more specifically to include the role of native foods. With agriculture dominating the economy and the environment in the region, the potential for native food is significant. Starting with primary school children is important when the change required is a longer term goal. The popularity of kitchen gardens in schools is a great place to start when introducing a native food garden that provides the students with the produce that they can then learn to cook and eat. The challenge is to provide teachers with the confidence to include these lessons in their curriculum and make them an essential part of the education of all students. By introducing native foods as part of a climate change program, we are teaching the students a range of lessons that not only include growing, cooking and using the plants, the impact that increasing these plants can have on improving biodiversity and the landscape and the impact on sustainability and improving the understanding of traditional ecological knowledge that has existed for tens of thousands of years and how it can be utilised in our local climate adaptation activities. Most importantly, it tastes great.

La Vergne Lehmann has an eclectic professional background, including ecotourism, natural resource management, community engagement, Indigenous economic development, business management and journalism, all of which has led her to working in the waste and recycling sector for much of the last decade. An abiding passion for food, native foods and reducing food waste along with a passion for the environment has resulted in her role as the co-chair of the Wimmera Mallee Climate Adaptation Committee and the project management of this climate adaptation education project that aims to embed climate adaptation in the education system.

Rebecca Sullivan is a self-taught cook and has worked with some of the world’s best food producers, academics, activists, and chefs. A food curator, sustainable living advocate, author, regenerative farmer, teacher and entrepreneur, having founded Australian Native wellbeing brand Warndu with her partner Damien. Rebecca is the author of eight books. After a decade working overseas, she has re-settled back in Australia and has launched The Granny Skills Movement – a community-supported movement that aims to protect the skills, heritage and traditions of our elders.

Designing with worms: getting creative in the kitchen garden for learning outcomes

Bev Laing

It’s 8:30 on a Monday in 2020, the very first day of remote schooling in Victoria. I’m on a zoom call (what is this new thing?) with 155 teachers from a large P-9 college in Melbourne. It’s been arranged in a rush due to the crisis of lockdown, so at first, I’m not sure what we’re going to do. But it turns out they want to tour my kitchen, check out the fermenting pots, look at the cuttings I’m striking, talk about soil, worms and kombucha leather. This is science that’s simple to do at home, and they are keen to explore the formal and informal learning opportunities it presents. The appetite for this type of experiential food- and garden-based learning surged in some school communities as they rode the seesaw of in-school and remote learning. The curriculum mandates the knowledge, skills and understanding, and general capabilities that are taught to students. But

importantly, how they are taught is not predetermined. This allows latitude for educators to use experiences such as food- and garden-based activities at many levels of formal schooling. Pass the kombucha, it’s time for Design and Technologies. Grab a cookbook: we’re doing weights and measures, exploring geography, and learning to use an index for English class. I will show examples of educators who valued food education through the pandemic, finding proactive ways to balance the curriculum, kitchens and gardens, to benefit students now and in the future.

Bev Laing is one of Australia’s leading independent designers of kitchen- and garden-based curriculum. She writes for kids’ food program Phenomenom and Nomcast with host Alice Zaslavsky, wrote the Melbourne’s Foodbowl Virtual Farm for the Port Phillip and Westernport Water Catchment Authority, and spent several years

writing curriculum-linked teaching resources for the Stephanie Alexander Kitchen Garden Foundation. Bev co-designed the popular ACHIEVE program for the Prince's Trust Australia, co-wrote the Nature Stewards course for Outdoors Victoria and the IoTKG

program for Monash University IT Department. Bev is currently Editor in Chief of BECOME Education. She holds a Master of Studies with distinction from the University of Oxford.

CONCURRENT SESSION 3B: MORE THAN SWEET AND SOUR: CHINESE FOODWAYS IN AUSTRALIA

Cooking the Chinese way

Alison Vincent

Chinese immigrants have made a substantial contribution to Australian food culture. Chinese cooks have been at work in Australia since at least the 1850s, and cafes and restaurants serving Chinese food have long been a fixture of both urban and rural communities. The first Australian cookery books devoted to Chinese recipes were published after World War Two and were

written by Australian Chinese. These books reveal how Chinese food was re-created, invented, and represented as immigrants adapted their food ways to take account of local conditions and produce an Australian version of Chinese food.

Chinese cooking the Bendigo way: simple pleasures and the Chiko roll

Jennifer Alden

In 1948 Bendigonian Roy Geechoun provided a ground-breaking introduction to Chinese food for a then very monocultural Australian society – *Cooking the Chinese Way*. Proclaimed the country's first commercially published Chinese cookbook it aimed to provide "a greater appreciation of the Chinese as a people with a mature and happy way of being and a zest for the good things of the table". Roy believed the book and its basic recipes would bring much pleasurable cooking and eating to those who were prepared to venture and experiment as a nation he described as 'conservative, hidebound and unimaginative'.

In the introduction to the first edition he claimed 'Australians produce the best food in the world, but as cooks they are hopeless'. Over time his narrative changed and by the eighth edition ten years later he merely states that the purpose of the book is to encourage the use and enjoyment of Chinese cooking. Contained in the book is his Chicken Roll (Gai Guin) recipe that was the precursor to famous interpretations, including the Spring Roll plus the Chiko Roll 'invented' by Bendigo's Frank McEnroe. This led to a great cultural appropriation of the 20th century and subsequent claims to its ownership.

The story of Meggs from Bendigo and her shopping list of

Chinese cooking ingredients taken directly from Roy's book, found in a 1955 copy of *Good Housekeeping's Cookery Book* tells us even more about the social history of Chinese cooking in Bendigo and the uptake by everyday imaginative Bendigonians of Roy's work.

Jennifer is a City of Greater Bendigo Councillor and former Mayor. She has a Doctorate of Public Health with a special interest in food policy, a Masters in Women's Health and an Honours degree in Science, plus a Diploma of Natural Therapies focusing on nutrition and herbal medicine. In 2002 her book *Liberated Eating* was published. Previously CEO of urban agriculture not-for-profit Cultivating Community, she has undertaken consultancies for Victorian local governments and organised the inaugural Australian Community Food Hubs conference. She has had a life-long passion for health and wellbeing, environmental sustainability and a more equal society, global food security, sustainable food systems and eating well. In 2018 she was awarded the Municipal Association of Victoria's McArthur Travelling Fellowship for international local government research to investigate UNESCO Creative Cities of Gastronomy in Italy, assisting Bendigo to become Australia's first City of Gastronomy.

Alan Saunders' "A feed at the Chinese and other places"

Christine Cremen

Christine presents an excerpt from "A Feed at the Chinese and Other Places" from her late partner Alan Saunders' book *Australian Food: In Celebration of the New Australian Cuisine*. She introduces it with a clip from Australian writer-director Shirley Barrett's film *Love Serenade*, which inspired Alan to write this segment of his book.

Alan looks at the ubiquitous nature of the rural Chinese restaurant in Australia – something which, as he says, most of us know about but which is seldom celebrated. He describes what it is like to eat in a typical Chinese restaurant – from the decor, to how the menu is set out and, importantly, the unique nature of the food on offer. We learn how those who pioneered the Australian country town restaurant were canny enough to compromise their national cuisine, leading to the success of these businesses and to their longevity. Alan also speaks about how and why Chinese restaurants in the UK differ from those in Australia. This invites discussion on the quest for authenticity in what we eat – with its pros and cons – and how new and

interesting developments have emerged in our local food culture from compromise. Those familiar with Alan's contributions to past symposia will appreciate having him in spirit at this event, and the new generation of gastronomes will benefit by discovering him.

Christine Cremen is a writer and critic whose main areas of interest are genre fiction, popular cinema and television. She was a long-time contributor to the radio show, *The Food Program*. Her most recent work has been a production, as a performance piece, from the book, *A is for Apple*, of Alan Saunders' *Q is for Qualia*, a comic conversation about food between the philosopher Socrates and his friend Alcibiades.

DAY 3: TUESDAY, MAY 10TH

PLENARY KEYNOTE

A Kinder Life and Simple Pleasures

Annie Smithers

Chef and author Annie Smithers is not only renowned for her paddock-to-plate ethos in the kitchen; she lives and breathes it on a daily basis. In her keynote address, Annie reflects on her recent experiences growing food on a small acreage in Lyonville, Central Victoria and explores the historical use of the land compared with its current use. She explores how she sees hope for the future in the movement of regenerative and peri-urban small scale farming. She lingers on the simple joy of nurturing seeds into plants and the delights these bring to the kitchen and at the table.

Annie Smithers is one of Australia's most highly regarded chefs and a pioneer of the paddock-to-plate ethos. Her restaurant, du Fermier, features a menu du jour based on classic French farmhouse cooking,



Annie Smithers

using the vegetables harvested that day from her kitchen garden and local meats and poultry. Annie has been a close friend of and mentored by, Stephanie Alexander for nearly 4 decades, a relationship that has helped make her the cook that she is today. As Annie gets older she seeks a more balanced and sustainable relationship with both her cooking and the land. Annie has published two cookbooks, a narrative nonfiction work and writes for *The Saturday Paper* every three weeks, and speaks on *Radio National's Blueprint for Living* in her 'Kitchen Rudimental' session with host Jonathon Green. Her new book *Recipe for a Kinder Life* offers lessons in walking more gently on the earth and living more kindly.

PLENARY SESSION: FIRST NATIONS GASTRONOMY

Djaara fusion cooking

Rodney Carter

Djaara Fusion cooking can be employed for a great many different reasons and add Murrup the spirit from Djandak into the flavours grown and nurtured from Djandak. It is not just a technique which may be used by chefs in order to expand their culinary repertoire. It can afford them a dish which is truly unique and distinct from its ingredients and preparation. When we look at the origins of ramen noodle and its use in soup, it began as a simple, affordable Chinese noodle soup; in Japan, varied ingredients were added and chefs brought different styles to the preparation. Each ramen soup today can be as simple or complex as the creator wants or needs. Similarly Djaara Fusion cooking may be practised by a chef or cook from more than one cultural background, looking to inject their own unique identity through the respect of Djandak Murrup into their cuisine. Djaara Fusion cooking can even be employed as a means of subtly introducing new food concepts to the masses. Here in Central Victoria the Murrup of our Bap Djandak is ancient. We experience the now and plan for the future by respecting knowledge of the past as we will grow and celebrate

as a community, satisfied that Djandak's ingredients will appease our growing menu of hungers. Eric Byrne, amongst others, talks of our many hungers. I would expand upon the hungers within us here by going beyond mindfulness to consider the Djaara Times (6 seasons) and Fusion.

Rodney Carter is a descendant of Dja Dja Wurrung and Yorta Yorta people and resides at Bendigo in Central Victoria. He currently works for his people, the Dja Dja Wurrung, as the Group Chief Executive Officer of the Dja Dja Wurrung Clans Aboriginal Corporation as DJAARA and the Dja Dja Wurrung Enterprises Pty Ltd as DJANDAK. Rodney's two passions are, firstly, his peoples' lifeways and, secondly, how biodiversity strategy can give real connection to cultural heritage as evidence of peoples' presence in landscapes. Sadly the villages, home and farms of his people have been razed to the ground by newcomers to our homelands but today the Djaara are re-building their lives again as leaders in Central Victoria to the benefit of not only their people but all visitors and those that choose to live here at Djandak.

First Nations food renaissance on Gamilaraay Country

Jacob Birch

First Nations people of Australia have been sustained by cereal grains for 60,000 years. For some nations, archaeological evidence shows an unprecedented scale and sophistication of enterprise. For the Gamilaraay people, thousands of generations have participated in sustainable, grain-based economies. However, colonisation has decimated these economies and foodways. This is one story from a myriad of stories about loss, dispossession, and disconnection found anywhere on this continent. However, a new story of revitalisation, regeneration, culture, community, resilience, and adaptation is emerging. Work is underway to revitalise and restore Gamilaraay people's connection to their cultural grasses. The timing could not be more pertinent as we grapple with climate change, the extinction crisis, and land degradation. Native grasses provide a

suite of benefits. They require no fertiliser, pesticide, or irrigation; they are drought, flood, and fire tolerant. They provide essential habitat for biodiversity; their perennial root systems store carbon deep in the soil. They are also highly nutritious. However, this work is bigger than just grasses. This work is about a vision for the future. The vision is to see a First Nations-led food renaissance across Australia which serves more than just a way of mitigating global issues, It's also about creating a biocultural food trail across our landscape that rivals France for its vibrancy, diversity, and cultural heritage. This presentation proposes the background and context for Jacob's vision and offers up some tasty treats using traditional grain from Gamilaraay Country.

Jacob Birch is a Gamilaraay mari (First Nations Australian man) through matrilineal descent. Gamilaraay are grass people who have intangible cultural links to grasses and the grain they produce. Jacob is embracing this cultural connection and passionately working with native Australian grasses that have been traditionally used for thousands of generations by First Nations peoples across Australia. Jacob works closely with Black Duck Foods, a First Nations social enterprise, and together they aim to revitalise First Nations

Eating Djaara Country Healthy: the 50-year menu

Jodi Newcombe and Rebecca Phillips

Our story begins with a Creative Conversation delivered in May 2021 for 100 food growers, artists, ecologists, policy-makers and traditional custodians sponsored by the City of Bendigo's UNESCO Creative City and Region of Gastronomy, called Djakitj Larr. Designed and delivered by the artist collective "The Australian Future Foods Lab", Djakitj Larr opened with a powerful storytelling of Djaara Country through performance and an edible Welcome to Country. Generating 10 food-system related project 'seedlings', this event demonstrated a central principle of the Creative Cities Network, that creativity can drive sustainability.

Eating Djaara Country Healthy: the 50 year menu emerged from this event as an artist-led research project that will deliver, through writing, site visits, conversation and food design, a menu designed to heal Country. The team includes Dja Dja Wurrung woman, Rebecca Phillips, Jodi Newcombe, Will Tait, Charlie Ahrens and Alex Perry, all offering diverse, multi-disciplinary expertise and committed to shifting culture through creative practice. An exciting challenge of this project will be listening to and partnering with Country. The opportunity is to demonstrate a process for participation in a transformative journey that works despite so many market, policy and cultural barriers.

This presentation will share the journey of the Australian Future Foods Lab in Djaara Country and offer insights on the role of arts and culture, and the critical importance of leading with First Nations wisdom.

Jodi Newcombe (Carbon Arts / Australian Future Foods Lab) is a creative producer and strategic designer focused on facilitating a cultural shift towards environmental stewardship through cross-disciplinary partnerships and initiatives. Jodi founded Carbon Arts

foodways and land stewardship practices as an avenue to improve social, economic, environmental, and cultural outcomes in Australia. Jacob also works with Southern Cross University in the Regenerative Agriculture degree where agriculture is seen as a solution to many global issues. Jacob proposes synergies between embedding First Nations-led traditional grain production into Australia's food system, and sowing seeds that yield positive outcomes against climate change, food insecurity, soil degradation and biodiversity loss.

in 2011 following a 15-year career as an environmental economist and sustainability consultant. She brings this interdisciplinary knowledge to her work with the creative sector. Over the past decade through Carbon Arts Jodi has initiated and led a diverse portfolio of over 30 public art programs, commissions, research initiatives in Australia and overseas and events to spark engagement in and deepen the conversation around food systems, river ecology, the built environment, energy use and generation. A resident of Mount Alexander Shire, Jodi is also a co-founder of the Castlemaine Institute, a knowledge hub for regional, regenerative futures.

Rebecca Phillips (Dja Dja Wurrung / Australian Future Foods Lab) is a proud Pangerang and Djaara woman of Central and North East Victoria and has Macedonian and English Australian Heritage. Known as Bec, she is very passionate about her Culture and Country. She believes the preservation and revival of our Culture is important to uphold what our ancestors paved the way for and what we must build on for future generations. Bec was an active and valued member on the Dja Dja Wurrung Negotiation Team, negotiating a Recognition Settlement Agreement with the State of Victoria and her People. Bec was a Board member on the Dhelkunya Dja (Healing land) Land Management Board, setting the direction for the Management of the 6 Parks and reserves to be jointly managed by the State Government and Djaara people. To keep her culture alive and well, she has been active in working with schools, leading cultural tours and cross cultural awareness activities and ceremonies. Bec has been involved in the revival of her traditional language (Dja Dja Wurrung), through Djalli Balak (Language Group) and is reviving traditional and modern day songs and dances for her people.

CONCURRENT SESSION 1A: GASTRONOMIC JUSTICE: WHO GETS A VOICE AT THE TABLE?

Who gets to be a food writer?

Denise Cullen

The pandemic has turned most things, including the rarefied world of food writing, on its head. Shuttered restaurants, bare supermarket shelves and the return to at-home cooking (and growing and entertaining) have meant a dramatic shift in both the food and the media we consume. There's still ample interest in traditional food media – for instance, Roy Morgan research shows that readership of food and entertainment publications increased by more than 10%, at a time when other magazines were folding due to loss of ad revenue and other Covid-related disruptions. But it's not the same as it used to be. Restaurant reviews have given way to home cooking challenges; celebrity chef profiles have yielded to stories on growers; and food literature and commentary has made way for tweets, zines and social media. Yet the gritty realities of a global pandemic have only amplified trends that were already apparent. This presentation looks at some of the broader demographic trends afoot: global to local, city to country, office to home, traditional

media to social media, general to niche, elitist to everyday, and more. It will then consider how these are influencing food writing and reshaping opportunities for those who wish to write about food. Using examples from her own writing, Denise highlights how people with a passion for food can pursue opportunities to write about it.

Denise Cullen is a Brisbane-based freelance food, travel writer and registered psychologist. In addition to restaurant reviews, she has written about truffle hunting for *The Australian*, food foraging tours (also for *The Australian*), recipes that don't work for *The Courier-Mail*, and cooking dandelions for dinner for *AsiaSpa*. Other stories have explored the future of food in *Produce*, the development of an Australian camel milk dairy for *Modern Farmer*, the history of halloumi for *Cheese Magazine* (in press) and where to find vegan food in Helsinki for *PlantBased*. Her 2015 review of Brisbane's Finiky Patisserie won Fairfax Media's Good Food Month writing competition.



Easy Healthy Tasty: how everybody benefits from disability-inclusive food media

Jen Richards and Charity Spalding

Published in 2018, *Easy Healthy Tasty: Simple Recipes that Anyone Can Cook* was a cookery resource designed to address food literacy and remove some of the barriers to home cooking experienced by people who found the kitchen a challenging physical space, including people with mild physical and intellectual disability. It stood alone in the market as a disability-inclusive resource that looked and felt like a regular cookbook. Despite an abundance of food media, the pandemic has exposed an alarming lack of food literacy among Australians, who may not know what to do when the staples they are used to buying aren't available. As the COVID-19 pandemic fuelled panic-buying that affected the supply of affordable grocery staples, the food writer and dietitian behind *Easy Healthy Tasty* took to Youtube and posted home cookery videos that make use of less popular staples. The popularity and success of the basic content surprised them – especially when they racked up 20K subscribers! Charity and Jen talk through the challenges of creating disability-inclusive food content but discuss how doing so can foster happiness, pleasure and resilience for

everyone in the community. This presentation explicitly ponders the question of how we can create greater gastronomic justice (meaning happiness and pleasure for all members of society), today and in the future.

Jen Richards is a freelance writer, recipe developer and researcher in the space where gastronomy meets sustainability, as well as a food copywriter. She has a Masters in Sustainability from Sydney University. Charity Spalding is an accredited practising dietitian with over 15 years experience in helping people optimise their nutrition. Over her career she has worked with both adults and children at various Sydney hospitals. In 2017, she started Accessible Nutrition where she works with children with disabilities and their families to help them reach their nutrition potential. Both Charity and Jen are home cooks with a passion for equipping communities with cooking skills to empower them to be healthy, sustainable and food secure.

Out of the garden and onto the streets: the limits of Epicureanism in achieving gastronomic justice

Paul Van Reyk (pre-recorded)

"How can we create greater gastronomic justice (meaning happiness and pleasure for all members of society), today and in the future?" Gastronomic justice as defined here cannot be achieved without food justice. Achieving food justice is predicated on the active engagement of individuals and groups with the polity, the processes of government and the outcomes of these processes. It is by leaving the Garden and engaging with the world that food justice and thus gastronomic justice can be achieved. This is the antithesis of Epicurus' practice of avoidance of public life.

In this paper I look at why and how I, as a food writer/historian, leave the Garden.

Paul van Reyk is a food writer and historian. He has been published in *Petit Propos Culinaires*, *Gastronomica* and *Divine* magazine, and has presented at Symposiums of Australian Gastronomy. Paul has also published a facsimile copy of his grandmother's recipe book, the *Cookbook of Ada de la Harpe*. Paul is the author of *True to The Land: a History of Food in Australia* published by Reaktion in 2021.

CONCURRENT SESSION 1B: CREATING TASTE

Exploring twin passions: artisan small-goods and Italian organic gardening

James and Kathy Mele

In this informal session, James and Kathy bring together their passion for gardening and salami, describing the establishment and development of their inspirational market garden at the Meat Room and Garden in Kilmore. They will offer up a considered discussion of salami-making and discuss the seasonal specialities for your enjoyment. Think fermentation, heritage vegetables and pigs alongside climate, water, tricks of the trade and flavour.

James Mele, though not a qualified butcher, hails from a long family line of meat industry professionals, over six generations. As an ISSI (International Specialist Skills Institute) fellow, James studied Italian rare pig breeds and salami-making. In 2012, after working through the complexities of gaining a commercial salami license, James and Kathy opened the Meat Room and Garden in Kilmore East, combining their love of butchering and gardening.

Natural tuckerman: the history of bread, from Indigenous Australian bakers to the rise of white sliced

John Downes

From the creation of modern white bread and the extraordinary renaissance of sourdough bread to the question of gluten intolerance and gluten-free products, bread offers much food for thought. Drawing on his experiences as the original owner of Natural Tucker Bakery, Firebrand bakery and the Newrybar Baker, John explores the history of bread from Indigenous Australian bakers to the rise of white-sliced and considers the place of bread in gastronomy and as a staple food.

John Downes pioneered the reintroduction of traditional sourdough bread in Australia in the 1970s. His experience ranges across the culinary spectrum from iconic restaurants and bakeries to working for Bob Hawke as chef at Kirribilli House. John is a polymath with an abiding interest in the history of food and its culture. He has helped to perfect the art of traditional baking using wood fired ovens and the use of heirloom wheat strains. He has BA and Grad Dip in Gastronomy from Flinders University and has studied Traditional Medicine and Food at Amherst College in Boston. A 'Festival Legend' of the Melbourne Food and Wine Festival, he has authored several books including the *Australian Classic Natural Tucker* (1975) and, most recently, *The Sourdough Loaf* (2021).

CONCURRENT SESSION 2A: MEMOIRS OF SIMPLE PLEASURES

The simple pleasure of a fruit, a cake and a kitchen – or how the quotidian informs the universal

Helen Greenwood

Slice into Claudia Roden's orange and almond cake, and you release powerful flavours of time and place. These soft, nutty, tangy, fragrant aromas and tastes host stories and mythologies about Jewish food, and invite the type of work that Michel Foucault referred to as uncovering "the conditions of possibility". In this mind-space, which I can eternally recreate on the table, I take my ruminations and tease out the pleasures supporting a gastronomic future. I delight in sourcing oranges from the Sydney's market garden in the Hawkesbury. I grasp how grinding almonds in a modern but medieval fashion matters. I embrace mastering an emblematic Sephardi dish. I practise generational joy in cooking and eating with my daughter. Everyday practices are simple enough – and simply powerful enough – to pleasure us, and connect us to

seasons and sustenance and strategies for our planet.

A former journalist and now postgrad, Helen Greenwood left media for academia. When I worked at *The Sydney Morning Herald*, freelanced for magazines, and edited and co-authored books, I did many things, notably editing the *Good Food Guide* and reviewing restaurants at the SMH. My time writing about people and food and literature and film and design served me well in researching women food writers for a master's degree titled "Stirring Words: Women and the Making of Modern Food Writing". I am now investigating taste in Jewish food for a PhD at the University of Sydney which should be called "Beyond the Bagel" but is not.

'Tis an unweeded garden that goes to seed'

Max Dingle

Quite a while ago, after a difficult and dry winter, I managed against all odds to produce a huge crop of broad beans. Then, in the midst of this bounty, I found that so had everyone else and broad beans were practically being given away at the markets. This was on top of the previous year's olive disillusionment: a lot of effort and time picking and pickling against the cheaper, and to be honest, better, bulk olives available in the local Lebanese corner store. Yes, you can comfort yourself with the knowledge that your garden produce is fresh and all your own work, but in the end it still irked me that my garden always managed to produce a glut of produce at the same time as the markets being awash with the same – fresh and cheaper. So I decided that I would no longer compete. I would set up a gardening and cooking challenge by growing

things that were not available, at least not available on a regular basis, and decided to concentrate on indigenous edible plants, and then, due to a lack of regular garden maintenance or possibly sheer laziness, I added weeds to the menu.

Max Dingle OAM is an artist, curator and writer. He graduated from the National Art School in 1974 and was Deputy Director of the Australian National Maritime Museum for 16 years, during which time he carried out research on food in maritime history. Since 2009, Max concentrates on his own art practice and is the author of several catalogues, papers and articles on art, culture, food and wine. In 2020, Max was awarded an Order of Australia for his contributions to art and culture.

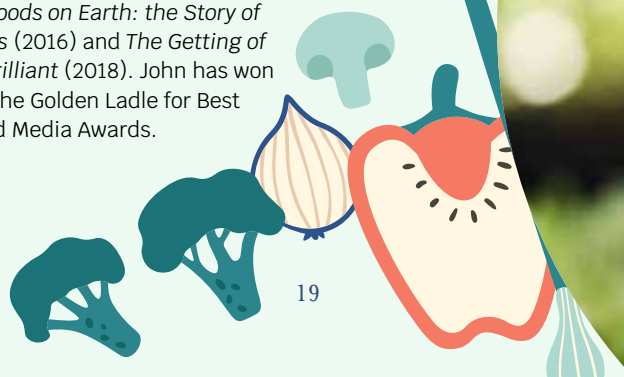
Pamboli culture

John Newton (pre-recorded)

'Habits evolve into customs, customs into institutions, institutions into whole cultures.' That's how Tomàs Graves begins his 2000 book, *Bread and Oil: Majorcan Culture's Last Stand*, 240 pages devoted to the habit, custom, institution and culture of the pamboli: a slice of bread rubbed with oil and tomato. Or, in Mallorquin, pa (bread), amb (and) and oli (oil). Drawing on the information Tomás has gathered for this wonderful book, I augment that knowledge with my own experiences of living in and loving the food, landscape, and culture of Mallorca. Epicurus wrote that 'plain dishes offer the same pleasure as a luxurious table.' Could there be a plainer dish than this? This apparent simplicity is also the key to what has been tricked up, perverted, and huckstered as the Mediterranean Diet. I explore how bread, tomato and oil are transformed into a culinary cultural institution – and how such a simple dish can also be a sustainable food pleasure.

John Newton is a freelance writer, journalist, novelist and teacher. His most recent books are *A Savage History: Whaling in the Pacific and Southern Oceans* and *The Oldest Foods on Earth: the Story of Australian Native Produce, with Recipes* (2016) and *The Getting of Garlic: Australian Food from Bland to Brilliant* (2018). John has won many awards for his writing including the Golden Ladle for Best Food Journalism in the 2005 World Food Media Awards.

His book *The Oldest Foods on Earth* was the national winner in The Gourmand Awards in the category: Best Culinary History Book in 2016. In 2015 he was awarded a Doctor of Creative Arts from UTS.



CONCURRENT SESSION 2B: FROM FRANCE TO BENDIGO

From central France to central Victoria: the story of Long Paddock Cheese and The Cheese School

Ivan and Julie Larcher

Long Paddock Cheese and The Cheese School is a collaboration between a small group of artisan dairy experts who share a vision for the flourishing of Australia's artisan dairy industry. Based at The Mill in Castlemaine, Long Paddock Cheese creates deliciously different handmade cheeses, mainly in the French style but with a definite Australian identity. Globally-renowned cheesemaker, Ivan Larcher, heads a small but skilled team to create soft and semi-hard cheeses, perfectly ripened and beautifully packaged. Long Paddock Cheese is co-located with its sister-business, The Cheese School. While Long Paddock Cheese makes outstanding artisan cheese, The Cheese School aims to teach others how to do it. This session explores this unique and innovative collaboration and what it means for Australia's artisan dairy industry.

Ivan and Julie Larcher are experienced French cheesemakers who relocated from central France in early 2020 and are now based in central Victoria (near Castlemaine) with their young family. Ivan is Head Cheesemaker at Long Paddock Cheese and Head Trainer at The Cheese School. Known globally throughout the cheese world as the 'cheese whisperer', Ivan has taught and consulted to cheesemakers in the US, UK, Australia, Sweden, Brazil, Israel, Slovenia and his own native France, for more than 20 years. He and Julie also ran their own small-scale farmhouse cheesemaking business in central France for several years.

Alison Lansley, a former corporate lawyer who now devotes most of her time to the artisan cheese industry, also runs the Australian Specialist Cheesemakers' Association as a volunteer. She is Managing Director of Long Paddock Cheese and The Cheese School.

Australian grown, inspired by the Rhône

Amie Sexton

Delight your taste buds and learn about the wines from Bendigo winery, Lome. Taking inspiration from the varieties of France's Rhône Valley, Lome's award-winning wines combine the Rhône style with a modern Australian approach. In this session Amie

will be your guide around the winery and the region, digging into the geography, flipping through the history, sniffing out the winemaking secrets, and of course, tasting the wines.

CONCURRENT SESSION 3A: PERSPECTIVES ON SUSTENANCE

Fermenting sustainability: multispecies thinking in the big (and small) world(s) of wine

Colleen Myles (pre-recorded)

While the influence of place on taste is well established, no one has yet sought to inquire whether taste makes place. I contend that tastemakers, as a category of placemakers, are woefully under-examined—especially considering the outsized impacts their activities can have on people and the environment. Food and beverage ambassadors ("tastemakers") valorize place-based products via carefully constructed consumption experiences and actively cultivate and convey conceptions of good taste. The valuations provided within professional consumption recommendations, based on conceptions of "good taste," shape and influence decisions that extend beyond the simple—or sometimes not so simple!—choice of what wine to have with dinner. The values and perceptions that taste professionals hold and share create the signs and symbols—the semiotic context—for a wide array of actions. Tastemakers guide decisions that influence an array of things, big and small, including: waterways, soil, plants (propagated or not), insects, microbes, population patterns, infrastructure, labor and migration configurations, and cultural norms and ideals. While the choices we make regarding what to grow, when, and how have relatively clear consequences for

environments and landscapes, the ways that (good) taste drives those choices is less clear. Using Texas as a case study of explosive taste-driven cultural and environmental transformation, nestled within an era of radical, global climate change, I examine the components and perceptions of "good taste"; their relation(s) to place vis a vis tastemakers; and, importantly, the role of those processes in fermenting sustainability.

Colleen C. Myles is an Associate Professor in the Department of Geography and Environmental Studies at Texas State University. She has a PhD in Geography and an MS in Community Development from the University of California, Davis. She is a human/cultural geographer specializing in political ecology and fermented landscapes. Her research and teaching focus on land and environmental management, (ex)urbanization, sustainability, tourism, food and agriculture, and the geography of fermentation. She is the Regional Councilor for the Southwest on the National Council for the American Association of Geographers. She is also the Chair of the Environment and Sustainability Committee at Texas State University.



Brani! Be brave! Be wild!: these are Timor's noodles

Timor-Leste Food Lab/Agora Food Studio, Dili (pre-recorded)

"We want everyone to feel ownership. These are not only ours. These are Timor's noodles, so let's have our own." - Paulina Mau Torres Da Cruz

Like many young people in Asia, we love instant noodles in Timor-Leste. Highly processed and low in nutrition, millions of dollars of instant noodles are imported every year, while our society is also suffering from the double burden of malnutrition. Yet our foodscapes are rich with biodiversity and traditional food knowledge. In this presentation, we share how we are taking ownership for greater gastronomic justice through community noodle-making and noodle fairs. We create spaces for happiness and creativity. Sensory teamwork and fun, this is tactile peace-building as a tool for development. We hope to redefine contemporary food culture with community noodle-making as a way to showcase traditional, wild, and seasonal ingredients from each municipality across Timor-Leste. Taking what was once

imported and making it our own – stimulating gastronomic pride in our heritage foods by creating combinations that are uniquely our own.

Agora Food Studio is a gastronomic social enterprise that believes a food system should create healthy communities where everyone can eat, and eat well. Based in Timor-Leste – a small half-island nation part of a greater archipelagic region with profound food diversity and bio-cultural history – we hope to research, experiment, taste and document, and then share to a wider audience. Everyday is an exploration. We try to keep our flavour possibilities broad and our waste minimal. We love to collaborate with farmers and producers, cooks, chefs, eaters, storytellers and experts in the fields of science, agriculture, humanities, community development and design.

The Agora Food Studio is: Paulina Mau Torres Da Cruz, Cesaltina De Araujo Tilman, Ana Viviana Clory Da Costa Neto and Arnaldo de Araujo Gomes with Tracy Berno and Alva K. Lim

The garden as larder, touchstone and self: the Madrileño huerto

Juan-Carlo Tomas (pre-recorded)

Spanish is a language with two sharp edges. As you delve past the complexities of conjugations, forms of past and present tense and the myriad of cultural references attached to names and sayings, you gain a sense of how many simple words also mean many other things, often related, unsurprisingly, to sex or pleasure. The huerto, or garden, is one of them. Somewhere you would take an illicit lover for a moment of bliss, or go down to and collect kale for a porrusalda, the huerto is something people are often drawn to, particularly around meals and when it comes to self-expression. In Madrid, a city of six million mostly apartment dwellers, huertos and their balcony-based equivalents, huertos urbanos, are sources of pride, curiosity and often, an indicator of where their owners are from, and what they imagine. Juan-Carlo

explores his experience with his own huerto and those of contacts he's made over the past couple of years to see how gardens, both in the mind and on balconies, fuel the hunger and curiosity of one of the world's great gastronomic centres.

Juan-Carlo Tomas is a former print journalist and independent food scholar, with interests in foodways, identity and the anthropology of food production and cultural practice. A former co-convenor of the Symposium of Australian Gastronomy, he moved to Madrid with his husband six months before the Covid-19 pandemic and stayed sane through lockdown by tending his own huerto and discovering those around him.

CONCURRENT SESSION 3B: PRESERVING TASTE**Tea: the story of world's most desired drink**

Dilhani Dissanayakage

Tea, which is currently the world's most desired drink, has a long, extraordinary and turbulent history filled with legends, myths, intrigue, adventures, colonisation, imperialism, exploitation, domestication, punishment, migration, indentured labour, slavery practices, rituals and social change. The history of tea harks back to very ancient times in China and then it spread to stimulate the palates of upper-class Europeans by the early 17th century. Then tea became a national drink for the British people in the 18th century. Tea drinking is deeply embedded in many cultures. It is not simply a drink; in fact the method of making tea

differentiates each culture and community. The culture around preparing and drinking tea reflects many traditions, cultures and identities. The actual workers who have been working on tea plantations – often under very harsh conditions – are the real story behind what makes a cup of tea.

Dr Dilhani Dissanayakage is an historian, public speaker, academic mentor, United Nations food hero, and consultant with expertise in the social and cultural history of food and cuisine, specialising in cinnamon. She is the founder of Bendigo Food for Thought.

Found or foraged, grown or gifted?

Sue Gerdson

Sue Gerdson – forager extraordinaire – is not afraid to jump into the branches of a mulberry tree, fight the thorns (and snakes) for the blackberries that grow on the railway lines, or to pick up fruit that looks pure yuck to some and create something magical from it. In this session, Sue highlights what preserving Bendigo's local fruit, often foraged from nature strips, or found within the streets of Bendigo is about. Her passion lies in the alchemy of preserving street 'finds' to create many different flavours for the simple pleasure that food brings.

Sue Gerdson is the hard working talent behind Vintage Kitchen Preserves. A finalist in the 2018 Bendigo Business Excellence awards in sustainability, Sue brings together 'waste not-want not' practices and a business ethos of caring for the Earth. Don't expect perfect labels, perfect business structure or perfect jars in a row. It's family and friends who want the world to survive as we now know it, for our grandchildren to enjoy and who love to make preserves.

CONCURRENT SESSION 3C: FERMENTING AND PICKLING

Olives: picked and pickled

Julie Howard

Julie draws on decades of collective experience in producing olives in Central Victoria. Together they explore the responsibility that comes with growing olive trees and the care that this necessitates. They share their Greek-inspired olive curing technique along with their passion for all things olive. They invite you to tour Bridgeward Grove on Day 4 of the Symposium.

Julie Howard established Bridgeward Grove with her husband Peter in 1999. A retired teacher, Julie now specialises in the growing, production and sale of olives, olive oil, farm gate produce and seasonal preserves. Having training in the art and science of olive oil tasting, she is now an olive oil sommelier.

Ferment to Be: Of Microbes and (Wo)men

Miin Chan

As a medical doctor & researcher obsessed with taste, food culture, ferments and nutrition, Miin founded Australia's first tibicos business, Dr. Chan's. She helped to create the local wild fermentation industry through products, education, science communication and consultation. Working with farmers' markets, food sovereignty and systems, and urban agriculture communities,

she has a deep love for all things food, from soil to gut and beyond. Miin is undertaking a PhD at the University of Melbourne researching the effects of fermented foods on chronic disease via gut microbiota. In 2021, Miin wrote a long-form article for *Eater* exploring the issue of white purveyors dominating the fermented food industry, "Lost in the Brine."



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DAY 4: WEDNESDAY, MAY 11TH

PLENARY KEYNOTE

The Regenerative Food Future

Hannah Moloney

When Hannah Moloney imagines what a sustainable, regenerative food culture would look like, this is what she sees. A food culture that acknowledges Australia's rich First Nations' cultures around food and land management, where large tracts of land have been returned to their ownership and which is managed for both ecosystem health and where appropriate, sourcing or producing food. A food system that has localised, where food is produced and distributed within the regions it was grown. She sees diversity, where monocultures are a thing of the past – a strange blip in history when the health of soils, plants and people were compromised for short-term money wealth. Never again. Join Hannah as she envisages an ethical and regenerative food future – one of delightful engagement with the food system for everyone from growing, processing, distributing to eating. This is a future built on communities, grounded in a food culture that brings people together in times of abundance and which holds them together permanently with the memory that just like plants need rain, we need each other to thrive. Cambridge Dictionary

defines hope as wanting "something to happen or to be true".

But hope is only useful to this vision if we frame it as a verb. While hope creates space in our heads and hearts to imagine what could be, active hope reminds us that we can have this but only if we create it.

Hannah Moloney is a landscape designer, permaculture educator, best-selling author and change maker. She has two decades of hands-on experience in designing, building, managing and doing projects around urban agriculture, small-scale farming, permaculture and community development – all towards building climate resilience. She's been a guest presenter on ABC's Gardening Australia since 2019 and is an ambassador for Community Gardens Australia. When she's not working on other people's gardens and farms, she's working on her own.



Hannah Moloney

PLENARY SESSION: SHARING FUTURE FOODWAYS

Food cooperatives: the making of a community

Sandra Clark

Food cooperatives are gaining in popularity with the growing interest in eating local, organic and ethical produce. Food co-ops encourage members to actively participate in decision-making and forming a legitimate relationship with the wider community. They have the potential to provide a nurturing work environment for their workforce. For volunteers, they offer the chance to participate in a community-run business. This presentation focuses on the potential of food coops in Australia as an unique and ethical approach to not only buying food but making communities.

Sandra Clarke has completed a Masters in Food Studies and is interested in the changing nature of the family meal. She is involved in several food co-ops in Sydney and currently lectures in sustainability in the hospitality Industry at Southern Cross University. By living a sustainable life, choosing ethical food options, eating in sustainable restaurants and meeting like-minded food writers, chefs and suppliers, she hopes to make a difference.

Sharing a growing thing

Bridget Bentley

Bendigo Foodshare is a vibrant community owned and operated organisation supported by over 200 volunteers and 260 partner organisations to reduce food insecurity across Central Victoria. The core objective of Bendigo Foodshare is to reduce food poverty through the provision of food relief, however food relief is only part of the solution to improving food security within the community. They are also committed to working with the community to increase food skills, including growing, cooking and sharing skills, and to reduce the stigma and barriers to accessing help when it is needed. This is done through a range of community projects that are founded on the core belief that healthy food is for everyone. This presentation explores one such program: 'Grow a Row or Pick a Branch'. This grassroots community project encourages local backyard, school and community gardeners and farmers from across Central Victoria to plant extra crops in their gardens or harvest excess fruit and vegetables to share with Bendigo Foodshare. The project has

increased local growing knowledge and skills through initiatives such as gleaning fruit from local orchards, running seasonal growing drives, and a partnership with a local market garden that grows food for food relief while teaching volunteers valuable skills in market gardening.

Bridget Bentley has worked with Bendigo Foodshare (BFS) since June 2019. Her passion for food security and her care for community inspire and drive her to create innovative, grassroots community initiatives and stakeholder partnerships that are action focused, empowering and engaging to benefit the community and to meet Bendigo Foodshare's objectives and values. A charity such as Bendigo Foodshare could not do what it does without a supportive community. Bridget ensures that businesses, supporters, the greater community, staff and volunteers all feel a part of the Bendigo Foodshare family and understand their important contribution to strengthening local food security for all.

Creating food learning opportunities for adults within everyday lives

Soo Jin Park

Around the world, city councils are creating and supporting food-related policies or strategies to enhance healthy and sustainable environments, and multiple food practitioners engage closely with these various initiatives. However, the visibility of educational aspects of food within governments, policy development, public spaces, or across society is limited. Little is known about pedagogical frameworks that can inform these initiatives. This presentation explores how food pedagogies beyond the classroom work to increase people's awareness of, engagement with and empowered action to advance societal health and sustainability through food.

Soo Jin Park is a doctoral candidate in the School of Health and Society, University of Wollongong where she is researching food pedagogies and urban food strategies for societal health and sustainability. She has professional experience in local government in designing and developing urban food strategies and food initiatives related to education, health and sustainable food culture. She also has over 15 years experience in the tertiary education sector. Her interests include urban food policies and strategies, gastronomy, and how food creates healthy and sustainable cities.

PLENARY REFLECTION

The Symposium of Australian Gastronomy Legacy Project

George Biron

George Biron is a retired restaurateur, cook and teacher with over 40 years' experience in Europe and Australia. With his life partner of over 40 years, Diane Garrett, they built and operated the legendary Sunnybrae Restaurant and Cooking School at Birregurra, where they pioneered and championed seasonal farm-to-plate dining. The couple sold the property in 2013 to Dan Hunter and Julianne Bagnato and their business partners. It is now called Brae. Biron comes from a Hungarian migrant family steeped in cooking traditions.

He has taught privately and at TAFE and has written for numerous publications. In 2001, George was inducted into the Melbourne Food & Wine Festival Legends Hall of Fame. In retirement, he tends a new kitchen garden and continues to write, contribute to community events and the development of sustainable hospitality projects.



Explore Bendigo's wine region



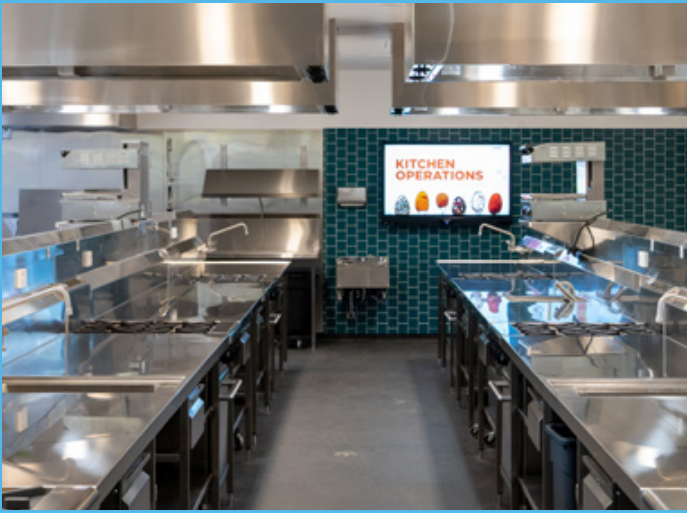
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MAP OF VENUES



P PARKING AND TRAVEL BETWEEN VENUES

Parking will be available around Bendigo TAFE on Sunday 8 May. However, due to building activities, parking will be disrupted on Tuesday 10 May. Nearby municipal parking is marked on the map.

For those without cars, Uber and Didi services are available in Bendigo for transport between venues. We recommend sharing with friends to keep costs down.

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- 2 Market Street Municipal Car Park**, 38 Mundy St, Bendigo
- 3 Myers Street Municipal Car Park 2**, 37 Myers St, Bendigo

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