



SPICE IS RIGHT

VERSATILITY IS THE KEY TO SCOTT FOSTER'S AUSTRALIAN BUSH SPICES. THEY'RE COLOUR-CODED FOR EASE OF USE — BLUE FOR SEAFOOD, RED FOR RED MEAT, ORANGE FOR CURRY AND YELLOW FOR DUKKAH, A MIX OF NUTS, SEEDS, CORIANDER AND LEMON MYRTLE. 0434 967 604; WWW.AUSTRALIANBUSHSPICES.COM.AU

EDIBLE ICON

What makes the perfect lamington? Kytons Bakery in Edwardstown SA knows: its product won best lamington at the 2008 National Baking Competition. Owner Sharon Sutton says it's the mix of good egg sponge, real chocolate and "no imitation anything". Husband Darren is the baker and his recipe is a secret. "Even I don't know it," says Sharon. Kytons Bakery lamingtons are moist and very more-ish. (08) 8177 0156; kytonsbakery.com.au



ANZAC SPIRIT

It's hard to tire of Mrs McNally's Anzac Biscuits, says Garry Love, a 33-year veteran of the Tasmanian bakery that produces them. "We eat them at work with morning tea," he says. Made with rolled oats, coconut and golden syrup, the biscuits are crisp and buttery. (03) 6271 1000; www.cripps.com.au



FLAVOURS BARBARA SWEENEY CELEBRATES AUSTRALIA DAY WITH A SWAG OF NATIVE FARE.

MEET THE PRODUCER

MARTHA SHEPHERD & DAVID HAVILAND Galeru, Cooroy Queensland

As director of product research for US bakery giant Mrs Fields, Martha Shepherd (right) spent her time coming up with new variations of old fare.

Transferred to Australia in 1993, she was astonished to find foods she'd never heard of. "The only native food that has gained wide commercial acceptance is the macadamia," she says. "Yet there are hundreds of native foods with a unique taste that may have amazing nutritional and medicinal properties."

Martha bought a 4.5-hectare block near Cooroy, in Queensland's Sunshine Coast hinterland, with partner David Haviland and planted it with Australian rainforest species. Some, such as lilly pilly (*Syzygium luehmannii* and *fibrosum*), Davidson's plum



and lemon myrtle, already had a commercial use, while others remain experiments. Martha trademarked names for the lilly pillies — Raincherries and Rainberries — that the couple uses in the sauces, yoghurts and cakes they sell at markets and eateries, and online.

Martha intends her enterprise, Galeru, to grow. Her business model, which won her the Queensland and Australian RIRDC Rural Woman of the Year Award in

2006, encourages small farmers to pool their fruit and develop products.

The thrill for Martha is the potential to develop an entirely new food industry. "We're the only place in the world with this biodiversity," she says. "It's cutting edge!" (07) 5442 5945; www.galeru.com.au

