

G

GREEN LIVING MADE EASY

\$9000+
OF SUMMER
GIVEAWAYS!

12 easy
ways to
slash your
energy bills

Where does your food come from?

The surprising facts about
what's on your plate

CHEMICAL-FREE

CLEANING YOUR
HOME NATURALLY

A DROP IN THE PAN

WHICH COOKING
OIL IS BEST?

TAKING STAYCATIONS

SUMMER HOLIDAYS
ON THE CHEAP

ISSUE 35

DECEMBER/JANUARY 2012

AUS/NZ \$8.95 # 35 • DEC/JAN 12



9 771834 123005

CARBON OFFSET and PRINTED ON RECYCLED PAPER

www.gmagazine.com.au

FAIR@ SQUARE

fair-trade + ethical festival

SHOP ETHICALLY
THIS CHRISTMAS



FREE PUBLIC EVENT
SAT 3 - SUN 4
DECEMBER 2011
11:00 AM - 6:00 PM
FEDERATION SQUARE
MELBOURNE

EXPERIENCE
DISCOVER
& LEARN



Register Online to Win Great Prizes
MORALFAIRGROUND.COM.AU



FAIR FASHION
the ethical fashion show
LIVE AT THE BMW EDGE
FRIDAY EVENING 2 DEC
FOR TICKETING INFO VISIT
MORALFAIRGROUND.COM.AU

BE PART OF AUSTRALIA'S LARGEST FAIR-TRADE + ETHICAL FESTIVAL
SHOP ETHICALLY THIS CHRISTMAS • PLAY FAIR • LIVE FAIR • BE FAIR
Live Music, Exotic Food, Cooking Demos, Fashion Show, Talks, Kids Activities, Live Demonstrations

MAJOR SPONSORS: CITY OF MELBOURNE, fair., DAIRY MILK, global 500 direct, FAIRTRADE ORGANIC COFFEE

PARTNERS: INTREPID, LUSH

IN-KIND: brandism, ADORN MINERAL COSMETICS, goget.com.au

MEDIA PARTNERS: WEEKLY, peppermint

PRESENTED BY: moral FAIRGROUND

IN THE DIARY

From 19 November

HOW TO HAVE A GREEN FESTIVE SEASON WORKSHOPS

Sustainability is a part of daily living for so many, but how do you incorporate it into your festive celebrations? This free two-hour interactive workshop explores how you can make the festive season more environmentally friendly. Learn about green entertaining and parties, sustainable drinks, food, decorations, gifts and how to deal with non-green relatives! Various locations and times across Victoria. www.greenrenters.org

2-4 December

FAIR@SQUARE FAIR-TRADE+ETHICAL FESTIVAL

Drop by this free public event in Federation Square, Melbourne, promoting fair and ethical trade. Walk through a static display of an eco-friendly house in an interactive and educational Fair Living Space, a collaboration with eco innovators and RMIT architecture students. Plus, resident fashion guru Leeyong Soo will also be putting together an elegant VIP Ethical Fashion Show on Friday night. www.moralfairground.com.au

17-18 December

AQUAPONICS WORKSHOP

A practical workshop on how to produce your own organic vegetables and fresh fish in one sustainable, closed-loop system in your own backyard. Aquaponics combines the best bits of aquaculture and hydroponics, but without the use of chemicals, to create super-efficient food production systems. Held at the Alexandria Park Community Centre in Sydney. Run by Milkwood Permaculture for \$390. www.milkwoodpermaculture.com.au

29 December-1 January

PEATS RIDGE SUSTAINABLE ART & MUSIC FESTIVAL

Set in the idyllic Glenworth Valley just one hour from Sydney, this event is the only Southern Hemisphere founding partner in the UN Music and Environment Initiative. There's a strong emphasis on eco-living education, where even the environmental impact of the printing and cutlery are considered. This festival, now in its eighth year, will host a much-anticipated New Year's Eve performance by musician Gotye. Various ticket prices. Visit www.peatsridgefestival.com.au

From 1 January

UN INTERNATIONAL YEAR OF COOPERATIVES

A cooperative is a business owned and operated by a group who derive mutual benefit from the organisation. Cooperatives help to further socioeconomic development and provide invaluable contributions to reduce poverty, generate employment and facilitate social integration. Fairtrade-certified products operate on this alternative business model, so look out for the Fairtrade logo if you'd like to support cooperatives overseas. social.un.org/coopsyear

6-8 January

GULGONG FOLK FESTIVAL

Catch more than 100 musicians at various venues across the historic gold mining town of Gulgong in NSW. Highlights include live performances from Bill Chambers and Anne Kirkpatrick. There are poets' breakfasts, workshops, farmers' markets, street theatre and Irish dancers. Tickets are \$90 each. For details, call Richard on 0447 036 783 or visit www.gulgongfolkfestival.com.au

Saturdays

THE PROGRESSIVE LUNCH

Mudgee Wine & Country Tours offer this lunch every Saturday or by appointment. The itinerary includes morning tea and wine tasting at Moothi Estate followed by a winery tour and tasting at Bunnamagoo Estate. Lunch and wine tasting is at Blue Wren Wines, then there's wine and cheese matching at Huntington Estate. To finish off the day, there's beer tasting along with tea or coffee at the Mudgee Brewing Company. \$100 per person. www.mudgeewinetours.com.au



SPECIES IN FOCUS

KAKADU PLUM (GUBINGE)

Did you know that Australia is home to the highest natural source of vitamin C on the planet? Gubinge (pronounced goo-binge) is the indigenous name of the Kakadu Plum (*Terminalia ferdinandiana*) found in the northern coastal areas of Australia. It has more than a hundred times the vitamin C of an orange as well as loads of antioxidants.

Bruno and Marion Dann from Winnawal just north of Broome on the Dampier Peninsula, are helping to restore their native bushland and taking care of growing and harvesting the elegant-looking Gubinge trees. "Gubinge is a genuine super food. It is highly valued by the Aboriginal tribes in the Kimberley region," says Marion. "We manage the land here in the traditional way because the bush orchards have been in this country for thousands of years and have always been maintained by the Aboriginal people. It's just a shame that it's only being recognised now because we could have gained a lot from traditional knowledge of the Australian bush."

The wild harvested berries are dehydrated and milled into a powder so it can easily be added to any meal – from muesli to juice. To purchase the powder, visit www.lovingearth.net. All profits from this product are sent to the indigenous Nyul Nyul community where they are grown.