



BARRABA COMMUNITY NEWS

FREE LOCAL NEWSPAPER

COMMUNITY OWNED AND EDITED

Wednesday 24th September 2025



BARRABA RSL & RECREATIONAL CLUB LTD

Phone 67821379

For the information of
members and guests.

THIS WEEK

FRIDAY 26th SEPTEMBER

MEAT RAFFLES

MEMBERSHIP DRAW \$2000 (3 Draws)

SATURDAY 27TH SEPTEMBER

BINGO STARTS AT 12.30

SUNDAY 28th SEPTEMBER

ANGLER CLUB RAFFLES

Raffles on sale from 12pm, drawn 1.30pm

MEMBERSHIP DRAW \$1400

BOOKINGS NOW BEING TAKEN

FOR BACK TO THE BUSH CAMPOVEN

DINNER BOOKINGS CLOSE 15TH OCT

BISTRO HOURS

Phone 0427330808

DINE IN OR TAKEAWAY

DAILY BLACKBOARD SPECIALS AVAILABLE

ALSO PIZZAS MADE TO ORDER

MONDAY/TUESDAY/WEDNESDAY: CLOSED

THURS/FRI/SAT: Lunch 12-2pm. Dinner from 6pm

SUNDAY: 12-2pm

Barraba Medical Centre

The surgery will be closed from Tuesday 7th October 2025 until 10th October 2025. Reopening on Monday 13th at 9.00am.

If you require scripts before the closure, please call the surgery to make an appointment.

If you require medical attention, please present to the Barraba Hospital or in an emergency call 000.

Nandewar Historical Museum Street Stall

to be held Thursday 25th September

**RAFFLES 1ST PRIZE MEAT RAFFLE VALUED AT \$70.00
(voucher)**

2ND PRIZE FRUIT /VEG TRAY

Plants Cakes etc Museum publications

SAVE THE DATE!

BARRABA CANCER PATIENTS FUND RAISING GROUP Inc.

2025 GARDEN RAMBLE

SATURDAY 25TH OCTOBER, 10am-5pm

Please see related article for participating gardens, page 3

LETTER TO THE EDITOR

Dear Editor

On behalf of the members of Lodge Saint Andrews I wish to thank the Barraba Jockey Club for their generous donation of the recyclable drink containers from the Barraba Race Meeting on Saturday.

The money raised will go towards the Lodge's annual sponsorship of the Barraba Junior Touch Football Club.

Bryan Barrass

Treasurer of Lodge Saint Andrews

Save water and money!

Sign up to:

- Track your water usage anytime, anywhere
- Save water, save money
- Better water management for a sustainable future
- Find and fix leaks early!

MyTRC WATER PORTAL

Sign up online
mytrcwater.tamworth.nsw.gov.au

To get started scan me!

Tamworth REGIONAL COUNCIL

Options for the future of Ray Walsh House

Determining the future of Ray Walsh House will be on the agenda when Tamworth Regional Council meets next week. Tamworth Region Mayor Russell Webb will open the ordinary meeting with a Mayoral Minute outlining Council's instructions to the General Manager to progress an options paper asking him to explore the future of Ray Walsh House, office accommodations for Council staff, and a new Visitor Experience Centre.

Cr Webb said the scope of the options paper would enable Councillors to make an informed decision on behalf of the community. "As a Council, we all agree it's time to start making some serious decisions about Ray Walsh House and that conversation is bigger than this one building. In order to make a responsible decision, we're asking for a detailed report about the costs and timeframes associated with all options. We need to put aside misinformation and discuss this decision in an open manner."

The report asks the General Manager to provide a full valuation of Ray Walsh House, as well as a final cost estimate to remove the asbestos contamination and reinsulate the building. "We've been looking at a range of options over the past three years, including funding support from the NSW Government, but we need a deep understanding of all options" Cr Webb added.

If passed, the report also instructs the General Manager to investigate the cost of a new administration building and Visitor Experience Centre at the site of the Australian Country Music Hall of Fame and Hungry Jacks in Peel Street. The General Manager would also be instructed to obtain the costs of valuations, concept designs and estimates. There are no immediate plans to move the Visitor Information Centre or Golden Guitar.

Earlier in the year, Council sought expressions of interest to activate the site as a whole. Two expressions were received and will be considered in the options paper. If passed, Cr Webb said there will be community consultation around options paper, including a Town Hall meeting.

Nandewar Historical Museum AGM Report

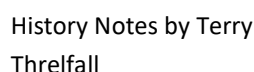
At the recent AGM for the Nandewar Historical Museum held Tuesday 19th September 2025 the following members are now the Officers for the Museum. President Carolyn Faint, Vice President Adrian Hagan, Secretary Lesley Grigg, Treasurer and Market Coordinator Diana Simms, Publicity Officer Adrian Hagan, Curator Glenda Geary. Listed Officers Margaret Currell & Marjorie Urquhart. Congratulations to our volunteers who assist in the smooth running of activities associated with the Museum.



(BCPFRG) is holding their **Garden Ramble** on **SATURDAY 25th OCTOBER, 10am-5pm**, and once again, is proudly sponsored by The Rotary Club of Barraba.

This year there are four beautiful gardens to visit: NANGARAH, DOONBA, TYCOLAH COTTAGE and THE OAKS. Each of these gardens is unique and well worth a 'ramble' through. The season is shaping up to be a beauty, and the gardens will be looking superb towards the end of October.

BCPFRG is raising monies to donate towards the various Australian cancer related and research organizations. So, put the date on your calendar, and keep an eye out for the flyer around town, along with more information in upcoming Community News editions. We hope to see you there.



SOME TENNIS HISTORY IN BARRABA Part 3 – Muriel Wilson

Last week I said that this week would be the story of the many adventures (and victories) of the Barraba Country Week Teams in the early 1900s. However, reading further about the many outstanding Barraba tennis players, another player really stands out; Muriel (Muff) Wilson. Here's what Ron McLean (*"Country Cracks – The story of NSW country tennis"*) wrote (p 50):

“Barraba came to fame through the exploits of the Spencers and Williams in the 1920s. But there was a young girl who also had a long and successful career in Country tennis. She was Muriel Wilson, known to everyone as Muff, and she probably owed her emergence as a top player to the genial Barraba men, who often practised with her on the court on her family’s property, Mayvale. She became the regular mixed doubles partner of Bob Spencer and her solid play at the back of the court forced many short balls for her partner, who hardly missed anything loose. They won the second Country mixed title in 1923, repeated the dose in 1924, and

one again in 1926 and 1930.... By the end of the decade, she had clearly established herself and Country's best (woman) player. In fact, in the whole history of Country Week, no-one has surpassed her record of seven singles championships. She won the Country singles for the first time in 1929 and between then and 1936 the only year she missed out was 1935, when she was overseas. She played at Wimbledon that year, a mighty achievement for a player from rural Australia. Her singles record was impressive at Country level but added six doubles titles (all with Betty O'Donnell) and five mixed (four with Spencer and one with Guy Williams) and you gain appreciation of her quality.

Country titles, however, were not her only claim to fame. She was a top-ranking competitor each year at the NSW Hardcourts at Dubbo, winning the singles championships four times between 1930 and 1934, the doubles twice with Miss Dingle, and the mixed in 1930 and 1931 with Guy Williams. And she played in three of the four Tamworth teams to win Country week from 1926 to 1929."

Below is the only photo I could find of Muriel Wilson:



Tamworth's champion team of the late 1920s: (from "Country Cracks" p 50) *From left, Sally Orman, Edna Jeffrey, Muff Wilson, Mona Carter*

Records show that Muriel Wilson was born in 1902, one of three children of Clifford Philip and Kathleen (nee Cadden) Wilson of Mayvale. Census records show that she was still living at Mayvale in the 1950s. I assume Muriel (Muff) must have played at the Barraba courts in the lifetime of some of our local residents; we would love to hear from you.

Next week – The Barraba Country Week team and its exploits.

Dear Editor

Please keep your dogs on their chain or they will be shot as they are killing my sheep.

William Rumsby



CRIME INQUIRY TO COME TO TAMWORTH

The NSW Parliament's crime inquiry will visit Tamworth and hear directly from local stakeholders. Member for Tamworth Kevin Anderson had been pushing for the inquiry to visit Tamworth to hear first-hand from Tamworth community.

"Our communities have a right to feel safe in our homes, and for many people living in our region, that right has been taken from them, Mr Anderson said. "That's why, as soon as the crime inquiry was announced, I wrote to the chair requesting that he come to Tamworth and hear directly from local police, leaders, and advocates. It's critical that the government hears the voice of our region to give them a better understanding of the causes of youth crime, recidivism, and diversionary programs in our region. I've been pushing for the inquiry to come to Tamworth since it was first announced and it's good news that they will now hear from local police, youth justice, community organisations, PCYC, and legal services. This is an opportunity to tell our story and update the committee on the serious crime that has been impacting our communities. I'm continuing to push the government for more boots on the ground to support our local police, tougher laws and harsher penalties for offenders, changes to the bail act, more resources for police like the police airwing to be based in Tamworth, and a stronger focus on community safety. It's good that the inquiry will be in our region, and I'll continue my calls for more support while they are here. I thank the committee for coming to our region and encourage them to hear the voice of our local community."

The Committee of Law and Safety will be holding a public hearing in Tamworth on Monday 22 September 2025 at the Tamworth Community Event Centre. The inquiry will be broadcast live on the NSW Parliament website.

BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

Published by Community College Northern Inland Inc.

Cnr. Alice and Fitzroy St Barraba

Contacts: Bronwyn 0447 165 008

Office: 02 67821662

Email news@barrabacommunitynews.org.au

Printed on site at the Community College. Free publication by email or collection from local Barraba main street businesses

Advertise in Barraba Community News and reach 750 households in our local area.
Contact news@barrabacommunitynews.org.au for the best advertising rates in the region

CATHOLIC CHURCH TIMES

Barraba 1st Sunday of the month, Saturday evening
Mass 5pm. All other Sundays 9am

BARRABA UNITING CHURCH NOTICES

Sunday 29th September
Service time changes to 8:45am for next four months. Please note new time.
All Welcome

ANGLICAN CHURCH TIMES

St Laurence's Barraba
Sunday service at 10.00am
Woodsreef service 2nd Sunday of each month



Applications are now open for the NSW Government's [Holiday Break Summer 2025–26 program](#).

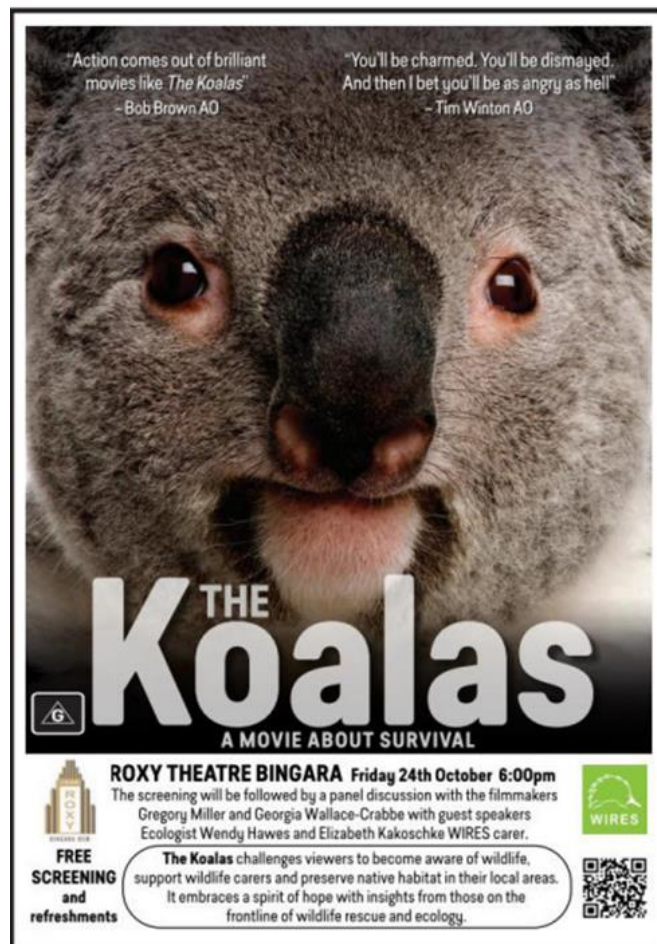
Funding opportunities have now expanded to include all of NSW.


Applicants are encouraged to design high quality, fun and engaging activities for the exclusive participation of young people aged 12-24 years.

Eligible organisations can apply for up to \$5,000 per applicant for activities to be run during the Summer school holidays. An additional \$3,000 in travel loading is available per organisation if an external supplier is needed to deliver the program in remote or very remote parts of NSW.

Information on priority groups and how applications will be assessed is available in the published [program guidelines](#) (Word file, 842KB).

Applications close Friday, 10 October 2025 at 5pm.





BARRABA UHA FASHION PARADE

at the
Barraba Bowling Club

Saturday, October 11th 2025
1.30pm

Fashions by: Frocks 'n' Locks

- Scone making demonstration by guest bakers Judy & Gillian
- Pop-up trading table by Cobbadah Flowers
- Numerous raffle prizes
- Special guest compare - Justine Harris
- Homemade Afternoon tea available.
- Barraba Nutrition Survey information session presented by Penny Hands for the Deakin and Newcastle Universities
- 100 Club draw
- 2 x \$20 lucky seat prizes
- Lucky door prizes

Admission: \$15 per person (cash only)

**THE ROXY THEATRE
PRESENTS**

**WALTZING
THE
WILARRA**

Written & Composed by David Milroy
Directed by Brittanie Shipway

**NEW
DATE**



HIT PRODUCTIONS **GWYNIDIR** **THE ROXY** **CREATIVE AUSTRALIA**

This project has been assisted by the Australian Government through Creative Australia, its arts funding and advisory body.

SATURDAY 4 OCTOBER 2025 | 7:30PM | THE ROXY THEATRE, BINGARA

SCAN THE QR CODE TO BOOK

\$35 PER PERSON



The Roxy on SATURDAY 4 October 2025.

'Waltzing' premiered in 2011 and has since been hailed a landmark production. It has sold out performances in Australia's capital cities. Waltzing the Wilarra boasts eight actors and a two-piece band (piano and drums). Set in the 1940s there is a complicated mixed race love quadrangle at the centre, with dance, song and comedy taking the audience on a rich journey.

This show is the real deal!

Lorinda May Merrypor who plays Elsa was the lead in 'Elsa & Juliet' which ran from February to July 2024 at the Regent Theatre in Melbourne, and the Sydney Lyric Theatre in Sydney. Shaka Cook who plays Charlie Runaway starred in 'Hamilton' which ran in Sydney, Brisbane, and Melbourne in 2021, 2022 and again in 2024.

This show is coming to The Roxy on Tuesday, and tickets are only \$35. At neighbouring town venues ticket prices are \$54 and tickets have sold very quickly there.

The show is recommended for 15+ audience.

If you have any queries, please call 0428241542. To learn more about the show go to Waltzing the Wilarra on the Road!



**BINGARA ANGLER'S CLUB
MURRAY COD HATCHERY**

**Marty Turner Memorial
Yellowbelly Competition**

Friday 3 - Sunday 5 October 2025

**Mens - \$300
Boys - \$200 fishing pack
Girls - \$200 fishing pack**

**Marty Turner Memorial
Award (largest overall) - \$500
Highest accumulative length - \$500**

**Registrations open at the hatchery from 8am to 4pm
on Friday October 3 or available now via
<https://pci.jotform.com/form/252596580251865>
or scan the QR code.**

Entries close 4pm Friday October 3

**Join us for our Gone Fishing day on Sunday October
5 for fishing workshops, giveaways, a free BBQ
lunch and presentation at 3pm.**




**You're
Invited To**

The Roxy Table

Brought to you by Northern Slopes Landcare Association, renowned local celebrity chef Graham Manvell and guest chef Patrick Dugo will come together to create an extraordinary Three course culinary experience featuring local produce. Our host for the evening, Dale McDonald will bring connection, laughs and something worth remembering, there will be live music and the perfect excuse to gather your friends for a memorable night out!



SATURDAY 18 OCTOBER AT 6:30pm

**The Roxy Theatre,
74 Maitland St, Bingara**

Ticket Pricing
Individual (NSLA Members): \$45
Individual (Non-Members): \$75
Reserved Table (Seats 10): \$700

To find out more or to book your spot scan the QR code or follow the link (or go to our website):
<https://www.northernslopeslandcare.com.au/events-list#event-list>

**Contact Kiara - 0498 802 370
kiara@nsa.net.au**


Bundarra Cup returns after four-year hiatus

Edited from The New England Times



After four long years, the Bundarra Cup is finally back. On Saturday, 4 October, the Bundarra Racecourse will once again come alive with colour, crowds, and the thundering of hooves, marking the much-anticipated revival of the town's most celebrated social event.

The turnaround began in August this year, when the Bundarra Racing Club was officially formed.

The decision was driven by locals who felt strongly that the Cup belonged in Bundarra, and that the community itself should take charge of preserving its future. Since then, volunteers have worked tirelessly, spending countless hours clearing and repairing the track, restoring facilities, and ensuring the course looks its best for race day.

Chair of the Bundarra Racing Club, Matthew Monk, believes that the community is the vital key to bringing the much-loved race back to life.

"We've been overwhelmed by the support," said Mr Monk. "It's been a lot of work re-registering the club and basically building everything from the ground up again, but the community, not just locally but also further afield, have just been on board from day dot – we've had so much help in sponsorships, in-kind support and working bees, it makes you realise how important and iconic this event is."

The effort has extended beyond the racecourse, with Bundarra itself undergoing major improvements in recent years. From new footpaths and upgraded internet access to a refreshed caravan and RV park, the town has been steadily investing in its future. The timing couldn't be better, with the upgrades set to welcome the visitors expected for the Cup.

"There's been a big impact felt by the local business community in not having the race, so the town is very much looking forward to being open for business on the October long weekend," said Mr Monk.

This year's event will feature a six-race program and has already secured support from a dozen major sponsors. As well as the racing, spectators can look forward to plenty of food, drinks, and good old-fashioned country hospitality, ensuring it will be a day of celebration for the whole family.

"We're still working on the track and the facilities; things fall into disrepair when they're not used for that long, and also technology in racing has changed a lot in the last five years, but we're on track for the 4th of October," said Mr Monk. "Our only uncertainty is, of course, the weather, but I'm saying rain, hail, or shine, something is going to be running around that track on the October long weekend!"

The Bundarra Cup carries a proud history, with the first official race dating back to 1906. The event was held at the historic Bundarra Racecourse for more than a century before being relocated to Armidale in 2024. The return of the Cup to Bundarra in 2025 not only restores an important tradition but also strengthens community spirit.

For locals, it is more than just a race meeting. It's a chance to reconnect with old friends, welcome back former residents, and showcase the best of what Bundarra has to offer. It is also a not-for-profit event, with all proceeds going back into supporting the community.

When asked what he believes makes the Bundarra Cup unique, Mr Monk said, "It's the way it brings the community together, the real sense of camaraderie. It's a good old-fashioned country race day, and it's such an enjoyable time for the people of Bundarra and tourists alike."

The revival of the Bundarra Cup represents more than just the return of a racing tradition; it's a statement of pride, resilience, and optimism for the future. As the community prepares to welcome visitors on 4 October, excitement is building for what promises to be a historic and unforgettable day.





Fast Glass and Glazing Pty Ltd

Nathan Benjamin

Glazier

0480504620

fastglassglazing@gmail.com



**PHIL DENYER
MECHANICAL REPAIRS
(02) 6782 1107**

Rod Bonner

**Your local Plumber, Drainer, Gasfitter
and Handyman**

Lic No. L8791

plumberdrainer@gmail.com

Text is best 0447 052 140

WINTER SPECIAL

MITSUBISHI HEAVY INDUSTRIES AIR CONDITIONING

KEEP WARM THIS WINTER

PH: 0410 522 967

BARRABA BASED AND WILL TRAVEL TO SURROUNDING AREAS

BK ELECTRICAL+AIR CONDITIONING

ONE TRADESMAN WITH BOTH ELECTRICAL & REFRIGERATION LICENSES

2.5kw Mitsubishi Heavy Industries A/C Fully Installed - Back to Back \$2270	5 kw Mitsubishi Heavy Industries A/C Fully Installed - Back to Back \$2870	7.1kw Mitsubishi Heavy Industries A/C Fully Installed - Back to Back \$3350
---	--	---



Lic No. 306630C

- Plumber
- Drainer
- Gasfitter
- Polywelder
- Roof Welder

Ph0408117358 wardsplumbing@bigpond.com

Barraba Golf Club Celebrates 100 Years



An enjoyable evening celebrating the Club's 100 years Centenary was held at the Club on Friday evening. Tabled in the main hall President Will Sedgwick welcomed guests and gave a wonderful overview of the history of the Club.

He referenced the Clubs Centenary Book compiled by stalwart David York tracing back to when individual greens were fenced around with cattle grazing on the course right through to work undertaken over the years on the course and Clubhouse.

Will acknowledged the support given by many volunteers, including numerous inter-generational families, that have built what is now a wonderful clubhouse and course we are all very proud of. Will commented that the pride fostered into our Club over 100 years is reflected by numerous NSW golf tournaments over the years including the pending NSW Sand Green Championships being held on the 11th and 12th October.



Club President Will Sedgwick with David York and Anne Summerell cut the celebration cake.

From peasant fodder to posh fare: how snails and oysters became luxury foods.



An Oyster cellar in Leith. John Burnet, 1819; National Galleries of Scotland, Photo: Antonia Reeve
Garritt C. Van Dyk, Senior Lecturer in History, University of Waikato

Oysters and escargot are recognised as luxury foods around the world – but they were once valued by the lower classes as cheap sources of protein. Less adventurous eaters today see snails as a garden pest, and are quick to point out that freshly shucked oysters are not only raw but also alive when they are eaten. How did these unusual ingredients become items of conspicuous consumption?

From garden snail to gastronomy

Eating what many consider to be a slimy nuisance seems almost counter-intuitive, but consuming land snails has an ancient history, dating to the Palaeolithic period, some 30,000 years ago in eastern Spain. Ancient Romans also dined on snails, and spread their eating habits across their empire into Europe. Lower and middle class Romans ate snails from their gardens, while elite consumers ate specially farmed snails, fed spices, honey and milk.



An Ancient Roman mosaic dating to the 4th century AD depicting a basket of snails, Basilica di Santa Maria Assunta, Aquileia, Italy. Carole Raddato/Wikimedia Commons, CC BY-SA

Pliny the Elder (AD 24–79) described how snails were raised in ponds and given wine to fatten them up.

The first French recipe for snails appears in 1390, in *Le Ménagier de Paris* (The Good Wife's Guide), but not in other cookbooks from the period.

In 1530, a French treatise on frogs, snails, turtles and artichokes considered all these foods bizarre, but surprisingly popular. Some of the appeal had to do with avoiding meat on "lean" days. Snails were classified as fish by the Catholic Church, and could even be eaten during Lent. For the next 200 years, snails only appeared in Parisian cookbooks with an apology for including such a disgusting ingredient. This reflected the taste of upper-class urbanites, but snails were still eaten in the eastern provinces.



Schneckenweib, or Snail Seller, illustrated by Johann Christian Brand in Vienna, after 1798. Wien Museum

An 1811 cookbook from Metz, in the Alsace region in northeastern France, describes raising snails like the Romans, and a special platter, *l'escargotière*, for serving them. The trend did not travel to Paris until after 1814.

French diplomat Charles-Maurice de Talleyrand-Périgord (1754–1838) hosted a dinner for Russian Tsar Alexander I, after he marched into Paris following the allied forces' defeat of Napoleon in 1814. The chef catering the meal was the father of French cuisine Marie-Antoine Carême, a native of Burgundy, spiritual home of the now famous escargots de Bourgogne.

Carême served the Tsar what would become a classic recipe, prepared with garlic, parsley and butter. Allegedly, the Tsar raved about the “new” dish, and snails became wildly popular. A recipe for Burgundy snails first appeared in a French culinary dictionary published in 1825. It is ironic that it took the approval of a foreign emperor, who had just conquered Napoleon, to restore luxury status to escargot, a food that became a symbol of French cuisine. Snails remain popular today in France, with consumption peaking during the Christmas holidays, but May 24 is National Escargot Day in France.

Oysters: the original fast food

Oysters are another ancient food, as seen in fossils dating to the Triassic Era, 200 million years ago. Evidence of fossilised oysters are found on every major land mass, and there is evidence of Indigenous oyster fisheries in North America and Australia that dates to the Holocene period, about 12,000 years ago.

There are references in classical Greek texts to what are probably oysters, by authors like Aristotle and Homer. Oyster shells found at Troy confirm they were a favoured food. Traditionally served as a first course at banquets in Ancient Greece, they were often cooked, sometimes with exotic spices.

Pliny the Elder refers to oysters as a Roman delicacy. He recorded methods of the pioneer of Roman oyster farming, Sergius Orata, who brought the best specimens from across the Empire to sell to elite customers.

Medieval coastal dwellers gathered oysters at low tide, while wealthy inland consumers would have paid a premium for shellfish, a perishable luxury, transported to their castles. French nobles in 1390 preferred cooked oysters, roasted over coals or poached in broths, perhaps as a measure to prevent food poisoning. As late as the 17th century, authors cautioned:

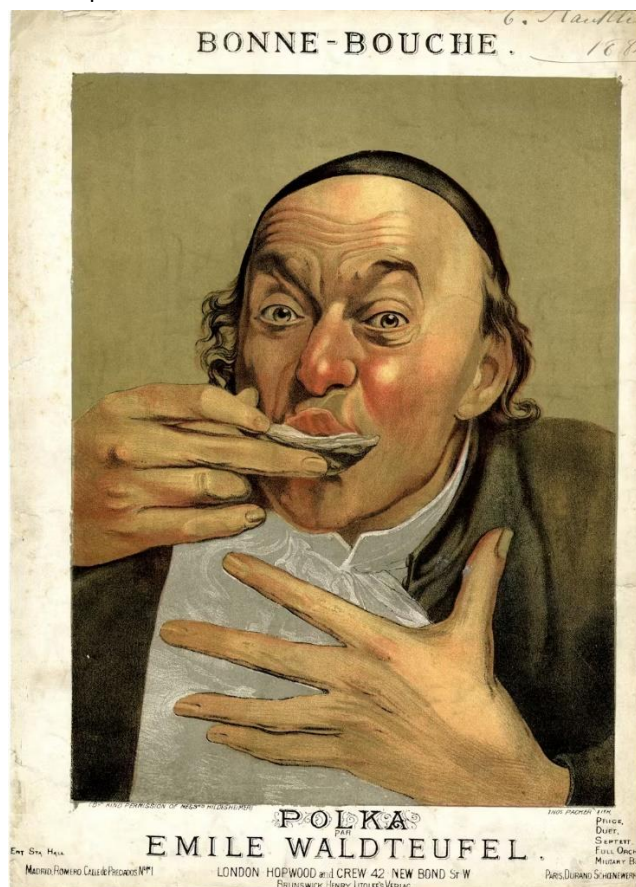
But if they be eaten raw, they require good wine [...] to aid digestion.



Oyster Seller, Jacob Gole, 1688–1724. Rijksmuseum

By the 18th century, small oysters were a popular pub snack, and larger ones were added as meat to the stew pot. That century, it is believed as many as 100,000 oysters were eaten each day in Edinburgh and the shells from the tavern in the basement filled in gaps in the brickwork at Gladstone’s Land in Edinburgh’s Royal Mile.

Scottish oyster farms in the Firth of Forth, an inlet of the North Sea, produced 30 million oysters in 1790, but continual over-harvesting took its toll. By 1883 only 6,000 oysters were landed, and the population was declared extinct in 1957.



Music-cover sheet for ‘Bonne-Bouche’ by Emile Waldteufel, 1847-1897. © The Trustees of the British Museum, CC BY-

NC-SA

As wild oyster stocks dwindled, large oyster farms developed in cities like New York in the 19th century. Initially successful, they were polluted, and infected by typhoid from sewage. An outbreak in 1924 killed 150 people, the deadliest food poisoning in United States history.



Costumes of Naples: Oyster Sellers, c. 1906–10.
Rijksmuseum

Far from the overabundance of oysters we once had, over-fishing, pollution, and invasive species all threaten oyster populations worldwide today. Due to this scarcity of wild oysters and the resources required to safely farm environmentally sustainable oysters, they are now a premium product.

Next on the menu

Scarcity made oysters a luxury, and a Tsar's approval elevated snails to gourmet status. Could insects become the next status food? Ancient Romans ate beetles and grasshoppers, and cultures around the world consume insects, but not (yet) as luxury products. Maybe the right influencer can make honey-roasted locust the next species to jump from paddock to plate.



Ratatouille Spiralled

From The Free Range Butcher



This is our spiralled take on ratatouille. It just makes it a little fancier. Instead of the usual rustic chopped vegetables, the slices are layered in a spiral pattern that looks just as impressive as it tastes. It is a simple twist that turns a humble side dish into something that elevates your dinner to restaurant quality.

Ingredients:

- 2 eggplants
- 3 zucchinis
- 6 to 8 roma tomatoes
- 1 red onion
- 500ml passata / tomato sauce
- Dried Italian Herbs or Oregano
- Salt and Pepper

Method:

1. Pre-heat your oven to 180 degrees.
2. Thinly slice all vegetables. This is best done with a mandolin (be very careful of your fingers)
3. Grab your best cast iron pan. Spread half your passata sauce on the bottom of your dish.
4. Layer your vegetables in a clockwise direction beginning in the middle and moving outwards.
5. Fill in any gaps between the vegies with your remaining passata. You may not need it all.
6. Season with salt and pepper and herbs.
7. Cook uncovered for 45 mins to an hour

Ratatouille is a great side dish to roast lamb or steak and leftovers are great the next day topped with an egg.

I'LL GO **ONE DAY...**

It's what we all promise ourselves.
To experience the soul-tingling power of Uluru at least once in our lives.

One day – we say – when work isn't so busy.
Before the kids come along.
When the kids are a bit older.
Then the kids get too busy.
Retirement would be the perfect time.
Then retirement gets too busy.

We keep putting off our dreams for another day.

Like the dream of feeling red desert sand run through your fingers.
Listening to local Anangu stories that settle in your heart forever.
Watching the sunset over an ancient rock.
You swear it's the best you've ever seen – until you see sunset the next night.
And the night after that.

Uluru has been waiting for you since the beginning of time.
Don't make it wait another day.

Book a holiday that's Just Wow, right now.

**JUST
WOW.** | **ULURU
AYERS ROCK
RESORT**

Thanks to Betty Graham for this information