

SEASONAL FEAST

A WINTER JOURNEY ON THE SOUTHERN DOWNS+GRANITE BELT



CREATED BY THE WIFE CREATIVE. FOR THE SQCRFN

ENJOY THE JOURNEY

Through SE QLD's food-bowl, the Southern Downs + Granite Belt



THE REGION

Agriculture, horticulture & livestock are at the heart of our region. It is upon these industries that our communities and our economy have been built. The sustainability of these industries - how they are managed, how they are developed and how they are marketed - will dictate the future of our region. Tourism is part of that future because it is our countryside, our lifestyle, our products that visitors want to experience.

MAYOR, TRACY DOBIE SDRC

THE SEASON

Winter. A season to celebrate. A time when the locals welcome family and friends fireside, to enjoy hearty stews, creamy Killarney-grown mashed potatoes, crispy greens and a crusty slice of Stanthorpe sourdough. Mornings are brisk, the air crisp, but the days are bright and offer a bounty of food and wine experiences await. Explore and escape - we are just 2 hours from bustling Brisbane!

> southerndownsandgranitebelt.com.au



THE NETWORK

The Southern Queensland Country Regional Food Network is a network of farmers and food producers located in the Southern Downs and Granite Belt region. Seasonal Feast is the commercial brand of the network. We are all about providing authentic regional food experiences, from paddock to plate, and ensuring our bountiful harvest of seasonal product is accessible locally.

WHAT WE HARVEST IN WINTER

Winter is full of green, leafy goodness here on the Southern Downs and Granite Belt. But we best not forget the great variety of creamy potatoes, hearty root vegetables and mushrooms, and of course a little supply of lemons!

Vegetables are the largest industry by area and value for the region with over 2,000 hectares of vegetables grown. Production is year-round, diverse and of a premium quality.

PRODUCE LIST - JUNE TO AUGUST

Apples	Kale	Turnip
Broccolini	Leeks	Watercress
Broccoli	Mushrooms	
Brussel Sprouts	Parsley	
Cabbage	Radish	
Cauliflower	Rhubarb	
Celery	Silverbeet	
Chinese Cabbage	Spinach	



ALL ABOUT APPLES

Everything you need to know about Granite Belt apples



FIND YOUR FAVOURITE

ROYAL GALA sweet flavour

RED DELICIOUS sweet flavour

FUJI very sweet flavour

GRANNY SMITH sweet + tangy flavour

PINK LADY sweet + tangy flavour

SUNDOWNER sweet flavour

DID YOU KNOW?

The Southern Downs and Granite Belt region is home to over 1,440 hectares of orchard crops - the main being apples. As most tree crops are temperate, the majority of production is in the higher altitude areas of the region. With agronomy improvements, production areas have decreased over recent decades yet overall production levels have increased.



TASTE THE FLAVOUR

At Wild Canary in Brookfield. Regional food fan and WC chef Glenn Barratt, regularly sources an amazing variety of produce from the Granite Belt Organic Growers at the weekly Northey St Markets. Glenn is also a familiar face at many local orchards, farm-gate stalls and loves nothing more than connecting face to face with the growers behind the produce.

> wildcanary.com.au



MEET THE MAKERS

FRIENDSHIP FOOD & SALT OF LIFE

Felicity Philp and Kate Owen, are the go-getters behind local food brands, Friendship Food and Salt of Life.

Their business gives the pair an opportunity to support regional farmers and producers. The notions of supporting and sharing are the heart and soul of both ladies, so it makes sense these qualities have translated across to their business.

"Kate and I really wanted to develop a range of products for everyone seeking a healthy diet and lifestyle. We hope our products help people enhance the flavours of seasonal, regional produce," said Felicity.

Arguably Friendship Food's most popular product is their Spicy Beet Sauce. Nightshade free, the sauce is ideal for sufferers of joint pain and inflammation such as Arthritis.

"I use it to flavour our meals all day, every day, from eggs to casseroles and marinades," said Felicity.

> friendshipfood.com.au

> where to find

Cafe Jacqui's
Albion St WARWICK
Pickle & Must
Palmerin St WARWICK
Seasonal Feast Markets
STANTHORPE





SPICY BEET BOLOGNESE

BY FRIENDSHIP FOOD

INGREDIENTS

2 tbsp extra virgin olive oil
1 onion peeled and finely chopped
1 carrot, peeled and finely chopped or grated
500g beef mince
1 tbsp of SOL 60 Shades of Salt
1/3 cup of Spicy Beet Sauce
1/2 cup water
1 tbsp Braggs All Purpose Seasoning
2 tbsp coconut sugar

METHOD

In a large, heavy based frying pan, sauté the onion and carrot in the oil until soft. Add the mince and stir until the meat has browned, making sure to break down the lumps of mince. Add the rest of the ingredients, stir, cover and turn down the heat. Simmer for 5-10 mins. Serve with gluten free pasta or rice noodles with a drizzle of extra virgin olive oil just before serving. Serves 4.

FIND US + SAY HI

The Seasonal Feast team love local & want to share it with you - take a tour of our region, this is where you'll find our treasure!

MARKETS

STANTHORPE Seasonal Feast Markets is every Friday in the Farley St Piazza in the centre of town. Kick off is 8am with wrap-up generally by 3pm.

WARWICK Cooperative Stall market is every Wednesday at the Bluebird Kitchen and Smokehouse in Palmerin St. Kick off is 8am and finish is 2pm.

SPECIAL EVENTS + DATE CHANGES can be found on the Seasonal Feast Facebook page
> @seasonalfeast

FOODIE HUBS

The Southern Downs and Granite Belt region is blessed with eateries who love-local. Down south, The **Barrelroom and Larder** at Ballandean Estate refers to itself as a casual fine dining restaurant offering an eclectic modern Australian menu. And Travis and Arabella may be casual, but they are cool cats when it comes to using produced sourced within a strict three hour radius of the restaurant, supporting free range and sustainable farming practices.

< barrelroom.com.au



PIC > THE BARRELRROOM & LARDER

LOCAL-LOVE SHOUT-OUT

Karen at **Trinity of Health** is a super-woman. She is a Clinical Nutrition Consultant who wants to help clients achieve total wellness through a healthy, organic, wholefood diet & with the use of essential oils, natural treatments & natural beauty products. Karen is a regular face at our Warwick Cooperative Stall and she takes our goodies home to her kitchen where she creates then publishes awesome recipes!

> trinityofhealth.com.au



PIC > TRINITY OF HEALTH

SOUTHERN DOWNS & GRANITE BELT

Just the place to wine, dine and unwind



Wine tasting at over 40 cellar doors



Weekly fresh and local produce markets



Unique winter events celebrating local food



3 National Parks with stunning picnic views

An easy two hour escape from Brisbane, the Southern Downs and Granite Belt is just the place to escape to if you're in need of a scenic change. Rug up for winter in the coldest place in Queensland and explore this seasonal produce paradise. We have an abundance of fresh food and local wine to be savoured and celebrated year round. Fill a wicker basket at a market, savour cheese tastings at roadside delis, dine in one of our famous country pubs or attend a unique food event.

southerndownsandgranitebelt.com.au

Southern Downs and Granite Belt @southerndownsandgranitebelt

@SthDownsGBelt Southern Downs and Granite Belt

 **Southern Downs
& Granite Belt**


Southern Downs
REGIONAL COUNCIL



> **where to find**
Wing Eating Competition
@ Brews & Barbie Bash
TOOWOOMBA

FABULOUS FACES

BLUEBIRD KITCHEN & SMOKEHOUSE

Jim and Katie Osborn are doing great things in their home-town. These high-school sweethearts have brought American-style smoked BBQ to Warwick - and people are loving it!

Big fans of using local produce, Jim and Katie are dishing up a menu that promotes local produce - and you can taste it!

Locals and visitors alike head to the Bluebird for breakfast, lunch and even dinner - with mid-week takeaways a new addition.

> bluebirdkitchen.com.au



MORE ABOUT SEASONAL FEAST

www.seasonalfeast.com.au

 @seasonalfeast

 @seasonal_feast

#seasonalfeast