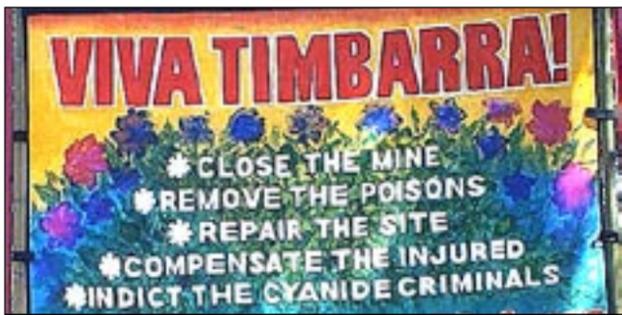


Water is more precious than gold - still!



by Johnny Chai

The United Nations has just come out with an even stronger statement about the perilous predicament that our planet is in.

The Nimbin Environment Centre (NEC) is acting locally to ensure that any destructive and illegal acts to the natural environment here on the North Coast Region are not allowed to happen.

To this end, the NEC has joined with the Indigenous Justice Action Network, the Environmental Defenders Office and Bundjalung Custodians to form the Clarence Clean Water Coalition (CCWC).

This coalition has formed because of some perceived illegal logging and proposed gold mining out west of us.

Breaches are believed to have been made in the logging processes carried out in Collum Collum forest already, which is surrounded by the Washpool World Heritage listed National Park. There are fears that loggers are to expand into the beautiful Bilylimbra Forest and Malera Tops next.

The forestry logging is the thin edge of the wedge as miners are not allowed to chop down trees in exploration stage. So as the loggers go in, they clear it for the miners.

Gulf Resources are the exploration company (at least one of them). You can

read their prospectus for the Ewingar region at <www.gulfresources.com.au/projects_ewingar_gold.htm>

While you are there, send your own letter of complaint to them.

A letter was sent by the CCWC to the Managing Directors of Gulf Resources demanding they stop before they start as we are going to do everything in our legal means to prevent them going ahead and more...

This mining mischief is going on in Western Bundjalung country, Werilible country, a sacred and relatively pristine environment.

Included in some of these areas are forests of high conservation value and do contain pockets of Old Growth, unlogged forest.

In reality, nearly all of these forests have been gone over and trashed before but really, enough is enough. As timber costs rise, they want to keep coming back years later and trash the same forests more and take out continually smaller logs.

Help us help the forest and our natural environment not just survive but improve from the abuse they have had in the past.

Support our actions by becoming a member of the Nimbin Environment Centre and donate towards actions to defend our beautiful natural heritage – at least for the sake of our kids...it's money well invested.

Summertime at Djanbung Gardens

from the Djanbung Gardens Team

Another year, another group of permaculture graduates let loose to change the world and wrapping up 2007 with our 15th annual Summer Solstice Celebration Friday 21st December with the usual great music, ceremony and food.

Already plans are well underway for major events in 2008 commencing with Robyn Francis' 100th PDC (Permaculture Design Course) January 11-25, followed by a big celebration 100th PDC Sat 26th for an auspicious alignment of numerous anniversaries including 15 years since Djanbung Gardens commenced, 25 years since Robyn did her initial PDC, 21 years since she founded Permaculture International to name but a few.

All part-course participants, colleagues and friends are particularly invited and all are welcome to celebrate sustainable action for a sane world.



Enrolments are open for the APT 2008 Austudy-approved vocational training Permaculture Cert III and Cert IV courses – great people registering from around Australia and overseas.

Some of this year's course graduates are already launching into professional consulting work – congratulations to Cristen on her first big job designing a permaculture landscape for a retirement village in Gympie.

The really big news for

2008 is Djanbung Gardens coordination of the Roberto Perez Australian Tour – Roberto is the dynamic Cuban permaculturist featured in The Power of Community documentary, over 18 destinations and events booked from Sunshine Coast to Adelaide.

Roberto will be spending time in Nimbin including a public presentation and as guest speaker for the courses at Djanbung Gardens including the Part-time PDC which commences Feb 25, two days per week.

Robyn will be returning to Cuba with Roberto late April to work with the permaculture team there on integrated urban design.

Please check out our new website, launched in November at <www.permaculture.com.au> and don't be shy to join our new E-Community and participate in the forum.

A huge thank you to everyone who's helped make 2007 an absolutely amazing year and contributed to all the events and initiatives at Djanbung Gardens.



Koala Kolumn

The long Summer holidays provide opportunity for exploration. If you know where to look, and how to look, it is easy to see free ranging koalas in our region. Koala road signage is an immediate clue but do not expect to be able to see koalas from a moving vehicle. Koala spotting entails patience and knowledge - more about that later.

For an interesting outing that involves koalas, the Friends of the Koala Care Centre is the place. Situated on Rifle Range Road, East Lismore, just behind Southern Cross University and in a koala corridor, the Care Centre receives most of the sick and injured koalas brought in to care from across the Northern Rivers. Many are also treated and rehabilitated at the Care Centre.

Once rehabilitated, adult koalas are released healthy and well back to the area from where they came, in the hope they will stay safe and produce young. Over 300 koalas were attended to last year with that number looking to increase this year.

Opened in April 1997, the Koala Care Centre is continually expanding. Today,

there are three indoor rooms where koalas are placed when first coming into care. Here, and with a visit to the vet, their condition is assessed and they are given peace and quiet to settle in to their treatment regime.

Outside there are five enclosures where the koalas are moved to as soon as possible. Here they have plenty of room to move around and feel more at home. Young koalas (joeys) and very sick adult koalas requiring intensive care are cared for in private homes by well trained and very experienced Friends of the Koala members.

Critically ill koalas are transported to the Australian Wildlife Hospital at Steve Irwin's Australian Zoo for specialist treatment. Once the period of their intensive care is complete they come back to Friends of Koala for their final stages of rehabilitation and release.

The Koala Care Centre is staffed entirely by volunteers as is the entire organization. Friends of the Koala, like other wildlife rehabilitation groups, receive very little government funding.

There are many facets to volunteering at the Friends of the Koala Care Centre. These include:

- Treating, feeding and cleaning out

koala enclosures.

- Leaf collecting (sick koalas still require food each day).

- Maintenance of the plant nursery attached to the Care Centre.

- Running educational tours (held at 10am and 2pm weekdays and 10am Saturdays)

- Assisting with the sale of a range of merchandise.

- Washing, washing and more washing, as the care of koalas creates an extraordinary amount.

Oh, back to the koala spotting. Remember it can be more productive and far more comfortable to start on the ground looking for koala scats and then checking the tree-trunk for scratch marks than staring up into a sun-dappled canopy. Even experienced spotters can be tricked by angle and light.

To find out more about koalas and where to look for them, to report sightings, or if you would like the chance to work with an amazing animal as well as a very friendly team of caring people please phone Friends of the Koala on 6622-1233 or visit us at www.friendsofthekoala.org

We wish all our friends and supporters a very safe and happy Festive Season.

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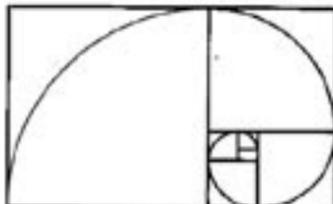
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Carbon Complexity

Global warning in PNG palm-oil proposal

by Paul O'Reilly

The simple lives of the inhabitants of Woodlark Island in Papua New Guinea seem a long way from the complexities of global carbon trading negotiations soon to occur in Bali. However, decisions reached at this meeting will have unexpected implications on the islanders' lives, as the world moves to replace its dependence on fossil fuels with "greener" carbon neutral alternatives such as bio-diesel.

An Australian company called Overseas and General Limited (OGL) recently announced its decision to enter the growing market in bio-fuels. In company announcements on the ASX OGL stated its plans to enter a joint partnership in the development of a bio-diesel plant in Southeast Asia. OGL also announced a 50 million dollar plantation development agreement in which a Malaysian Horticultural company Vitroplant Ltd. has been subcontracted to establish a 20,000 hectare oil palm plantation on Woodlark Island.

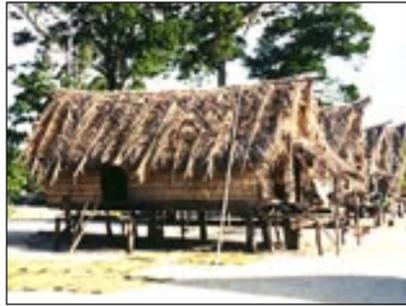
On the surface, these business transactions tell the story of an Australian company seizing an opportunity in the growing alternative fuels market, but with further investigation, the complex nature of the development of alternative energy sources is revealed.

OGL's proposal for Woodlark Island is consistent with the development of many other tropical rainforests around the world. Vitroplant's development application for the proposed Oil palm plantation identifies the benefits to the community the project will bring.

Investment in infrastructure such as roads and ports, jobs for locals and community development projects will be funded through royalties to the local government. Although the uniqueness of the Woodlark Island ecology is acknowledged in the environmental assessment, the threat the plantation presents to this ecosystem and the follow on effects on locals is omitted from critical discussion in the report.

Oil palm is a native tropical plant of Northern Africa. The large fruit is crushed and processed to produce palm oil. Like all vegetable oils it can be easily modified to create bio-diesel. Criticism of its cultivation is not centered on the plant itself but on the nature of development in the oil palm industry. Due to the plants' climatic requirements, oil palm plantations are steadily replacing vast areas of tropical rainforest around the world.

Woodlark Island is no different; currently the majority of the island is heavily forested with 50% comprising primary old growth rainforest. Clear felling is therefore required for plantation establishment. Vitroplant outlines the proposed destruction of 60,000 of the



80,000 hectares of tropical rainforest that is endemic to the island. The transformation of 3/4 of this rich bio-diverse island into a monoculture would equate to the rapid collapse of the ecosystem.

Due to its isolation, Woodlark is home to many endemic species found only on the island. Tim Flannery brought attention to the uniqueness of animals such as the Woodlark Island Cuscus which would certainly face extinction due to loss of habitat.

Coral reef ecosystems would be damaged due to soil erosion during the clearing process creating turbid runoff. Ongoing problems such as algal blooms would occur due to increased nutrient levels from fertilizers entering waterways and the surrounding oceans. As the coral dies, local fisheries which islanders depend upon would be destroyed.

The 6000 islanders on Woodlark, stand to lose the ecosystem that has supported their way of life for centuries. As subsistence farmers the Islanders gain the majority of their basic needs of water, food & shelter from their surrounding environment. The destruction of the ecosystem that has supported this way of life for generations will therefore require the importation of commercial goods to supplement resources. The plantation workers' minimum wages will fall short of offsetting these losses.

Many local Islanders are opposed to the development. On the 7 Nov 2007, hundreds of Woodlark islanders made the trek to the provincial government in Alotau to voice their opposition to the proposed plantation.

Woodlark Island presents a rare opportunity for business interests in PNG due to its legal status. Unlike Australia, 95% of land in PNG is traditionally owned. The Federal Government is therefore restricted to the remaining 5% for revenue from resource development. During colonial times the crown took possession of the majority of Woodlark Island for the state. Currently 6 years remain on the 99 year lease. Islanders have been calling for its return to traditional ownership after the lease expires. A brief window exists for the PNG Government and business interests to gain full benefit from Woodlark's natural resources without consent from the local community.



Woodlark Island people at a traditional ceremony (above) and their houses (left).

This is where the smoke and mirrors of the collaboration between the PNG government, OGL and Vitroplant converge. It also goes some way to explaining the growing interest of these groups in the development of bio-diesel.

Currently the government is under increasing international pressure to clean up logging practices inside PNG. It is estimated that 50% of trees extracted from PNG is through illegal logging. The industry is characterised by corruption, misappropriated royalties and flouting of environmental regulations. The World Bank is withholding \$50 million in development funding until an audit of the logging industry is undertaken.

Vitroplant's development application identifies that Woodlark Island is one of the last stands of untouched Ebony forest left on the planet. Ebony is one of the world's most valuable and sought after timbers, due to its distinctive black color and high density. It is used in carving and musical instruments, with current export prices reaching US\$6000 per cubic metre.

Vitroplant briefly states in its development application that during the clearing process, salvageable logs will be processed by the company. It is no coincidence that OGL's self-stated 'principal business interests' prior to its venture into the bio diesel production, was tropical hardwood timber plantations in Fiji. Surely OGL would be aware of the potential value of this commodity and the obstacles in the way of its exploitation?

Woodlark's story serves as a warning to us all, but especially government officials meeting in Bali next month, that market mechanisms, although efficient in implementing change, can be grossly manipulated in the never-ending search for profits.

A company like OGL's decision to enter the growing carbon marketplace is not due to its search for reducing global carbon emissions. OGL's mantra, like so many other businesses, is increased profits. It naturally will use alternative channels like its bio-fuel investment to access dwindling old growth forest resources.

Careful planning, regulation and auditing are required in our response to the climate crises. Responses that produce the wholesale clearing of the last of our tropical rainforests are madness and will fail to achieve the significant reduction in global carbon emissions that we are searching for. A global response is necessary.

GRIST

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Palm Leader?

Palm oil may be certified sustainable, some greens skeptical

Hoping to quell criticism from biofuel bashers, palm-oil producers have drawn up criteria for certifying their product as sustainable. It's a nice idea, but green group Friends of the Earth has threatened to withdraw its support of the standards, saying that Malaysia and Indonesia -- which together produce nearly 85 percent of the world's palm oil -- are using the voluntary initiative as an excuse to keep from legislating against rainforest-pillaging palm plantations.

Whole Lotta Leaf

U.N. hails success of billion-tree planting program

Nature-lovin' nations around the world planted more than 1 billion trees during 2007, meeting a kinda arbitrary goal set by the United Nations last November. The effort, boosted by Ethiopia's planting of 700 million trees, "is a further sign of the breathtaking momentum witnessed this year on the challenge for this generation -- climate change," said Achim Steiner, head of the U.N. Environment Program. And speaking of breathtaking momentum, Indonesia announced today that it will plant 79 million trees in time for the kickoff of the Bali climate conference -- on Monday. Oh, our achin' backs.

Hello, Bali

What folks are saying about the upcoming Bali talks

Representatives from nearly 200 nations will gather in Bali, Indonesia, next week to discuss what's to be done about this whole climate-change thing once the Kyoto Protocol expires in 2012. So what's the word on the street? United Nations Secretary General Ban Ki-moon has been clear about his expectations: "The world's scientists have spoken, clearly and with one voice. In Bali, I expect the world's policymakers to do the same." Rajendra Pachauri, chair of the Intergovernmental Panel on Climate Change, is equally optimistic, believing "some of the delegations who have been obstructionist in the past will be much more cooperative this time." Helpful in that area may be new Australian Prime Minister Kevin Rudd, who has pledged to quickly ratify Kyoto. But U.S. delegate Paula Dobriansky favors "each country designing its own mix" of measures, and China's vice foreign minister has said the country will not be ready "for a large period of time" to take on binding emissions caps. What will happen? Tune in next week!

So That's Why It's Called an Evergreen

Rockefeller Center Christmas Tree will be efficiently lit

The Rockefeller Center Christmas Tree is up; once it's lit on Nov. 28, we can no longer deny that The Holiday Season is in full swing. We can, however, feel a little greener while we ogle it, as the towering evergreen will be lit by energy-efficient LED bulbs and powered in part by solar energy.

So Take Off All Your Clothes

2007 likely to be sixth warmest year on record, say researchers

The year 2007 is likely to tie with 2006 as the sixth warmest year on record, say British researchers who provide data to the World Meteorological Association. The researchers had predicted a year ago that 2007 might be the hottest evah, but it's instead likely to come in behind 1998, 2005, 2003, 2002, and 2004. Hey, those are all so recent! Wonder if that means something.

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Homeopathics etc

by Tarang Bates

Bowls of gardenias around the house, hydrangeas and orchids. Canopies of crimson, with the poincianas in full glory. Mangoes, Brazilian and acerola cherries, it's easy to indulge. It is quite common to end up with mouth ulcers and cold sores, from too much of these fruits.

The rain keeping everything lush and moist, the mozzies love it. I am so honoured to be living in such a beautiful part of the world. When the sun does come out, the intensity of the heat is quite a shock after the rain and cool days.

Changes are in the air, with a new government and a bigger environmental presence in the senate – this could be good. We shall have to wait and see....ratifying the Kyoto agreement, a Prime Minister who drives himself around in a smart car..... gives me hope that the right thing may be done.



The remedies this month are for heat stroke, mouth ulcers and house dust allergy.

BORAX: mouth ulcers on the tongue, mouth and inside the cheeks which may bleed easily. The tongue may have a white fungus like growth and the mouth



may be hot and sensitive, especially when salty or spicy food is eaten. Mouth ulcers can be an indication that your body is too acidic.

GLONOINE:

sunstroke/heatstroke. Headache, dizziness and maybe nausea. The headache is bursting and pounding and the face could be red, with the vision affected.

DUST MITE

ALLERGY: an allergy to dust mite, can cause respiratory symptoms such as asthma, hay fever and other problems such as migraines. Using homeopathically potentized dust mite alleviates these symptoms, for many people.

These remedies and plenty of others are available from **Nimbin Homeopathics**. Contact Tarang on (02) 6689-1452 or email <tarangbates@yahoo.com.au>

Please note: I will be away from the 18th December until 7th January, so please order your supplies well before this date.

Theta Healing..... What is it?

by Samira Hardwick

In 1995 Vianna Stibal, a Naturopath, Massage Therapist and Intuitive Reader, discovered that the way she did Readings could do an instant healing.

Vianna, a mother of three young children, was diagnosed with cancer that was quickly destroying her right femur. Everything she had tried using conventional and alternative medicine had failed. Then she discovered that the simple technique she used in Readings could heal. Her leg was instantaneously healed.

She added this healing knowledge to her sessions with clients and in the classes she was teaching. Curious to understand why the technique was working, Vianna solicited the help of a physicist and with an electropligraph discovered that the simple technique tapped Theta waves.

Over several years it was discovered that the technique utilised a Theta and Gamma wave, achieving an instant healing.

Through thousands of clients Vianna discovered not only an amazing way to connect with the creative energy that moves in all things, but that this energy could change instantly Beliefs and Feelings that are linked to sickness.

Theta healing works with the 'theta' brain wave state – the same brainwave that hypnotists use to work on the core beliefs and subconscious. Theta therapy claims to have helped thousands of people around the world by alleviating and removing physical and emotional conditions from people's lives.

- ABC TV 'Second Opinion'



Vianna Stibal

By slowing down the brainwave into the Theta state we have the ability to access and be guided by the universal intelligence/source. From here we can release the roots of our limitations in the subconscious selves.

This can include unconscious negative beliefs, genetic flaws, psychic

entanglements, deep cellular and soul memory. It is the subconscious messages we send out to the world that are the experiences that return to us. By changing these messages we change our reality.

We hold the keys to our health, vitality and happiness. Many of us have had profound healings before yet the same, same has recurred. This is because it has not been cleared from the nuclei in the cell and on every level of the being.

Theta healing clears at the deeper cellular level.

Once beliefs and feelings are removed that hold disease or limit us true healing can happen.

After receiving a Theta session you will feel feelings you have never felt before. Teaching your cells' sources definition of what peace, love and forgiveness feels like, and what it is to really receive love, is an amazing life changing experience.

By being trained in Theta healing you will learn...

- * how to move into the Theta state and release limiting beliefs and conditions
- * heal physical and emotional disease
- * do future and angel readings
- * have direct communication with spirits, guides and ancestors
- * energy clearings
- * enhance your psychic abilities and awareness
- * shift poverty consciousness and much more
- * become self empowered and move into your full potential
- * have your 12 strand DNA activated

Samira Hardwick is a teacher and practioner of Theta healing. In her five years experience she has deepened into this work and has made profound shifts within her life and helps guide others to do the same.

Samira has recently been called to this area to anchor this work and is available for private sessions. You can contact her on 0409-937-202.

ThetaHealing can be most easily described as an attainable miracle for your life. In ThetaHealing we put to use our natural intuition, relying upon God's unconditional love to do the actual "work". By changing your brain wave cycle to include the "theta" state, you can actually watch God create instantaneous physical and emotional healing.

- from thetabealing.com



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In performance at the 'Rage against Howard'

Nimbin's rock chick, Diana Anaid is set to hit the radiowaves and TV screens with her brand new single and film clip, 'Cheatin' On Me'.

Diana and her band will be hitting the road throughout summer with 'Cheatin' On Me' launch parties in Melbourne, Sydney and Brisbane, starting in December with the Peats Ridge Festival.

The catchy new song is out now via Diana's record label Forola and MGM. It is produced by Kal Tonuma, who was also the producer of Diana's phenomenally successful international hit 'Last Thing', which reached #1 on the

U.S. AOL Radio Charts and had over 125,000 downloads, a record for iTunes.

The 'Cheatin' On Me' film clip is a must-see tongue-in-cheek take-off of the cult U.S. reality TV show 'Cheaters', an awesome concept given to Diana by one of her fans. The clip was created by talented Australian director Bernard Ryan of Cyber City Films, who also directed Diana's acclaimed 'Perfect Family' clip in 2000.

Diana said, "Making the film clip was

one of the funnest experiences! I had a great male model as my boyfriend (James-yummm), and three fantastic girls who my boyfriend is cheatin' on me with. The first was a model from Sydney, the second is a Channel 9 music presenter, and the third is a best friend to Paris Hilton who is the face of a beer company and has a shoe line with Paris.

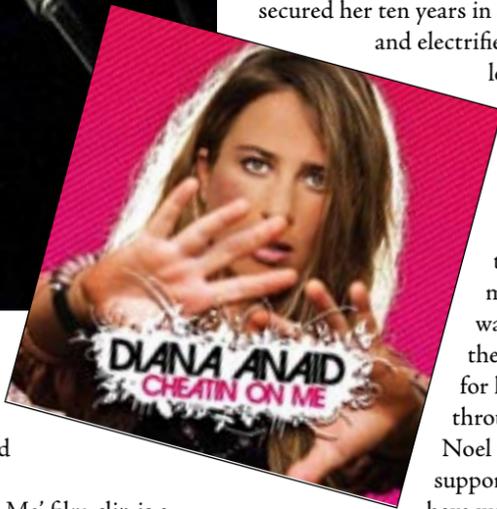
"You'll have to watch the clip to see who they are!" Diana said. Check it out on Youtube, <www.youtube.com/forolamusic>

Cheatin' On Me is the first snippet from Diana's highly anticipated 'In Your Words' CD, due for release in 2008, and returns Diana to her acoustic driven, in-your-face, synth rock sound which has secured her ten years in the industry and electrified her die-hard legion of fans.

Diana has had a big year with the death of her beloved father the i-Ching man Noel, and wants to thank the community for helping her through this time.

Noel was her biggest supporter and would have wanted 'Cheatin' On Me' to do really well, the last thing he said to her being, "Go out there and rock the world!"

You can contact Diana through Myspace <myspace.com/dianaanaid> The single and video are at the sonicbids link, <www.sonicbids.com/DianaAnaid1> or through her website <dianaanaid.com>



Pampering Gifts A Pleasure for the Soul

by Cheryl Beasley

It's a nice time of year to treat yourself or a loved one to a pampering experience that will relax and revitalise. You don't have to venture off to an expensive spa or resort to experience true relaxation and you can also do it with natural, skin nourishing ingredients.

Without any doubt every woman's day is filled with the pressures and stresses of work, children, family, beauty, cooking and cleaning to list just a few. We have lost the pleasure of pampering ourselves and I believe if women took only 15 minutes a day to pamper themselves it would reduce their anxiety and stress levels, resulting in a happier and more balanced lifestyle.

You can pamper yourself a little everyday whether its in the shower with a luxurious body scrub or in the tub relaxing with a candle burning and some soothing Bath Salts melting away the aches and pains of the day. A warm bath filled with aromatic bubbles can make you feel totally relaxed and a bubble bath is made to do just that. Remember to have the water just warm, not too hot for a bath that will soothe and not tax your system. Take your time and really relax.

If you haven't the time for a bath then pamper yourself in the shower. Maximising this time with a body scrub that will cleanse, exfoliate, nourish and moisturise in one easy step is a perfect pampering experience. Your skin will feel revived, refreshed and super smooth.

Don't forget your feet, they have taken a beating throughout the day. Use a



body scrub in the shower to slough off dead skin cells on your feet or maybe treat your feet to a pampering all of their own.

First soak your feet for 15 minutes in a foot spa or container of warm water to which foot salts have been added and then give them a good scrubbing with a foot scrub. Our LanaB foot scrub contains moisturising oils that will feed the skin while the added tea tree powder will kill any odour causing bacteria and leave your feet smooth, fresh and hygienically clean. For the ultimate in foot care follow this with a smothering of foot balm, put on a pair of cotton socks and allow the balm to penetrate into the skin on your feet overnight. You'll awaken to absolutely beautifully pampered feet.

Taking the time to pamper yourself daily will result in a total feeling of wellbeing. We all deserve a little time to ourselves and your partner will love the results just as much as you will!

LanaB have a great selection of Christmas Gift Packs available on their website or you can just browse and pick up a few products especially for that special person. Most products are priced under \$20.00. Visit www.lanab.com.au

Cook's corner

by Carolyne

Recipe of the Month

Parmesan Polenta with Corn Salsa

Polenta
2 cups (500ml) vegetable stock
125g instant polenta, plus extra to dust
2tbs milk
40g unsalted butter
35g finely grated parmesan
6 free-range eggs poached
Pea shoots or snow pea sprouts

Corn Salsa

1 long red chili, finely chopped
kernels from 1 lightly char grilled corn cob
½ red onion finely chopped
1 garlic clove, very finely chopped
2 roma tomatoes, seeds removed, finely chopped

1 ½ tbs shredded coriander leaves
Finely grated zest of 1 lime
2tbs fruity olive oil

In a saucepan bring the vegetable stock to the boil over medium-high heat. Gradually add the polenta, stirring constantly with a wooden spoon over medium heat for about 10 minutes.

Add the milk and cook for 2 minutes. Remove from heat and beat in butter with a wooden spoon until combined. Add parmesan when the butter is almost incorporated.

Pour the polenta into a 1-litre capacity rectangular plastic container. Stand for 20 minutes to cool, then refrigerate for 1 hour to set.

Turn out the polenta and cut in half horizontally, then cut each half into 6 triangles. Preheat grill to high. Dust

triangles with extra polenta place on baking tray and grill for about 2 minutes on each side or until light golden brown.

While polenta is setting make corn salsa by combining ingredients in a bowl and season with sea salt.

To serve, gently poach the eggs, then place two pieces of polenta on each plate, top with corn salsa and two poached eggs, then garnish with pea shoots, season with black pepper and serve.

Here is some information on the nutritional value of true free-range eggs verses commercially raised eggs. Mother Earth News and the US Department of Agriculture report suggests there are dramatically different nutrient levels



between the two types of eggs.

½ less cholesterol, ¼ less saturated fat, ⅓ more vitamin A, 2 times more omega-3 fatty acids, 3 times more vitamin E, and 7 times more beta carotene.

For questions or information, ring Carolyne at the Coffee House Nimbin 6689-0590.

Until next month, happy cooking!




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(Bookings essential)
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