



Monday 7th November 2011

AUSTRALIAN CERTIFIED ORGANIC MAGAZINE

SPRING 2011 EDITION OUT NOW!

...the quarterly magazine for those wanting to learn about retail, trade and consumer trends in the organic industry. With profiles on food, health, childcare, retail, cosmetics and more, the Australian Certified Organic Magazine is a winning combination.

The No. 1 Voice of Australian Organics

Reaching more of the Australian organic industry than any other publication, the Australian Certified Organic magazine is an essential resource for anyone involved in the organic industry – from farmers and processors through to suppliers, retailers and consumers.

At the forefront of trade and industry trends and all the latest research, innovation, news and events, ACOM is a 'must read' for anyone with an interest in organics.

Welcome to the latest edition of the magazine. We hope you'll enjoy it.

HIGHLIGHTS from Australian Certified Organic Magazine Spring 2011 edition:

Award-winning chef brings organic flavour and colour to Quay's tables

by Warren Beaumont

Peter Gilmore, Quay restaurant's award-winning chef, saw the potential to create unique and exceptional dishes when organic growers Richard and Nina Kalina of Blue Mountains Berries met with him at the restaurant in 2006 and Peter enquired whether they could grow heirloom or rare vegetables.

Hair so clean you'll think it's a dream by Jan Nary

We're told that our hair is our crowning glory –but how to best maintain it? We'd all like the social success implied by glossy, seductive locks of models in TV hair ads, but can something from a bottle or a tube make us look that good? We seem to think so; Australians spend \$440 million a year on shampoos and conditioners.

In this article we take a look at natural and gentle certified organic hair care alternatives, to the stock standard products filled with chemicals found in most people's bathrooms.





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Compost and compost tea: the healthy choice by Joel Williams & Alison Beaty

A new edition to the magazine is the *organic home gardener's corner*. We start this new regular feature by taking a look at the basics, making your own compost and then creating from that a compost tea.

This article has a step-by-step guide for the beginner organic home gardener, and even the more experienced organic gardener will find useful hints and tips to growing healthy fruit and vegies, improving soil quality and recycling organic waste.

The ecosystem within: raising healthy children in a toxic world by Dr Sarah Lantz

The health of pregnant women has an obvious impact on the child she is carrying. In this article about the toxic world we find ourselves in, Dr Sarah Lantz takes a look at the risks to unborn children.

Over 80,000 chemicals are now registered for use in Australia (including 38,000 industrial chemicals); 75% of these have never been tested for their toxicity on the human body or the environment. Researchers recognise that the backlog of internationally untested chemicals is an issue in Australia and globally.

Organic expansion: Vegie burgers defy Australian manufacturing's gloomy trend with rural commitment by Warren Beaumont

Country Victoria-based food manufacturer Australian Eatwell has defied a trend to rationalise or close food production facilities in Australia and is enjoying growth in demand for its range of vegetarian foods, including a selection of Organic Vegie Burgers launched last year.

Other articles and regulars include:

- **Western Australia: where oils ain't oils**
- **Nutritious food and its importance; soil is the key**
- **The what, when, where, why and how of Ohmic heating of foods**
- **SUN, SURF...and SHOPPING ORGANIC**
- **Spring has sprung: It's time to detox your skin**
- **What it means to be a 'frugavore'**
- **Masterchef Live attracts 30,000; Organics is a major attraction**
- **Organics takes the (soap) cake at Organics Spa and Beauty Expo**
- **A wilde and fun time at BFA's Organic Networking Dinner**
- **Organic School Gardens Program - Spring News!**
- **Product and contact directory**
- **Events at home and overseas**
- **Latest organic and BFA news and views**

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