

IT'S LIVE!
in Queensland

Sunshine Coast
real food
Festival

12-13 September 2015

Maleny Showgrounds

9am to 4pm

ADULTS \$20/day

KIDS under 16 FREE

realfoodfestivals.com.au



2015 Program

Taste Learn Laugh

For lovers of good food, who want to know how to nourish themselves and their family, the Real Food Festival is a joyful annual event that brings together all elements of Sunshine Coast food in a weekend of learning and celebration.








CLASSIC ITALIAN COOKING



WIN A LUXURY
WEEKEND
PACKAGE

worth over \$1500 at
Spicers Clovelly Estate
and Tamarind Retreat.
Simply fill in your
competition form at
the entry tent.

SUNDAY 13 September 2015

VENUE																			
SPONSOR	REAL FOOD KITCHEN	FOOD CRAFT	KITCHEN GARDEN	FOOD FOR THOUGHT	NOURISHING IDEAS	EAT MY WORDS	LITTLE SPROUTS	Music and Fun											
																			
DEMONSTRATIONS		DEMONSTRATIONS	WORKSHOPS	PRESENTATIONS	PRESENTATIONS	CONVERSATIONS	ACTIVITIES												
Festival Opens 9am!																			
9:00																			
10:00	10:00 Eat Sunshine Coast - using local seasonal fruit & vegetables	10:00 Making mozzarella	10:15 Creating an abundant edible garden	10:15 Food Tourism: from paddock to plate	10:00 GMOs in our food chain	10:00 Fair Food Anthology	Face Painting												
10:15	CHRIS WHITE	TREVOR HART		ROSE WRIGHT	JESSICA HARRISON	DR NICK ROSE ET AL	ANANDA MARCA RIVER SCHOOL												
10:30	MICK DAN	11:15 Grow Nourish Connect - The 3 Core Elements to Sustainable Food		11:00 Fair food for everyone	11:00 Nutrition myths: the good, the bad, & the ugly	11:15 Small or Big – self-publish with courage & kindness	Pot up a seedling												
10:45				ROBERT PEKIN EMMA-KATE ROSE	ASSOC PROF FIONA PELLY	TANIA HUBBARD	Make Your Own Pizza												
11:00				11:15 French country cooking	11:45 Fair food models overseas	12:00 Making sense of food labeling	Pat farm animals												
11:15	11:30 Cooking with rhizomes and chicken	11:15 LAURENT VANCAM	12:15 Creating the Perfect Compost	12:30 Food ethics	12:30 Recipes vs diet advice	OLD MACDONALD'S TRAVELLING FARM	Making Sense of Food												
11:30	CHRISTINE MANFIELD	RORY THORP		TAMMI JONAS	DR JUDE MAHER	SCOTT MATHIAS													
11:45	HANS ERKEN	12:30 Pickles + chutney + ferments + charcuterie	14:15 How to keep happy healthy hens in your backyard	1:00 The Brazilian sustainability diet	1:30 Panel Discussion LOCAL FOOD: TOO POSH TO PURCHASE?	1:45 Down to Earth - from writer to author	Storytelling												
12:00	MATT SCHMIDT			1:00 Farandole of strawberries		1:45 Creating healthy sweets using pure gelatin	1:30 DR PENE MITCHELL	1:45 RHONDA HETZEL	Decorate Your Own Apron										
12:15	KIM LEWIS	1:45 JEREMY ATKINS		1:15 KIRSTIE HENNING	1:00 DR JUDE MAHER	1:45 RHONDA HETZEL	Make a Sprout Head												
12:30	ERIC PERNOUD	1:45 AIMEE CLARK		1:15 KIRSTIE HENNING	1:30 Panel Discussion LOCAL FOOD: TOO POSH TO PURCHASE?	1:45 RHONDA HETZEL	Making a Bee House												
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12:30pm - 2:00pm	LATTE ART SMACKDOWN							9:00am - 12Noon											
RUMBA FUEGO								HAYDEN HACK & LEE HARDISTY											

Festival Close - Come & Dance With Rumba Fuego!

2015 Exhibitors



ARTISAN QUARTER

- Woombye Cheese Company** A1
Local award-winning handmade artisan cheese
- Gympie Farm Cheese** A2
Artisan cow & goat cheese, butter, bakery
- Cedar Street Cheeserie** A3
Award winning buffalo cheeses
- Chocolate Provisions** A4
Divine gluten free cakes and brownies!
Organic local wholefoods
- Lychee Divine** A5
Tempt your tastebuds with award winning liqueurs, vinegars
- Cedar Creek Farm Bush Foods** A6
Australian bush food products



LITTLE SPROUTS

- Walker Farm Foods** K1
Nomadic pastured chickens and eggs
- City Chicks** K2
Pure bred, hand raised chickens, feed, poultry accessories
- Old Macdonald's Travelling Farm** K3
Pat, feed & brush baby farm animals; free-entry \$1 cup of feed
- Stephanie Alexander Kitchen Garden schools** K4
Kids from Conondale & Montville State Schools share their stories
- ROCKCOTE** K5
National award-winning manufacturer of renders and cob oven kits



LANE

- Hermes Strawberries** L1
Fresh delicious strawberries grown in Wamuran
- Sprout Out and Live** L2
Sprouting devices & packs, seeds, nut milk bags, veg noodle makers
- Jerky King** L3
A great tasting beef jerky made locally
- At One** L4
All natural, vegan, gluten-free and paleo super-food bars
- Rhodavale Pork** L5
Free range pastured pork - fresh, Paleo friendly and nitrate free
- Sunshine Cane Juice** L6
A nutritious drink for health and mind
- Devinebodies Pressed Juicery** L7
Cleanse, heal and nourish with 100% raw, organic juice & food programs
- Suncoast Limes** L8
Lime products direct from the farmer
- Alnatura Wholefood Market** L9
Local retailer organic bulk wholefoods and chemical free products
- The Maple Street Co-operative** L10
Local, wholesome & ethical products; support and education to members
- I Want Well Being** L11
Magnesium and pain relief products
- Hierbe Santa** L12
Organic and natural ice tea blends
- CC's Kitchen** L13
Gourmet preserves: chutneys, jams, pickles, relishes, sauces & fresh produce

- Maleny Avocado Oil** L14
Avocado oil and avocados if available
- Cobra Chilli** L15
PremiYum, all-natural chilli sauces made with 100% food
- Eco Vanilla** L16
Discover the succulent flavour of true, authentic Madagascar vanilla products
- Country Harvest Australia** L17
TerraAustralis and Chilli Harvest jams; chillies, chutneys and mustards
- House of Threads** L18
Locally crafted goods used in food handling
- Spice Itt** L19
Spice Itt for spice and everything nice
- Gourmet Afrika** L20
Gourmet Afrika - gifts to eat
- Hinterland Feijoas** L21
Certified organic feijoa growers, fine feijoa foods
- Kin Kin Naturals** L22
All natural cleaning products, freshly made in the Noosa Hinterland
- Sinchies** L23
Fill Sinchies reusable pouches with your own healthy homemade goodness
- Maleny Cheese** L24
Hand-crafted cheese, yoghurt from local cow and buffalo milk
- Colin James Fine Foods** L25
Maleny's own producer of gourmet artisan gelato and sorbet
- Fat Hen Farm** L26
Quality handmade olive products from our farm
- Pomodoras on Obi** L27
Chris's famous balsamic, orange vincotto and ginger & lime dressings
- hellohoney.com.au** L28
It's all about the BEES. 100% natural. 100% Australian
- Old Fashioned Home Baked Treats** L29
Traditional home baked biscuits, cakes, slices and macarons
- Stella May Fine Foods** L30
Queensland's award winning artisan producer of French charcuterie
- Coral Tajine Catering** L31
Moroccan Cuisine Sunshine Coast
- Gluten Free For Me** L32
Great food gluten free
- Merbye Farms** L33
Fresh pineapple juice, select whole pineapple, fresh cut pineapple
- Clean Indulgence** L34
Clean Indulgence, clean eating recipe books
- Buchi Kombucha & Culture Club** L35
Certified organic, locally sourced, gut-health and fermented foods
- Worms Downunder** L36
Worms, habitats, castings, liquid... and the NEW 'Bite-size' composter!
- Rosetta Books** L37
Amazing array of books from paddock to plate
- H1 PAVILION**
- Spicers Tamarind Cooking School** H1
A taste of one of the Sunshine Coast's top cooking schools



OVAL

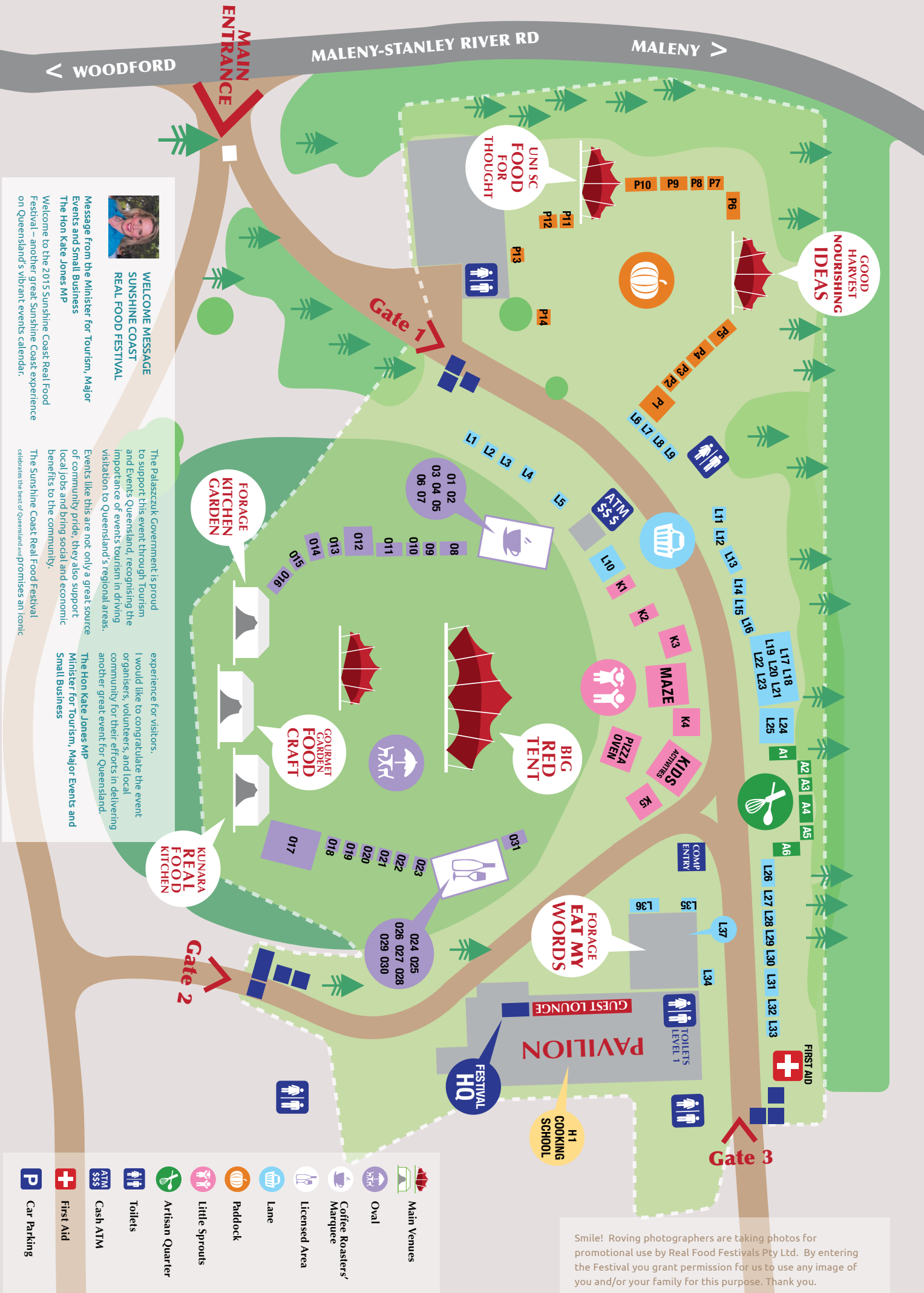
- Sunshine Coast Specialty Coffee Roasters Guild** O1
A collaboration of Sunshine Coast specialty coffee roasters
- Flying West Coffee Roasters** O2
Coffees; coffee bags; cold drip coffee; real organic chai powder
- Montville Coffee** O3
Absolutely delicious coffee that contributes to the betterment of the world!
- Sunshine Coast Coffee Roastery** O4
Locally roasted fresh specialty coffee
- Tim Adams Specialty Coffee** O5
Tim Adams Specialty Coffee & beans
- Clandestino Roasters** O6
Direct trade coffee consistently roasted to perfection
- Pioneer Coffee** O7
Coffee roaster - retail, wholesale and training
- The French House** O8
Authentic french crepes, baguettes and croissants - all baked onsite
- Kidaman Beef (Sunday only)** O9
Healthy, locally grown, pasture fed, ethical and sustainably managed beef
- Montville Mist Springwater (Saturday only)** O9
Pure mountain springwater, hydration station
- Swift Smoothies** O10
Fresh, fast, health and local smoothies, juices and healthy snacks
- Juice Power** O11
Healthy, organic, nutrient rich beverages and snacks
- Cooloola Berries** O12
Delicious fruit blended desserts and locally grown strawberries
- Frozen Sunshine** O13
Gourmet iceblocks made using local and seasonal fruit & produce
- Mt Beerwah Natural Springwater (Sunday only)** O14
Chemical free natural springwater, sparkling natural springwater
- The Maleny Pie Guy** O15
Hot and homemade award winning pasties, pies and sausage rolls
- The Dosa Deli** O16
Vegetarian, gluten free dosa with inspired fillings and homemade chutneys
- Kunara Organic Marketplace** O17
Variety of organic, GF health foods & snacks
- Cecile's Crepes** O18
Sweet and savoury traditional French style crepes
- Gourmet Dumplings** O19
Steamed dumplings hand-made, fresh and healthy
- Baja Tacos** O20
Authentic Mexican style tacos, handmade tortillas with fresh local salad
- Mojo Food Co.** O21
Italian street food - family recipes handed down for your enjoyment
- Goodness Gracious Organic & Gluten Free Café** O22
Organic and gluten free homemade pancakes and muffins

- Claude's Food** O23
Delicious, fresh, healthy flavours from around the world
- Paella By Javier Codina** O24
Javier's signature seafood paella, crumbed & fried feta stuffed olives
- Eat @ Dan & Steph's** O25
Dan & Steph's gourmet sausages
- Hungry Feel Eating House** O26
If you want to eat local, Hungry Feel is a must do!
- Bent Road Wines** O27
Boutique handcrafted premium wines from the cool Granite Belt
- Sunshine Coast Brewery** O28
Sunshine Coast Brewery - award-winning craft beers brewed locally
- Kingsley Grove Estate** O29
Table wines, fortified wines and sparkling wines by bottle or glass
- Uncle Bob's Estate** O30
Preservative free organic wine made in a natural manner.
- Woodfire Australia** O31
Woodfired pizzas made fresh to order



PADDOCK

- Suncoast Care** P1
Promotion of Suncoast Care and Food Rescue
- The Falls Farm** P2
Local, organic, fresh... we only sell what we grow
- Peachester Farm** P3
Producers of local, organically fed, pasture raised chicken
- Queensland Strawberry Industry** P4
Promoting winter strawberry production in Queensland
- Guide Dogs Queensland** P5
Providing free services to vision impaired Queenslanders for 55 years
- Good Harvest** P6
Supplying organic fresh wholefoods direct from local farmers
- scottmathiasraw** P7
Plant based nutrition and natural health solutions
- Primal Influence** P8
Paleo-inspired health and fitness coaching and cooking workshops
- Fresh Box** P9
Online organic fruit and veg delivery service supporting local
- Wild River Goats** P10
Goats milk soaps for people and animals with skin conditions
- University of the Sunshine Coast** P11
School of Business - information on courses at our local university
- ETHOS Foundation** P12
Learn how to grow your own incredible edible garden
- Sunshine Coast Beekeepers Group** P13
Raw honey tasting and sales, live bee display
- Forest Heart** P14
Native plants for your backyard, big or small



WELCOME MESSAGE
SUNSHINE COAST
REAL FOOD FESTIVAL

Message from the Minister for Tourism, Major Events and Small Business
The Hon Kate Jones MP
Welcome to the 2015 Sunshine Coast Real Food Festival – another great Sunshine Coast experience on Queensland's vibrant events calendar.

The Palaszczuk Government is proud to support this event through Tourism and Events Queensland, recognising the importance of events tourism in driving visitation to Queensland's regional areas. Events like this are not only a great source of community pride, they also support local jobs and bring social and economic benefits to the community.

I would like to congratulate the event organisers, volunteers, and local community for their efforts in delivering another great event for Queensland.

The Minister for Tourism, Major Events and Small Business

- Main Venues
- Oval
- Coffee Roasters' Marquee
- Licensed Area
- Lane
- Paddock
- Little Sprouts
- Artisan Quarter
- Toilets
- Cash ATM
- First Aid
- Car Parking

Smile! Roving photographers are taking photos for promotional use by Real Food Festivals Pty Ltd. By entering the Festival you grant permission for us to use any image of you and/or your family for this purpose. Thank you.