



Good Food VIP: very important producer

Adrian Pike from Rafferty's Garden

After unsuccessfully attempting to “aeroplane” ready-made baby food into his niece’s mouth, former restaurateur Adrian decided to create nutritious food just for babies and toddlers that would actually end up in tummies, rather than on bibs. “All our products have a home-cooked taste,” says Adrian. “We use only the best ingredients and freshest vegetables, just like you would at home.”

Adrian develops recipes at home, without the use of flavour enhancers or preservatives. “My six-year-old son, Harry, always has something to say about it – he’s a tough critic!” The product line includes an Organic Super

Hero range, “developed due to popular demand”.

“Children don’t eat enough vegies these days and acquiring a love of them at an early age not only means they get all the nutrients they need, but helps prevent obesity,” says Adrian. You can find Rafferty’s Garden products in major supermarkets. For more information, visit www.raffertysgarden.com.



Butter up Tempt the tastebuds with True Organic certified organic dairy products, which give supermarket shoppers an affordable, organic alternative to regular butter, as well as cheese and long-life milk. These calcium-filled goodies are made from Australian milk under conditions that ensure quality, so you can be assured of the natural goodness and flavour. For details, visit www.trueorganic.com.au.

Out & about

Get real with natural baby food, organic dairy and backyard vegies.



DIY PRODUCE

Whether you’d like a few potted herbs in your urban courtyard or a vegie patch that resembles the garden at the Palace of Versailles, Meredith Kirton’s new book *Harvest: A Complete Australian Guide to the Edible Garden* (Murdoch Books, \$69.95) is an indispensable guide for novices and green thumbs alike.

WORDS Kye Mackey PHOTOGRAPHY Getty Images

Eat it now

- ZUCCHINI** This trolley staple is available year round but the prime season ends this month, so tuck in while they cost less.
- CARAMBOLA (STARFRUIT)** Slice and add to fruit salad.
- CAULIFLOWER** Look for clean creamy-white heads and firm, compact flower clusters to use in soups, bakes and fritters.
- APRICOTS** Tree-ripened varieties are hitting the shelves now.
- GREEN ONIONS (SHALLOTS)** Not to be mistaken for spring onions, which have a white bulb, these are packed full of flavour.