

nourish

PLANT-BASED LIVING

35+
VEGAN
RECIPES

love
your gut

NOURISH YOUR BODY
FROM THE INSIDE OUT

chemical
DETOX

MAKE YOUR OWN ECO
CLEANING PRODUCTS

eat to
thrive

GET ALL THE NUTRIENTS YOU
NEED ON A PLANT-BASED DIET

HEALTHY &
HEARTY

WARMING MEALS FOR COOLER MONTHS

AUD \$12.95 NZD \$14.95
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VEGAN • HEALTH • FOOD • MIND • EARTH • STYLE • CULTURE

the good stuff



ARTISA CHEESE TRIO BOX

From the makers of Australia's favourite vegan cheese, the Cheese Trio Box by Artisa includes two cheeses selected from the fresh, connoisseur Artisa range, plus a limited edition 'Cheese of the Month'. Each box also includes cheesemakers notes and a recipe card, along with a specially curated accompaniment that may be a chutney, jam, mustard or even vegan chocolate. Available on subscription, you will be able to choose to receive your cheese box monthly, every two months or every four months. You can also pause and restart your subscription, or cancel it, at any time.

\$45, plus \$30 shipping.
Available at artisa.com.au



KALLESKE WINES

The oldest certified organic and biodynamic vineyard and winery in the Barossa Valley, the Kalleske family believe in a natural, holistic approach to winemaking to produce the highest quality wines. Consistently growing some of the Barossa's best quality grapes, all Kalleske wines are estate grown with minimalistic winemaking techniques to capture the essence of the vineyard and produce handcrafted, organic, vegan friendly wines to be enjoyed by all. Explore the award-winning Kalleske range, from Shiraz and Cabernet Sauvignon to Semillon and Rosé. Choices to satisfy every palette.

Explore the range at
kalleske.com



KINFOLK & CO. FERMENTATION POT

Inspired by nature, Kinfolk & Co. hope to bring the art of food making and slow living back to its roots by creating beautifully unique kitchen and tableware. Lovingly handcrafted in a pottery studio just north of Byron Bay, the alabaster stoneware fermentation pot is a beautiful and functional crock pot for creating fermented vegetables without the fuss. With a fresh and modern design, this is one pot that won't want to hide in your cupboard. When purchasing the pot, you will also receive custom ceramic weights, a recipe book and a bag, to ensure you have everything you need to let the fermenting fun begin.

\$199. Available at
kinfolkandco.com



EMPOWDER POWER BLEND

EMPOWdER is a range of 100% organic, fermented mushroom powder blends that assist in improving digestion and gut health. The versatile blends are designed to be enjoyed with almost any food or beverage of your choice – simply add one teaspoon to your smoothie, juice or meal to transform it into a nutrient powerhouse. The Power Blend is EMPOWdER's signature, all in one product, as it is a combination of all three mushroom blends: vitality, balance and inner wellness. It's packed with antioxidants, probiotics and anti-inflammatory nutrients that are ideal for boosting immunity, managing stress, aiding nutrient absorption and helping to support gut health.

\$17.95. Available at
setthebar.co



SEED & SPROUT FARMER'S MARKET SHOPPING SET

Perfect for groceries, markets or just on the go, the Seed & Sprout Shopping Set includes two large totes, two string bags with canvas bottoms and ten mesh produce bags of assorted sizes. The large totes easily fit three standard shopping bags worth of groceries, with six internal pockets to hold bottles, milk or even flowers for added ease. The string bags combine practicality and style, with the added sturdiness of a canvas bottom, while the mesh produce bags will perfectly carry fruits, vegetables and nuts.

theguild.cc

\$89.95. Available at



BIOME HEMP NUT MILK BAG

Perfect for experimenting with and mastering homemade nut milks, this 100% natural, quality hemp bag will be your new favourite kitchen companion. The vegan, biodegradable and compostable bag is made from a fine quality hemp fabric with rounded corners for easy straining and cleaning, and is tightly woven to produce pulp-free milk. Naturally mildew and microbe resistant, the hemp bag comes with full instructions for making your favourite nut milks, but the bag is also perfect for sprouting, making cheese, straining sauces, juice, teas and broths.

biome.com.au

\$19.95. Available at



DR. BRONNER'S PURE CASTILE SOAP BAR

Made by family soap makers since 1858, Dr. Bronner's biodegradable, vegan, certified fair trade, versatile soap bars are the perfect, fresh pick-me-up for an all-over body wash. Made with organic hemp, coconut, olive and jojoba oils to leave skin silky smooth, with a choice of invigorating and refreshing scents to liven up your washing routine that includes sandalwood and jasmine, citrus, lavender, peppermint and almond. Suitable for use on your body, face and hair, Dr. Bronner's soap forms a smooth lather and won't dry out skin. It also comes wrapped in 100% biodegradable, post-consumer recycled paper.

\$8.95. Available at
drbronner.com.au



MY MAGIC MUD TOOTHPASTE AND TOOTH POWDER

The activated charcoal toothpaste and tooth powder by My Magic Mud are 100% natural oral care remedies that clean, polish, whiten and detox your teeth and gums. Used daily, the gentle toothpaste, made with organic coconut oil, organic tea tree, and OMRI certified bentonite clay, will beautifully polish, detox, and deeply clean your teeth and gums. The tooth powder leaves your teeth squeaky clean while actively detoxifying your mouth, featuring food-grade activated coconut shell charcoal and bentonite clay. Used together on a regular basis, the toothpaste and powder will provide a deep clean to remove toxins, whiten and reduce sensitivity.

\$19.95 and \$39.95

Available at theguild.cc