

SEED & SPROUT

ISSUE 2 NOVEMBER 2020

THE SLOW DOWN



THE SLOW DOWN

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WELCOME

Sophie Kovic, Seed & Sprout Founder

And suddenly it's Christmas!

Since the last issue of this mag (our very first!) a lot has changed. I remember dinner conversations from the start of COVID discussing the possibility of our little family moving into the warehouse to stay afloat! And although nothing was certain, **my last letter was one of optimism.**

I could feel the winds of change blowing and **calling us to slow our hectic pace.**

Fast forward to now and although many things did change, life is beginning to feel more routine. But did life slow down?

I can say that Byron is full of people breaking their corporate shackles; cafes, nurseries, bookstores and the crystal shop all **overflowing with new people set on a slower pace of life.** And yes, wings are clipped.

For a natural born planner, I have had to adapt to a very uncertain way of thinking.

Which has been a challenge.

But one thing is certain... dates on the calendar. And even though every year I enjoy the festivities, **something about a Christmas staying put** - a Christmas that is probably as much action as I'll see for awhile - **makes me excited.**

So I'm really leaning into the thought of a big one this year. And all the dietary requirements that go alongside that. Bring on the challenge!

The hesitation of course is the waste, the excess. So you may remember last year when we published our **"Letter to a loved one"**? This year we think that **message is more important than ever.**

So let's start this issue with a simple message, and a way to ensure what matters stays front and centre.

Because we all need this, we need a win. And this year, I'm pegging mine on Christmas.



CHRISTMAS TABLE STYLING

Christmas will no doubt look a little **different for all of us this year**. Whether your celebrations are **big or small**, taking the time to put some effort into your table decorations will make any **Christmas meal that bit more special**.

This doesn't mean you need to spend a fortune or buy new things. **Chances are you've got exactly what you need** in your home or garden already. We've got three tips to take your **Christmas table styling up a notch** this year.



1. Bring the outdoors in

Before you buy floral arrangements for your table why not head out to your garden and use some foliage from there instead? Australian natives add a beautiful touch to the table, and they also smell great!

2. Hero your food

Because we all know it's the best part about Christmas! Give your platters a special, festive touch by adding some florals and greenery amongst the food. If you're hosting a large group, decorate two platters and place them at either end of the table.



3. Use ingredients

We love when we find two uses for things! Use your herbs, spices and even oranges (more on this later) as decorations for place settings. They'll look amazing and will add a Christmas aroma to the room. Get creative and use what you have in your cupboard. We like to start with cinnamon, rosemary and star anise.

PAPER ORNAMENTS & FUROSHIKI GIFT WRAPPING

WITH JULIA @SIMPLY.LIVING.WELL

Paper Ornaments

This classic Christmas ornament is a fun way to upcycle wrapping paper while making the holidays feel homespun and handmade.

In lieu of wrapping paper you can use origami paper, printer paper, newspaper, or cut up brown paper bags. Twine works for tying up the ornaments, but so does yarn, cotton thread, or old pipe cleaners.

MATERIALS

- Paper (in two sizes, 30cm x 30cm and 15cm x 15cm squares)
- Two pieces of twine, approximately 30cm
- Glue

DIRECTIONS

1. Accordion fold the larger square, then accordion fold the shorter square, just like you're folding a paper fan. The larger square will become the angel's body; the smaller square will become its wings.
2. Fold both squares in half, making sure the ends are even with one another. If they're not quite even, snip the ends as needed.
3. Place the center fold of the smaller fan on top of the center fold of the larger fan so that the printed sides of both pieces of paper are facing right side up.



4. Attach the two fans together by wrapping one piece of twine around them 2.5 cm from the top of the folds. This will create the angel's head. Double knot the twine on the backside of the fans and snip the loose ends.
5. To create a loop for hanging the angel, thread the other piece of twine through the underside of the two folds (through the angel's head you just created). Double knot the twine, snip the ends, and hide the knot on the backside of the angel's head.
6. Glue the inside of the side pieces of the larger fan together to adjoin the angel's dress.
7. Spread out the accordion folds as needed to shape the angels wings and dress.
8. Hang from the Christmas tree or add to gifts as decorations.



Furoshiki Wraps

Over the years, our family has transitioned from using conventional wrapping paper to wrapping our gifts in compostable brown paper, reusable bags, recycled newspaper, and – more recently, Furoshiki wraps.

If you're not familiar with Furoshiki wraps, they're a byproduct of Furoshiki, which is the Japanese art of transporting objects. All you need is a square piece of cloth with finished edges.

The cloth can be bought brand new, but you can also repurpose whatever fabrics you have lying around the house, whether they be pillowcases, bed sheets, or an old dress.

DIRECTIONS

1. To make a furoshiki cloth, simply cut a piece of fabric into a square (the most popular size being 45cm x 45cm).
2. Finish the edges with a sewing machine or pair of pinking shears (to prevent the edges from fraying).

Furoshiki wraps are a simple and sustainable way to wrap a gift.

3. Iron the finished cloth, and tie it as follows:

- Place object in the center of the Furoshiki cloth.
- Bring two of the opposite corners of the square to the center and tie them in a knot.
- Take the remaining opposite corners and tie them in a knot above the first knot.
- Decorate with fresh flowers, evergreens, or berries, and attach a gift card if you'd like.

Once your gift has been opened, you can either gift the wrap to the recipient or bring it home and use it again.



The Bread Box

The Sleek and
Sustainable Way to
Keep Your Bread Fresh

SEED & SPROUT

THE LESS WASTE, NO FUSS KITCHEN

with Lindsay Miles



Lindsay you released your new book in the midst of a pandemic, which is a massive achievement! How have you found this year and what lessons have you learned that you'll be taking with you into the New Year?

Thank you! Releasing a book in the middle of a pandemic was definitely not the easiest thing to do - my publisher was in lockdown, book stores were closed, online shipping was delayed and people were dealing with all kinds of crises in their own lives that we simply wouldn't have imagined a few months before.

I've definitely struggled with 2020! My job means I give a lot of talks and run workshops (on sustainable living and reducing waste) and I had a lot of cancellations. It wasn't just the loss of income, it was the getting out into the world and meeting people and sharing ideas that I lost too - and have really missed. I think it's really highlighted to me the importance of community, and building resilience by strengthening our communities in the places we live.

Do you think this year has had a positive impact on influencing people to look at the waste in their lives and how they can reduce this?

I know that for many of my readers, who were already somewhere along the less waste path, it's been a reason to get back into good habits, or try new things. We all know that baking and gardening saw a resurgence! But on the other hand, the increase in takeaway food options, online deliveries and disposable PPE has seen an increase in packaging and more waste going to landfill.

There are plenty of people who are more determined to do their bit, but there are plenty of others, who haven't really considered their waste footprint, or who don't have the privilege or access to make waste-free choices (especially as options have been restricted in so many places), who are creating more waste than ever before. However, I am hopeful that as things settle, we will see more businesses and organisations looking to reduce their waste, governments and legislative bodies

implementing new guidelines and rules, and more individuals adopting changes.

We believe small, everyday changes can make a big difference. Is this how you started your waste-reducing journey - one change at a time?

Yes and no! Let me explain... I started this whole journey after seeing a poster in my local library about a challenge to give up plastic for a month. I had never paid much attention to how much plastic I was using, and it was a real wake-up call to go home and look around my kitchen and bathroom and see it all. I decided I was going to commit to going plastic-free, all-or-nothing, and that was that. But the reality of big change, is that it's made up of hundreds or thousands of small changes.

So although I was committed to this one enormous change, it was really lots of little changes that I tackled one at a time. I wasn't fast! And I only looked for solutions once I'd used up my existing products.

Can you tell us how your second book, *The Less Waste No Fuss Kitchen*, came about?

When you start delving into waste, you realise that 'waste' means so much more than what we throw away. There's all the waste behind the scenes before things get to us. One of the things I find frustrating is that the issues around waste are often tackled in silos. Read a book about reducing food waste and it will tell you to pack everything in zip-lock bags and encourage the use of plastic.



Read a book about reducing plastic and it will tell you to buy everything plastic-free, but without the tips for storing food without plastic that mean the food will last (and not go bad in half the time). And then there's the carbon footprint aspect - all the waste we don't see - of our choices. What I wanted to do in The Less Waste No Fuss Kitchen was talk about all of these issues and how they interconnect, and how we can try to navigate them.

I have three pillars in the book: reducing plastic and packaging, lower carbon lifestyles and creating less food waste. Mostly, it's a book of solutions: how to take action in a way that works for us.

For those who are looking to reduce waste in their lives, where would you recommend they start?

The most obvious place to start is looking at your bins. Look at your landfill bin and your recycling bin. What makes up the biggest proportion of the waste? Is there anything obvious you could tackle first? Another good place to start is looking at your receipts. What are you buying that you could switch? Is there anything that you could try to make?

From there, choose one, two or maximum three things to tackle. Whatever you decide to tackle, someone you've never met on social media will no doubt have an opinion on why what you've chosen isn't good enough and how you really should be doing something else. Rather than looking for the 'best' option, look to swap the things you're most interested in or most passionate about changing. I find that what works best for me is a combination of something that will have a big impact.

**SWAP BY SWAP, CHANGE BY CHANGE, YOU'LL MAKE
PROGRESS. IT MIGHT BE TOUGH TO GET STARTED, BUT IT GETS
EASIER WITH TIME.**

Where is the best place for people to get in contact with you, and purchase your book?

I write a blog at treadingmyownpath.com and I'm also on Instagram

@treadingmyownpath. You'll find my book at all good bookstores and online: you'll find a list of all the places and a bit more information about the book at **treadingmyownpath.com/lesswastekitchen.**

THREE WAYS TO SHOP, COOK, AND EAT SUSTAINABLY THIS CHRISTMAS

WITH LINDSAY MILES @TREADINGMYOWNPATH

1. Meal plan.

Think carefully about what you're going to serve, because if you don't you'll panic purchase a bunch of extra things you don't really need, which will then go to waste. I always **think about the shelf life** of the things I make, because if they are not eaten I want them to be **eaten as leftovers in the following days**. Not adding dressing to the salad bowl and letting people add their own, for example, stops wilted sad salad that ends up in the bin. An ice cream cake might look great on presentation, but once it's half melted it's probably not going back in the freezer!

2. Get ready for leftovers.

There will be leftovers. In the time before Christmas, **clear out the freezer** by using up all the things that have been languishing in there for months. **Defrost the freezer, if it's blocked up** (you can keep your frozen food in a cooler box or even use a neighbour's freezer overnight). **Clear out the fridge too** - any pickle jars or sauces with a teaspoon left, use them up. Make sure you've got enough containers with lids (glass jars are useful so save any good sized ones you come across).

3. Consider your options.

Less is more. You don't need to offer five different desserts, or to serve Christmas pudding with cream, ice cream, yoghurt, custard AND brandy butter. **Being generous and a good host doesn't have to mean being excessive.** I always feel better if I don't eat until I'm stuffed, and as I don't have much self-control when it comes to delicious food, I **appreciate when the host doesn't over-cater.** Maybe your guests will appreciate it too!

BE MERRY, MERRY MINDFUL

WITH CAITLIN CADY

During the holiday season time moves at lightning speed. It can feel like we have less time, more events to show up for, and more deadlines ("get it done by Christmas" sound familiar?) We **start moving fast because we sense that time is in short supply.**

We can accidentally get hopped up on adrenaline when we're racing against deadlines, zipping around doing errands, flitting from online sale to online sale, and flying from party to party. (Side note: Ever notice how large, busy shops play fast music? It's no accident. Fast music has been proven to boost sales.)

But that **velocity can make us feel reactive** and **keep us from being fully present** and **making decisions in line with our highest good.** When we're caught up in speed and reactivity, we might find ourselves buying things we don't need, saying things we don't mean, and eating or drinking more than we normally would.

The good news is that when we **become conscious** of this speedy, reactive energy, **we can balance it** and sidestep the traps of overindulgence, conflict, and drama that can be the hallmarks of the holidays.

Something as simple as taking a few

breaths before you make a purchase, eat a meal, have another drink, or even engage in a tense conversation with a family member **can help soothe the nervous system** so that we can make more conscious choices around what we buy, eat, drink and say.

Try the simple breathing practice on the next page to help slow your roll and **be more conscious this silly season.** It can be done anywhere, anytime with the eyes open or closed, and calms the mind and the nervous system in a matter of minutes. It's a simple but powerful tool to have up your sleeve!

When you're tempted to make a financial or caloric splurge - or tell your aunt what you really think - remember... stop, breathe and **be merry, merry mindful this year!**



Follow Caitlin on Instagram @caitlincady and download her new meditation app Heavily Meditated.

START HERE

inhale

1 2 3 4

hold in

4

3

2

1

hold out

heavily meditated



BOX BREATHING FOR CALM VIBES

A breathing technique to calm the mind and soothe the nervous system in a matter of minutes.

1. Inhale through the nose to a count of 4
2. Hold the breath in for a count of 4
3. Exhale through the nose to a count of 4
4. Hold the breath out for a count of 4

Repeat for 4 cycles.

1

2

3

4

exhale

4 3 2 1

LESSONS FROM 2020

A LETTER FROM OUR CEO
SALLY TULLET

How would I describe 2020? **Turbulent, unpredictable, extraordinary.**

To say this was **a year of growth for me**, just like so many others, would be an understatement. This year has been challenging on so many levels, but I am so **grateful for the lessons** that came with it.

To be granted, albeit involuntarily, the **space to recalibrate, reset, and re-evaluate what is truly important** was the silver lining that I never expected.

As a mum to 4 and step mum to 1, Christmas over the last 2 decades has been welcomed with plenty of excitement but also with a gigantic sprinkle of trepidation.

The preparation was always stressful and the holiday has always passed in a blur of excess – food, wine, gifts, more food, more wine more gifts. Family, noise, chaos. **Things look different this year.** The trepidation has gone. The stress has left. Gifts will be fewer.

The remaining excesses will no doubt stay. **Time together will be everything.**

There will be no taking for granted the luxury of the extended family all coming together to share memories, to anticipate the future, but ultimately **just to be together and revel in each-others company in that very moment.**

Christmas for me personally this year is about **focusing on what I have learnt.** I have learnt not to freak out about not being in control, to **surrender and to go with the flow.**

2020 has taught me that it's vital that we get **comfortable with the not knowing.** It took a pandemic to give me the tap on the shoulder I needed, and this Christmas I plan on **hugging my loved ones just that little bit harder.** Because I can! And how wonderful is that :)

For those of us who can't physically be together this Christmas, hold each other in your hearts.

Maya Angelou, poet and activist, once said *'Love recognises no barriers. It jumps hurdles, leaps fences, penetrates walls to arrive at its destination full of hope.'*

Wishing you all a safe and healthy Holiday Season filled with hope and love! Sally x





FIVE TIPS FOR A LOW WASTE CHRISTMAS

with Erin Rhoads @therogueginger

1

Food & Drinks

It's no surprise food waste increases with more socialising during Christmas and New Year holidays. **Meal planning and writing shopping lists** is key to avoiding the many marketing tricks food stores use to make us buy more than we need.

You can **cut back on packaging** and **fight food waste by shopping at bulk food shops**. These stores allow you to buy the exact amount needed for a recipe, unlike supermarkets where we don't have a choice. Find out if you can get drink refills for you beer, wine or even bubbles.

We like to **make homemade lemonade** and **fruit water** in reusable bottle.

Don't forget to **empty the freezer** in the lead up to the holiday period so there is plenty of room to store uneaten food away and I like to **encourage guests to take home leftovers too**.

Swap out the single-use party ware for regular plates, cups, bowls, cutlery and serviettes. If you don't have enough, ask to borrow or check out the Party Kit Network for a reusable party kit.

2

Gifts

I enjoy gifting family and friends **experiences, vouchers or a donation** in their name. Before I start gift shopping it helps to **chat with the recipient first and find out if there is anything they need.** After-all they know themselves best. This is particularly helpful when buying for someone's kids. **If someone asks for no gift, respect their wishes.** Christmas can be celebrated without gifts too.

3

Wrapping

Instead of buying wrapping paper **visit your local Op Shop** to see what they have available. They often have **donated paper and gift bags**, along with gift tags and Christmas cards. **Choose ribbon, twine or make your glue using flour and water** in place of plastic tape.

4

Decorations

The key to low-waste decorating is **using what you have**, including that plastic tree and tinsel. Otherwise **secondhand decorations are also a great idea.** You can also decorate your home with **natural flowers and foraged items** from the garden or on a bushwalk, and compost them at home or through your Council's collection.

5

Get your bins ready

When hosting I like to **set out bins and label them clearly;** food waste, paper, drink containers, general recycling, and soft plastics. This helps guests make the right decision and **seperate waste properly.** Try to put the landfill bin in another location away from the others. It's distance could lead to a **conversation about why you are trying to have a low-waste Christmas!**

MY TIDDA, MY SISTER

with Marlee Silva

Marlee, this year has presented a lot of unique challenges for everyone. How have you found it and what has been the biggest lesson you've learned?

In a word 2020 has been a rollercoaster. When COVID first hit, I quickly fell into a panic – suddenly so much of my work was cancelled or indefinitely postponed and naturally, I was down and a bit lost. Not to mention, I'd only decided to officially step out to work on my own as a full time freelancer, so it felt like a big mistake!

There are a few things I'm grateful to have learnt through 2020. The most important being, the need to slow down.

I realise now, for the past couple of years since launching Tiddas 4 Tiddas in 2018, I have been moving a million miles a minute, and although the platform and my career has prospered, my social life and my relationships have really suffered as a result, so having the world put a halt to it all, I've been able to reflect, remind myself I'm only 25 and there's plenty of time and you only get one life where fun for no reason is just as important as everything else!



You founded Tiddas 4 Tiddas with your sister, Keely a couple of years ago. What inspired you both to start this community?

Growing up the only time I remember seeing my people represented positively onscreen or in the media, was when a male Aboriginal athlete was succeeding in their chosen sport. We were of course always so proud of them and related to them in some ways – especially as my Dad was a professional rugby league player – but I didn't see myself and rarely saw our women.

In 2018, the NAIDOC theme was 'Because of her we can!' which did what Keely and I had always hoped for – it put the stories and successes of Aboriginal and Torres Strait Islander women at the forefront, giving them space to shine in a way we'd



IT OFTEN FEELS LIKE I'VE LIVED FAR MORE YEARS THAN I HAVE.

never experienced. Tiddas 4 Tiddas was born from the desire to hold this space created by the theme and continue sharing these kinds of story every single day!

Can you tell us how your new book *My Tidda My Sister* came about?

Every time I've told people how I came to sign a book deal they're quite shocked, and I guess I don't blame them. One day early last year, just after my first season of the Tiddas 4 Tiddas podcast came out through the Mamamia Network, and subsequently sky-rocketed our online following in a completely new way, I got an Instagram DM from a publisher working at Hardie Grant Books asking me if I'd ever thought about writing a book.

It has honestly been the dream of my life since I was about 15 to do just that and it felt too good to be true to have it handed to me like that – but thankfully it was real and a few days later, I was meeting with the team down in Melbourne and brainstorming titles, structures and interview subjects.

You've also got a podcast 'Always Was, Always Will Be Our Stories'. What's the idea behind this, and what inspired you to start it?

I love podcasting – oral storytelling is the means by which Aboriginal people have shared and passed down knowledge for over 60 thousand years and for that reason,



podcasting feels like the perfect, modern extension of that.

I was introduced to podcasting and taught the ropes through the 'Tiddas 4 Tiddas' podcast where I interviewed exclusively incredible Indigenous women, but I'd always hoped to be able to completely step out on my own, be 100% Indigenous owned and run and have full creative control – it was actually the lock down and free time created by COVID19 that allowed me to properly pursue it and I'm so grateful for that as well!

The premise of the show is conversations with inspiring Aboriginal and Torres Strait Islander men and women, from all walks of life.

Across all of your platforms, you share amazing stories of Aboriginal women (and some men too!). Why do you think it's so important to highlight this?

Highlighting the diversity and positivity of Aboriginal and Torres Strait Islander peoples stories in their own words is so vital to breaking down stereotypes held by non-Indigenous people, showing the next generation of Indigenous kids what they can truly achieve and celebrating the excellence that exists in our community, across so many industries and pathways.

Christmas will no doubt look a little different for us all this year. How are you planning on spending the holidays? Will you be doing anything differently?

My family have been so lucky in many ways for many years and as a result of my Mum working in the Airline Industry, we usually go overseas that time of year!

It goes without saying that won't be happening, but we're excited to have a holiday in NSW instead!

"HIGHLIGHTING THE DIVERSITY AND POSITIVITY OF ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLES STORIES IN THEIR OWN WORDS IS SO VITAL TO BREAKING DOWN STEREOTYPES HELD BY NON-INDIGENOUS PEOPLE,"

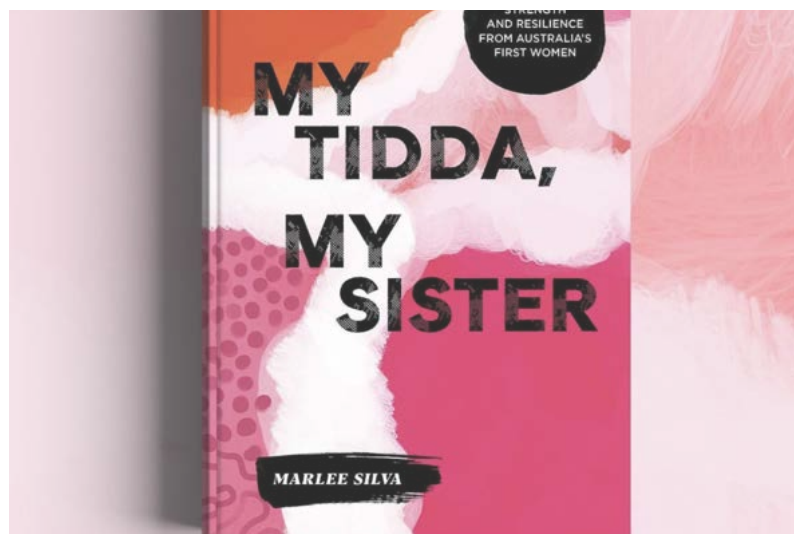
We'll be going up the North Coast for the Christmas/New Year's period and I honestly can't wait to just relax, escape the madness of it all and soak up the sun with my loved ones.

You've achieved a lot, and you're only 25! What's next for you?

I honestly never know what lies ahead for me! I like being open-minded to lots of different opportunities and willing to jump at something that might pop up by chance (or Insta DM haha). I do want to be a little more 'normal' and operate at a slower pace for a bit too – ultimately, who knows what that'll look like in 2021, but I'm excited for it to be a little less rocky than this one!

Lastly, where is the best place for people to get in contact with you and purchase your book?

I live mostly on the 'gram although I'm trying to be a lot more offline these days – and the book is available in most good book stores, Booktopia and Kmart and Big W - you can't miss it!



Check out Marlee's book, My Tidda, My Sister and follow Marlee on Instagram @marlee.silva

The Face Oil

The Plastic-Free
Answer to Dewy,
Glowing Skin.



SEED & SPROUT



CHRISTMAS COOKING

with Julia @simply.living.well

Hayley Nedland

Brookie's Gin

Vagabond Byron Bay

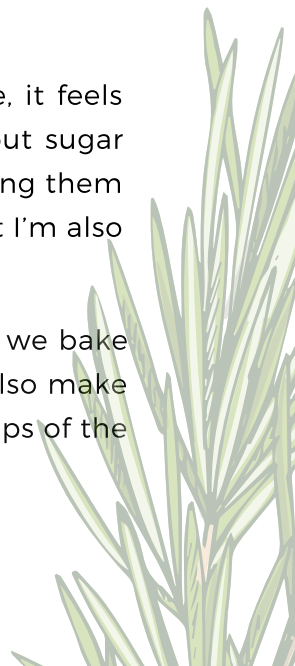


Savoury Rosemary Shortbread Biscuits

with Julia @smiply.living.well

No matter where you go during the holidays, and even if you never leave home, it feels like the season is defined by baking and fueled by sugar. If you're not rolling out sugar cookies in your own kitchen, you're likely eating them at holiday parties or receiving them as gifts. It's all part of the fun and, honestly, I wouldn't change it for the world, but I'm also happy to shake things up a bit and bake something completely sugar-free.

These savoury rosemary shortbread biscuit are a favorite at our house – although we bake them a lot at the end of summer, when our herbs are ready to be trimmed, we also make them during the holidays by tossing rosemary into the batter and decorate the tops of the cookies with whatever herbs we can find locally or in our winter garden.





INGREDIENTS

- 1 Tbsp Flaxseed Meal + 3 Tbsp Water
- 1.5 Cups All-Purpose Flour (gluten-free flour works too)
- 1/2 Cup Solid Plant-Based Butter
- 1 Tbsp Water
- 1/2 Tsp Salt
- 1 Tsp Baking Powder
- 1 Tsp Fresh Rosemary, minced
- 1/2 Cup Vegan Parmesan Cheese

DIRECTIONS

1. Line a rimmed baking sheet with Seed & Sprout Un-Baking Paper and preheat the oven to 175°C.

2. In a small bowl, mix the flax meal and water to make a flax "egg". Set aside for a few minutes to allow it to bind together.

3. Place the flour, salt, baking powder, and herbs in the bowl of a food process and mix well (you can also mix by hand).

4. Add the butter, flax egg, vegan parmesan cheese, and water to the food processor and mix until a dough forms.

5. Using a round cookie cutter, or the mouth of a jar, cut out round shaped biscuits. Once cut, use a spatula to carefully transfer the biscuits to the Un-Baking Paper.

6. If you want to garnish the cookies with fresh herbs, lay them out onto the top of each biscuit, place a piece of Un-Baking Paper over the top, and gently roll the rolling pin over the top to press the herbs into the dough. Or, just sprinkle herbs on top.

7. Bake for 10-12 minutes, or until the cookies turn slightly golden on the bottom. Watch them closely as they brown quickly!





POTATO + ROASTED BEAN SALAD W / LEMON TAHINI DRESSING

with Hayley Nedland

I created this recipe to inspire the use of leftovers and to minimise food waste during the holidays. It's incredibly quick and easy, making it a great day-after holiday meal. It's enjoyed best outdoors with family and friends!

INGREDIENTS

Salad:

- 5-6 Medium Potatoes
- 500g Green Beans (or other vegetables of choice)
- 1 Bunch Fresh Dill
- 3-4 Sprigs Spring Onion
- 4 Tbsp Olive Oil
- Salt & Pepper

Dressing:

- 1/4 Cup of Olive Oil
- 1/2 Lemon - juiced
- 2 Tbsp Dijon Mustard
- 2 Tbsp Honey or Maple Syrup
- 3 Tbsp Unhulled Tahini
- 2 Tbsp Apple Cider Vinegar
- 1/2 Tsp Salt
- Fresh Cracked Pepper

METHOD

1. Preheat oven to 200°C.
2. Prepare three baking trays with Seed & Sprout Un-Baking Paper.
3. Wash and cut potatoes into cubs, leaving the skins on.
4. Spread out the potatoes onto two baking trays and drizzle with olive oil, top with salt and pepper.
6. Roast potatoes for 40 minutes or until crispy.
7. While potatoes are cooking, wash and trim your green beans (or vegetables of choice).
8. On the third baking tray, spread out the beans and drizzle with olive oil. Top with salt and pepper and bake for 20-30 minutes.



9. In a medium bowl, combine dressing ingredients and whisk together until it's a thick and creamy consistency. Add salt and pepper to taste.

10. Slice green onion into thin rounds and set aside.

11. Chop the head of the bunch of dill into fine slices and set aside.

12. In a large bowl, combine cooled potatoes, beans, 3/4 of the dill, 1/2 of the sliced green onions and dressing. Mix until dressing has coated all potatoes and add salt and pepper.

13. Use remaining dill to top plates.

14. Serve in a the glass base of a Round Eco Stow Set and enjoy!

Hayley is our resident photographer and lucky for us, she is also a Holistic Nutritionist with so many delicious recipes that we often enjoy on set! You can follow Hayley on Instagram @hayledland





Mac Colada

with Brookie's Gin

INGREDIENTS

- 30ml Mac
- 20ml White Rum
- 75ml Papaya Juice
- 30ml Coconut Cream
- 15ml Lime Juice
- 2x Dashes Chocolate Bitters

DIRECTIONS

1. Place all ingredients into a cocktail shaker with ice and shake.
2. Double strain into ice filled glasses.
3. Garnish with dried papaya and a lime twist.



Pecan Berry Tart

with Vagabond Byron Bay

This tart is a healthy whole food healthy option this Christmas, including a sweet gooey filling made from maple syrup, rice malt syrup and the creaminess of tahini, and a delicious crispy base of crunchy pecans. It's the perfect dessert to fill your home with amazing aromas to get everyone in the Christmas spirit!

INGREDIENTS:

Crust

- 1/2 Cup Rolled Oats
- 1/4 Cup Coconut Oil
- 1/4 Cup Pure Maple Syrup
- 1/4 Tsp of Fine Salt
- 1/2 Tsp Freshly Grated Nutmeg

Filling

- 1/2 Cup Rice Malt Syrup
- 1/4 Pure Maple Syrup
- 2 Tbsp of Tahini
- 1 x Tsp of Vanilla Bean Extract
- 1 x Tsp of Ground Cinnamon
- 1 x Tbsp of Arrowroot Powder
- 1 1/2 Cups of Pecans
- 1 1/2 Cup of Fresh Raspberries (or frozen)

METHOD:

1. Pre heat oven to 180°C
2. To make the crust: place the oats in a food processor and blend on the highest speed to create a rough flour.
3. Add the coconut oil, maple syrup, salt, and nutmeg and blend to combine.
4. When the dough comes together, remove it from the processor, gather it into a ball, and put it in the center of a 23 cm pie tin. Using wet hands, press the dough out to the edges and up the sides, prick holes with a fork. Bake the crust for 10 mins, until golden. Remove the crust from the oven and let it cool. Leave the oven on.
5. To make the filling: put the rice malt syrup, maple syrup, tahini, vanilla extract, cinnamon and arrow root flour in the food processor and blend until smooth. Add 1 x cup of the nuts and pulse(do not fully blend them, as you want a chunky filling) fold in the raspberries.
6. Pour the filling into the cooled crust. Decorate with the remaining 1/2 cup of pecans and bake until bubbling and evenly browned, 20 to 30 minutes.
7. Let the pie cool completely and serve As is or with freshly whipped coconut cream.





Spicy Rooibos Chai Blend

with Julia @simply.living.well

INGREDIENTS

- 1 1/2 Cups Rooibos
- 3 Cinnamon Sticks
- 4 Tsp Cardamom Pods
- 4-6 Cloves
- 2 Tbsp Black Peppercorns
- 2 Tbsp Ginger, dried
- 1 Tsp Nutmeg
- 1 Tbsp Shredded Coconut, unsweetened

Makes 3 cups worth of tea.

DIRECTIONS

- 1.** Using a mortar and pestle, crush cinnamon sticks and cardamom pods into small pieces.
- 2.** Place all ingredients in a medium-size bowl and mix well to combine.
- 3.** Divide ingredients among air tight glass jars (approx 1 cup in size).
- 4.** To prepare: Place 1 1/2 cups of milk in a saucepan. Add 3 tbsp of tea blend and cook on medium heat for 3-5 minutes.
- 5.** Remove from heat and allow to steep for 5-10 minutes. Strain, add honey to taste and enjoy. To enjoy cold, simply allow tea to cool completely and add ice!

DEHYDRATED ORANGE DECORATIONS

Seed & Sprout



Dehydrating oranges (and any other citrus) is super easy and a great way to use up fruit sitting in your fruit bowl so it doesn't go to waste! We've got some simple steps on how you can do this at home and some of our favourite ways to use them.

- 1.** Preheat your oven to 90°C.
- 2.** Slice your oranges into thin rounds (approx 1cm wide).
- 3.** Place the orange rounds onto a roasting tray lined with Un-Baking Paper.
- 4.** Pop into the oven and leave to dry for 2 1/2 - 3 hours.
- 5.** Once they've dehydrated store in a Seed & Sprout Eco Stow Set glass container or a silicone pouch, until your ready to use them!





1. Make a garland

All you need is some twine, and your dehydrated oranges and you've got yourself a garland! Simply thread the twine through the centre of your oranges - adding as many as you want depending on the length you'd like your garland to be. You can hang your garland above the table, string across a window, or even use it as a gift topper.

2. Decorate your table

Dehydrated oranges add a festive touch to any Christmas celebration. You can include your garland as part of your table styling, or you can use the single dehydrated orange rounds as place settings or scattered down the centre of the table. The options are endless!



3. Enjoy them!

These beauties aren't only good for decorating - they are also deliciously edible. We add them to drinks for a subtle flavour (they're a great addition to a G&T or soda water!). You can also dip half into chocolate, and pop into the fridge to cool to enjoy as a dessert or fun addition to your platters.

Round Eco Stow Set

Taking You From
Prep To Table
This Christmas



SEED & SPROUT



SYNTHETIC FRAGRANCES

Laura Perry, Head of Product

Here at Seed & Sprout we really love natural scents and have made a **conscious choice to avoid including synthetic fragrance** in the products that we produce.

We always aim to create quality products which have **positive outcomes for people and the planet**. When people are healthy and well, they are better able to look after themselves, the environment and each other. Synthetic fragrances are usually petroleum based, 95% of the chemicals

in most commercial fragrances are synthetic compounds derived from petroleum and natural gas, known as petrochemicals.

From the outset **synthetic fragrances were never going to be included in our products**, instead we have opted to include essential oils.

There are so many great benefits to using essential oils instead of synthetic fragrance which **promote health and wellbeing**.

There are some limitations in the scents that we can offer, for example we can't do 'coconut' products because it's a synthetic fragrance and doesn't occur naturally. **For us though, the pros far outweigh the cons** associated with the synthetic versions.

How scent works:

More than all the other senses, the sense of smell is strongly associated with the areas in the brain where associative and emotion learning is processed and is a **super highway connected to your memory, mood, and behavior.**

Interestingly, **smell and emotion are stored as one memory** which is why something that you smell can bring you back strongly to a particular time or place in your life.

Our aim with our range of personal care products is to **tread as lightly as possible** and for our customers to have an exceptional experience and for the essential oils in our products to have positive impacts on them.

We aim to create aromatic anchors with our choice of scents, when we develop a scent blend **we look at the emotional outcome** we would like our customers to experience.

Do we want this product to be **calming, soothing or energetic and uplifting?** How does that pair with the ingredients we have chosen? What time of day are they likely to use it? For example citrus scents

are uplifting and energizing, florals are calming and soothing.

Our favourite shampoo bar is made using Rose Geranium Essential Oil has a soothing emotional effect that **promotes feelings of relaxation, emotional stability, and optimism.**

It may seem cliché but to quote Mahatma Gandhi;

"WHAT WE ARE DOING TO THE FORESTS OF THE WORLD IS BUT A MIRROR REFLECTION OF WHAT WE ARE DOING TO OURSELVES AND TO ONE ANOTHER."

We couldn't agree more.

Keen to learn more about synthetic fragrance? Check out the documentary "Stink" on Netflix.



STAFF PICKS

A snapshot of some of the things the Seed & Sprout team will be gifting, reading and doing over Christmas.



1. Bed Threads **100% Flax Linen Bedding Set**
2. Dancing our way through **Groove Therapy classes**
3. The Seed & Sprout **Face Glow Gift Set**
4. Listening to **The Beatles Christmas Album**

5. The Seed & Sprout **Body Bar - Cinnamon Clove**
6. Enjoying a picnic at **Hastings Headland**
7. Sipping on a **Brookie's G&T**
8. Reading Marlee Silva's new book **My Tidda, My Sister**



With love from Byron Bay xx