

SEED & SPROUT

ISSUE 3 APRIL 2021

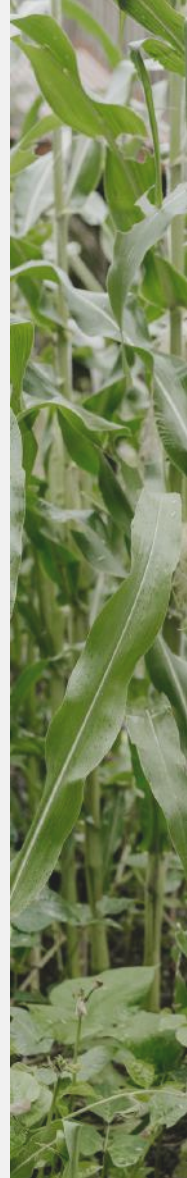
THE SLOW DOWN



THE SLOW DOWN

CONTENTS

- 03** Welcome to The Slow Down
Seed & Sprout Founder, Sophie Kovic
- 04** Autumn Cooking with
Cass McCarthy
Julia, Simply Living Well
Harriet Birrell
- 13** Sustainable Living
with Harriet Birrell
- 17** 4 Simple Steps to Make Your Home
Decor More Sustainable
with Bed Threads
- 20** What Conscious Living Means to Me
Seed & Sprout Head of Marketing,
Audrey Gater



- 23** A Zero Waste Life
with Anita Vandyke
- 25** The Bee-autiful World of Beekeeping
with Cedar Anderson, Founder of Flow
Hive
- 28** Creating a Conscious Work Space
with Blanc Space
- 32** Four Ways to Practice Self Love
with Jordanna Levin
- 33** Get the tour of Bessie
Inside Bernie's Tiny Home



WELCOME

Sophie Kovic, Seed & Sprout Founder

Welcome everyone to issue 3. As the season turns we wanted to focus this issue on **Conscious Living**; how the events of the past year have driven us to become more **conscious about our lives, our homes, our work, relationships, our inner and outer health.**

Lately, we've spent more time in our own little nests and **our worlds are colliding.** I don't know about you but I'm yearning to create a healthy and balanced home environment.

There is so much stimulation coming at us each moment through these miraculous little screens, however, **I'm finding my solace in the offline.** Hands in the dirt, feet firmly on the ground, sharing simple moments of **connection with the natural environment.**

Many of us have had to let go of expectation and this has left a hole - it's this void, this empty space that we have the great privilege to choose how we fill.

For me, that meant my big plans of weddings, an intrepid honeymoon to the

far regions of the globe, and finding our dream home - all canceled. And thank goodness! **I am so grateful to have found perspective.**

Instead, I simplified. I looked at what I really wanted from my life - community, and **connection to people and the planet.**

In December we put down a deposit on a modest 2-acre community block in the hills, part of a larger 66-acre working permaculture farm and education centre. **We will be building an off-grid tiny home** there, learning about permaculture (the development of agricultural ecosystems intended to be sustainable and self-sufficient) and **forming a like-minded community** that share resources and supports one another.

It's a **simple and achievable dream** and I couldn't be happier!

So this issue I welcome you to explore your own definition; **what does Conscious Living mean to you?**



AUTUMN RECIPES

With Cass McCarthy @cass_amundsen
Julia Watkins @simply.living.well
Harriet Birrell @natural_harry



PRESERVING CHERRY TOMATOES

WITH @CASS_AMUNDSEN

Autumn in the subtropics not only brings a sigh of relief that the hot and humid days of summer are over but a **renewed sense of enthusiasm** for rolling up the sleeves and getting **stuck into the garden**. Cooler mornings signify that it's time to prepare garden beds for the upcoming growing season, beds that are almost inevitably overgrown with weeds, and in my garden, **a whole lot of cherry tomatoes**.

The thought of removing plants that are still fruiting may be difficult for some, however, I'd much **prefer to have an abundance of Autumn and Winter seedlings** in the ground instead of a few additional tomatoes. Unless garden space is not an issue, in which case you can leave your tomatoes in until they finish fruiting.

My advice? **If you find yourself in a pickle, simply pickle!** That way you're getting the most out of an end-of-season crop, as well as getting a head start in the garden. On the next page is a simple **method for preserving your final harvest of cherry tomatoes**. Not only will your future self be thankful when you open a jar of sweet homegrown tomatoes in the middle of winter, but also when you are **harvesting your first creamy cauliflower well before your fellow gardening friends**.

BOTTLED WHOLE CHERRY TOMATOES

This is by far the easiest way to preserve ripe cherry tomatoes. To safely can tomatoes, ensure you select disease-free and firm tomatoes and follow the instructions for acidification below:

Add 2 tablespoons of lemon juice per 1 litre of water. This will ensure that the tomatoes won't spoil and will remain shelf-stable for at least one year.

DIRECTIONS

1. Sterilise glass jars and lids that are suitable for canning.
2. Wash your tomatoes.
3. Add lemon juice to each jar (2 tbsp per litre - adjust ratio according to the capacity of your jar).



4. Add the tomatoes and cover with boiling water, leaving approximately 1.5cm of headspace.

5. Use a clean cloth to wipe the mouth of the jar and secure the lids tightly. Place a tea towel in the bottom of a large saucepan (one that is deep enough to fully cover the jars) and position the jars on top.

6. Cover with enough cold water to fully submerged them and bring to the boil.

7. Boil for 45 minutes then allow the jars to cool completely in the water bath.

8. You will know if they have sealed properly if the lid does not spring up when you press down in the center. The jars can now be safely stored in your pantry.



The Square Eco Stow Set

The beautiful and
plastic-free way to
store your fresh produce.



SEED & SPROUT

TRIED AND TRUE APPLE CRISP

with @simply.living.well



This is one of those **recipes I practically know by heart**. Every Autumn, we pull out our wool sweaters, stock up on tapered candles, plan for pots and pots of soup, and **make a gazillion apple crisps**. What I love most about a crisp is that **it rivals apple pie in taste**, but involves **so much less work** – there’s no prepping of ingredients, no rolling out of dough, no latticework required.

Whereas an apple pie can take hours to make (and foresight because of the prep work), **a crisp can be made on a dime**. There’s also the fact that it’s arguably one of the **most versatile dishes to make**. I often serve it for dessert with supper and then again for breakfast the next morning. If you’re serving it for dessert, **it goes well with a scoop of coconut ice cream on top!**



INGREDIENTS

FILLING

- 3 Granny Smith apples, cored and chopped
- 3 Pink Lady apples, cored and chopped
- 2 tbsp fresh lemon juice
- 1/3 cup maple syrup
- 3 tbsp arrowroot starch
- 1 tsp ground cinnamon
- 1/4 cup water
- 1/4 tsp nutmeg

TOPPING

- 1 cup rolled oats (gluten-free, if needed)
- 1/2 cup unbleached all-purpose flour or a gluten-free flour alternative
- 1/2 cup almond flour
- 1 cup maple syrup
- 1/2 cup pecans, chopped
- 1 tsp ground cinnamon
- 1/4 tsp sea salt
- 1/2 cup coconut oil, melted

DIRECTIONS

1. Preheat oven to 175 degrees celsius.

2. Place the apples in a large mixing bowl. Add the filling ingredients and toss to combine. Transfer the ingredients to a baking dish.

3. Combine the topping ingredients in a clean mixing bowl and stir them to combine. Spoon the topping over the apples to create an even layer.

4. Bake for 55 minutes to 1 hour or until the apples are tender and the topping is golden brown.

5. Remove the dish from the oven and allow it to cool for 15-30 minutes.





ZINGY KALE & QUINOA SALAD

with Harriet Birrell

As you probably already know, kale is an absolute powerhouse of nutrients, including iron and calcium. It also grows like crazy and a few plants will give you an abundance of the crisp, edible leaves. Any variety works well in this salad. The finer you shred the kale the better. With spicy, salty and sweet candied walnuts, quinoa and creamy white bean pesto it makes the perfect hearty salad.

INGREDIENTS

SALAD

- 200 g (7 oz/1 cup) quinoa, washed
- 500 ml (17 fl oz/2 cups) vegetable stock
- 4 tbsps coconut aminos*
- 75 g (2¾ oz/¾ cup) walnuts, halved
- 90 g (3 oz/2 cups) kale, stalks removed
- 125 g (4½ oz/1 cup) olives, pitted and halved
- Juice of 1 lemon

WHITE BEAN PESTO

- 500 g (1 lb 2 oz) canned cannellini (lima) beans, drained and rinsed
- Juice of 1 lemon
- 120 g (4 oz/2 cups) Parsley, chopped
- 20 g (¾ oz/⅓ cup) nutritional yeast
- 2 tsp garlic powder
- 2 tbsp coconut aminos
- ½ tsp salt

DIRECTIONS

SALAD

1. Combine the quinoa and vegetable stock in a saucepan and bring to the boil. Reduce to simmer until all the liquid is absorbed. Set aside to cool.
2. Heat a non-stick frying pan on low, add 2 tablespoons of the coconut aminos and the walnuts. Lightly toast until all the liquid is absorbed. Set aside to cool.
3. Finely shred the kale. Combine all the salad ingredients in a bowl and coat with the lemon juice and the remainder of the coconut aminos. Serve with the white bean pesto and lemon halves, if desired.

WHITE BEAN PESTO

1. Add all the pesto ingredients to a blender. Pulse to combine and blend until smooth.



This is an edited extract from Whole by Harriet Birrell published by Hardie Grant Books \$50.00 and is available where all good books are sold.

Photographer: © Nikole Ramsay

Mini Farmers Market Set

The only set of grocery
bags you'll ever need.



SEED & SPROUT



SUSTAINABLE LIVING

with Harriet Birrell

@nikoleramsay

Harriet, what lessons did 2020 teach you that you have taken into this year with you?

2020 reminded me how lucky we are to have a small amount of space around us, fresh food available, running water and a love for what I do each day. We have spent years setting ourselves up to live a little more self-sufficiently and economically and 2020 highlighted some of those benefits for me. It taught me to re-appreciate the little things in life. Especially family and friends and connections. Being in Victoria especially and in harsher lockdowns than some other parts of the country and feeling a bit isolated it reminded me how precious human connection and our communities are. Especially for our mental wellbeing's.

You and your husband, Fraser, built your sustainable home from scratch. What was the inspiration behind this?

Mainly being in a pinch, leaving a rental and wanting to pursue our passions and channel our energy and resources into that instead of rent. Fraser is a carpenter and building designer, and a clever one at that so he was able to 'birthday up' as he would call it the existing small house with very little and mostly recycled.

Your home is multifunctional at it's finest! Do you think that's becoming more important for people as they spend more time at home?

Definitely. It is a challenge to make a very small space multifunctional but also a necessity with lack of footprint. I do think that a multifunctional house is becoming WAY more important as people spend more time at home. These days a home often needs to be more than a place to eat and sleep. With so many people working from home now the space often needs to also accommodate a workspace. For me, being a creative person, one of the top priorities is for our home to feel light and inspiring. No mean feat in a very small house!

Veggie gardens are really having their moment. What do you love most about gardening and growing your own produce?

I love so much about gardening and growing some of our own produce. In the early days I got carried away trying to grow all the veggies we ate.

I let perfecting get in the way of progress and it put me off for a season at least. I now enjoy growing a little to supplement what we purchase locally to support local farmers and get the best produce. Being in very seasonal Victoria that means loads of tommies, eggplant, capsicum and greens in summer and loads of greens in winter with some herbs all year round.

I find the benefits of growing some of your own produce far surpass the obvious cost saving, nutrient dense benefits. Being out in the garden for just a few minutes a day has been one of the best things I have ever done for my mental health. We have a very small plot for the veggies as the area they best grow around our house is small. But it is proof you can produce a fair bit in a very small space!

You've released three books that are full of inspiring recipes and DIY home tips. Can you tell us how your most recent book 'Home' came about?

After years living and working in the hustle and bustle of the city I had neglected my health and well and truly detached myself from my roots. Living on convenience food, mostly from a packet I began to feel a disparity between how I had felt and how I was feeling. A lack of vibrant, fresh, quality food, free from chemicals and preservatives and the connection to how it was grown. I had always had a keen interest in health but the penny had not yet dropped on the connection between whole, nourishing, quality and natural food and general wellness. Eventually though, it did. That threw me headfirst into teaching myself to



prepare food, grow food and look after myself and others around me. I was so caught up in my new found passion, my now husband and I built a wooden caravan from scratch and fitted it out to become an Organic smoothie and raw dessert vendor. The food was so popular I was encouraged to write a recipe book, the first of 3!

Knowing exactly what was going into the smoothies we sold was of the highest quality, nourishing and whole drove me to begin to grow some of our produce ourselves and to question what was in the other products I, and others were using day-to-day. Things such as dish liquid, surface cleaners, moisturisers, shampoos and the list goes on.

I was shocked and horrified to discover that much of what I was using was quite toxic and most definitely divorced from anything natural. So, I began to research and experiment.

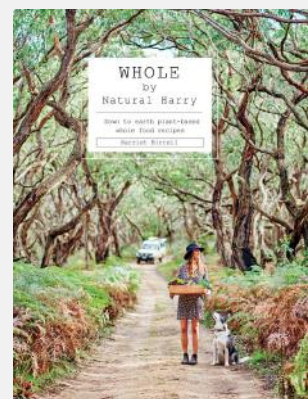
Making my own home cleaning and body recipes followed. Over years of trial and error I developed recipes to replace as much as I could using only natural

ingredients that would be non-toxic in our home environment but effective too. That has been a journey in itself and what led me to gather my recipes into a 3rd book, Home by Natural Harry.

Lastly, congratulations on your pregnancy! What an exciting time. How do you think having a child will influence the way you live at home?

Thank you! Very exciting and life changing. Feels like we are about to step into the unknown at the moment! I think having a child is going to hugely influence the way we live at home. Especially being in such a small space. I think we are going to have to be clever. Luckily from years living in a small space we have had to learn to stay pretty tidy so we don't constantly run into things. That will probably be more of a challenge with a crawling bub and a toddler but a challenge we are up for.

It is hard to say right now as it is just 'predictions' at this point but I am assuming much will stay the same and much will change!



HOME and WHOLE by Harriet Birrell are published by Hardie Grant Books and are available where all good books are sold. You can follow Harriet on Instagram @natural_harry

Insulated Water Bottle

Your plastic-free answer to staying hydrated.



SEED & SPROUT



4 Simple Steps to Make Your Home Decor More Sustainable

with Juna Xu, Bed Threads

2020 may have been a year to remember for all the wrong reasons, but it did help us appreciate the **value of our homes**. Since we're spending **more time indoors**, we've become more **conscious of our surroundings** and feel a greater need to create a **de-cluttered living space that evokes calm and tranquility**.

To achieve this, more people are **turning to sustainable home decor** by **consciously considering how they use their space** and what they want from it. The key is to be mindful and take an **unhurried decorating approach**, so you can make the **best choices for you, your home and the planet**. Here are four simple ways to help you get started.



1. Source natural fabrics and materials

Fill your home with natural materials instead of synthetic ones, as these will break down, often are recyclable, and are overall less taxing on the environment.

For furniture, choose items created from timber, stone, reclaimed wood or even cork. In the bedroom, go for 100% flax linen bedding, which is a natural fibre derived from the versatile flax plant. These choices will make your home more environmentally friendly - and they look great, too.

2. Shop decor mindfully

Research local brands that are sustainable in both their products and operation before adding to cart.

For example, not only do all Bed Threads products require less water and fewer pesticides to cultivate than traditional bedding and have [OEKO-TEX 100 Certification](#) (meaning there are no nasty chemicals), we also operate as a fully carbon-neutral business that uses plastic-free packaging.





3. Embrace greenery

Plants are an inexpensive decor item that bring the freshness of the outdoors in.

Some plants such as the Snake Plant and Peach Lily even act as natural air purifiers, which are particularly perfect for the bedroom if you want to achieve restful sleep, night after night.

4. Choose quality over quantity

Instead of buying into the latest, sparkly new trends when it comes to interiors, invest in quality goods that will last you years to come.

Opt for sturdy, secondhand furniture and splurge on well-made bedding and towels.

Not only will these beautiful items make your home a pleasure to live in, but they will cut down on waste and most likely save you money in the long run.





WHAT CONSCIOUS LIVING MEANS TO ME

Audrey Gater, Head of Marketing

Usually the reply whenever I tell people I've just moved here from New York City, is **“why would you ever leave there?”** It's an honest reaction, and I would be remiss to say I don't sometimes think it myself (especially when restaurants close at the time I used to eat dinner). But then **I remember why we left, and why leaving made me appreciate where I came from** so much more, and how coming from there **led me to love here.**

I had moved to NYC planning to stay 1 year, make connections and move on. I met a boy, fell in love, and all of a sudden it was 11 years later - flying by in a blur. We packed up our stuff, jumped on a flight and landed in a sleepy seaside town in Northern NSW. By design, **we flipped life as we knew it on it's head** - we made the **conscious decision to start over.**

When I think about my years in NYC, **conscious living meant something entirely different** to what it means to me now.



Back then it was being 100% in control of my career, with each decision I made propelling me further up the corporate ladder.

I was successful, living the life I always wanted - but as that happened and as I grew older, other things that we're being pushed aside became increasingly in more focus - mental and physical health, quality of life, **and the ability to make the decisions I wanted to lead a happy and fulfilling life.**

Fast forward to the present day, **I try everyday to be conscious with how I live my life.** Living two blocks from the ocean, I am able to go for a swim whenever I choose, and to **ground myself in the sand and salt water, and to just be.** It's something I try to do as often as possible, as I find it allows me to be conscious of the present and shed all of that New York anxiety.

I have found that something as simple as **being present in nature** is so motivating for a more **conscious awareness and appreciation of life.**

My sustainability journey (full honestly) started when I started working at Seed & Sprout. In New York it was always **convenience over anything** - so the simple act of bringing my own Farmers Market Set to the shops was revolutionary to me.

It was my first step in **being conscious in how/what I consume.** I'm definitely still learning, and having the awareness of my impact keeps me moving in the right direction. A few other practices **I have started to be more mindful** and aware include:

- Journaling every day in my Magic of I journal
- Acupuncture appointments for my mental and physical health
- Mediating when I wake up to start the day fully present
- Drinking herbal tea and minding my caffeine intake
- Eating local and organic whenever possible
- Crystals + manifestation

I make the joke these days that New York Audrey would have laughed if she knew how woo woo I have become - particularly with my new found hobby of learning about crystals. But that's the funny thing about life, **we're always evolving and adding layers to who we are.**

While all of our details may vary, it's all about making **conscious decisions** each and every day towards making the life you want be the life you have.

I am far from having this all figured out, but **I'm enjoying my little journey into living with more purpose.**

Round Eco Stow Set

Taking you from prep
to table seamlessly.



SEED & SPROUT



Joi Ong Photography

A ZERO WASTE LIFE

WITH ANITA VANDYKE

Anita, its been a year since COVID-19 turned our lives upside down. What's the biggest lesson you've learned over the past year?

Before COVID I had a strong sense of guilt that what I was doing was not enough. As I write this now, my hair is unwashed, the dinner isn't ready, the baby is crying and I haven't done the prep work for my job as Doctor. I am tired. This tiredness is more than just a general sense of fatigue, it is a bone tiredness that comes with sleepless nights, and the guilt of not doing enough. Not enough for your child, not enough at work, not enough for the environment. Enough. Enough of that, during COVID I learned to not add to the guilt that we already feel as parents, it is about everything that you do is enough.

What rituals and routines do you have in place that help you slow down?

I have a morning routine that consists of the 3 S's:

Stretch: hop straight out of bed, pyjamas and all and stretch for 5-10 minutes. Do some simple sun salutations, some light movement or gentle yoga. Whatever gets you out of bed and moving in a gentle way.

Stillness: meditate or sit in stillness or sit quietly in your bed, whatever you decide, this is a time for quiet reflection. Whatever type of meditation you want to practice, just do it for 5-15 minutes a day.

Self-nourishment: this means reading an uplifting or empowering book for 5-10 minutes. This small nugget of time is a precious reminder that you are never too young to learn and be inspired.



Your latest book 'A Zero Waste Family In Thirty Days' helps people reduce their waste without losing their lifestyle – can you tell us how the idea for the book came about?

This is a book on how I learned to be a truly zero waste parent, it is a thirty-day guide highlighting lessons I've learned during my first year navigating motherhood, studying medicine, whilst still trying to reduce my waste. It is a thirty-day guide on how we can reduce waste as a family, and also not waste our lives worrying about things that don't matter. By applying zero waste and minimalist principles, I want to show you that being an eco-parent doesn't have to be difficult, in fact, it can be easy!

What do you think are the main barriers stopping people from reducing waste in their lives?

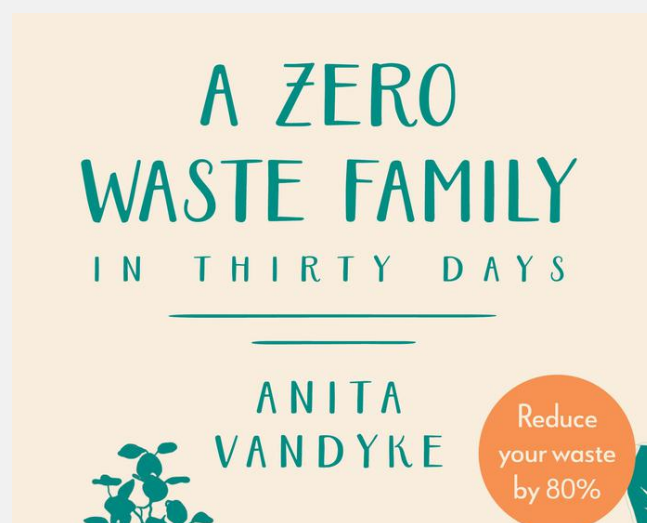
Reducing plastic pollution and lowering our waste can seem like we are not making a huge difference, but to make consistent change, we must form new habits in our everyday lives. These everyday actions empower us to tackle the 'low hanging fruit' and opens the door to tackling the

bigger issues such as climate change activism and political campaigning. These are the bigger issues which are form the trunk of the policy-driven tree. We are leading by example and showing that every person, no matter how small, can make a big impact on the world around them.

You encourage readers of your book to write down why they are starting their zero waste journey, which is a great idea! What was your 'why' when you started?

My zero waste lifestyle started when I was 26 years old and was going through a 'quarter-life' crisis, I had climbed up the corporate ladder and was a successful Engineering Manager, however despite the monetary success I was not truly happy.

I was stagnating in my personal growth and I realised I needed to align to my core values. I turned towards minimalism and zero waste living from people such as The Minimalists and Bea Johnson from Zero Waste Home.



Dr Anita Vandyke is a qualified rocket scientist, medical doctor, mother and author. 'A Zero Waste Family: In thirty days' is available now in all good bookstores. You can follow Anita on Instagram at @rocket_science.



THE BEE-AUTIFUL WORLD OF BEEKEEPING

with Cedar Anderson, founder of Flow Hive

During lockdown last year our **Head of Product, Laura Perry**, decided it was time to take up beekeeping. She took the plunge, **purchased her own Flow Hive** - and the rest was history!

Not only does beekeeping give you **incredibly delicious honey**, it's rewarding in so many other ways and an **important way to keep bee populations thriving**. Bees are an integral part of nature and the benefits they provide stretch much further than honey.

Laura recently sat down with **Cedar, one of the founders of Flow Hive**, to chat all things beekeeping and how the incredible Flow Hive was invented.

I'm a huge fan of Flow Hive and have had my own for over a year now. Can you tell us how your idea for Flow Hive came about?

My grandfather was a beekeeper and my father, Stuart, and then uncles and cousins, brothers and sisters. I was the first one in my family to actually keep bees to the point of making an income off selling the honey.

I was managing a small boutique commercial apiary and selling honey to the local shop by the bucketful. It was an extremely long process of pulling all the hives apart and getting out those frames and going through the conventional processing in order to get your honey. The bees didn't like it and I found it quite tiresome. So that's where the idea came from. I thought there has to be a better way, a way where we can simply tap the honey out of the hive while the bees are undisturbed too. So we got to work on developing a revolutionary way to do this, and years later the Flow Hive was developed.

How did you know you'd landed on a final prototype before launching your crowdfunding campaign?

It was a 10 year process of trying and failing. It took extreme amounts of perseverance and optimism to carry through from an idea into a disruptive technology that changes the world. When the first jar of honey came out of a beehive and into the jar it worked perfectly.

At this point, I was living in a shed with a baby on the way. I'd given up every other form of income and was completely relying on this invention to be successful. My father didn't have any money either, so we borrowed money from family members to build the first pre-production models, which needed \$20,000 for injection mouldings.

From here, we explored various paths to market and that's when we landed on crowdfunding. We didn't have the funds and didn't want to go down the venture capital path. People have often asked, "Did you ever think of giving up?" The answer is no. I always thought I'd be able to find a way to achieve what we set out to do.

What is your favourite part about beekeeping?

The world of bees is so intricate and so interesting and constantly surprising, and of course I love the honey. All the flavours from miles around coming into your hive, representing the flowers as they bloom. I often get asked what's my favourite honey? My favourite thing is actually to have a whole range of flavours and sharing them with people when they come to visit. So honey is definitely one of my favourite things about bee keeping.

A surprising thing about the Flow Hive invention that we didn't realise was going to happen when we invented it, was that you can isolate different flavours. So each frame has a separate tap if you like, and you get very different flavours frame by frame.

What's one piece of advice you have for people looking to invest in their own Flow Hive?

We are seeing an amazing amount of interest in our Flow Hives as people turn towards what's really important in life, being out in the garden, producing local food and reconnecting to our natural world. The incredible rise in interest is also coming out of the realisation that without bees, food production is enormously difficult - we need bees.

We strongly encourage all new beekeepers to learn as much as they can. I encourage people to watch my weekly Facebook live where I demonstrate beekeeping practices. I also strongly encourage local knowledge from either a beekeeping mentor or bee club (or both) and to join our online learning portal www.thebeekeeper.org. This has lots of video content from bee experts and scientists from around the world and we donate 50% of profits to pollination projects.

We've heard that your car is run on fish and chip oil - which is mind blowing! Can you tell us more about this?

In the past I used to literally live on the smell of an oily rag - and this included running my old ute, that I've run on discarded fish and chip oil that I got for free for the past 20 years.

Old diesel vehicles were designed so they could be run on peanut oil. These days I can obviously afford fuel, but I still like to live my life and make choices to live a truly



sustainable existence on this planet. This includes avoiding supporting the fossil fuel industry and my want for recycling as much as I can.

As a business owner and family man how do you find time to slow down and balance the juggle (if at all)?

These days I'm lucky that all those hard tasks that were time-consuming are now managed by a great team of family and friends. This ensures I have enough time to get back into the shed and start inventing again. I find my biggest stressors are the human factor. If one of the team are dealing with an issues in their own lives - that's the most stressful part. Overall I don't feel stressed. I'm lucky to have such a dedicated group of people. To unwind I get into the shed and tinker.

Also when I have the time I take to the skies in my homemade flying machine. I try to integrate fun into work as much as possible - like flying to work in my flying machine.

Looking to start your own beekeeping journey? Visit www.honeyflow.com.au or follow Flow Hive on Instagram @flowhive



CREATING A CONSCIOUS WORKSPACE

with BLANC SPACE Agency

Can you tell us how the idea for BLANC SPACE came about?

Mick and I created BLANC SPACE because we needed it. We were trying to work from home with small children and we were dreaming of a space we could be just as excited to walk in to at the beginning of the day as we were to come home at the end of the day.

We asked the question *“Who could you be if you had nothing standing in your way?”* and fell in love with the possibility. Our compass word when conceptualising the space was “VASTNESS” and it remains our goal, to imbue everything we create, offer and collaborate on, with that sense of purposeful broadness and limitlessness.

As well as offering working spaces, you also provide community events such as yoga in your space. Do you think yoga plays a role in working more consciously?

Absolutely. We've done corporate in the old school way, which is the opposite of working consciously, and we've experienced firsthand that when we're feeling wholly optimised, valued and cared for, creating, offering and being our best is an unforced by-product.

BLANC SPACE STUDIO emerged at a time when we were all craving proximity and calibration. We have three beautiful teachers, helmed by the world renowned Tashi Dawa and each of our teachers offers a unique take on the universal themes of Yoga.

Your space offers private rooms but you're big advocates for making human connections in your environment! Why do you think collaboration is so important?

The majority of people who walk through our doors to work are business owners and entrepreneurs or autonomous employees, creatives, freelancers, contractors, partners and executives. High level, broad energies that we love talking to, learning from, and connecting with our community. We are a deep work oasis facilitating a conduit of skills, talents and resources and are proud to have synapsed some great projects, hatched within our walls.

Collaboration feels like a returning. We are so much broader and more beautiful when we remember that we all came from the same place, and are all on a journey of returning to it.

Hayley, why is it so important for you to be out in nature?

Wild nature is the most direct portal to source energy I have personally discovered. To that place that reminds us that we are all connected and that no one action or ripple is created in isolation from another. Everything I need to function, cope and connect with humans is recharged for me in nature. It is as vital for me (and I would suggest anyone) as sleep. It takes the human ego by the hand and lowers it down from the top of the ego pyramid, and back into the eco circle. We make better choices from this space.

Do you think connecting with nature and community is an important element to living more consciously?

Yes. For me it is nature connection first, then community. As humans we have the ability to affect and impact each other's energies, in any number of positive and negative ways, so it is therefore very important to pay attention to what and who we're paying attention to.

Connecting in nature, is a fluid practice of prayer and meditation. It grounds and centres so that we can step into community, family, work etc, with unencumbered truth.

We will of course be swayed and challenged by the world...that's why it's good to connect back in mindfully as an everyday practice. Truth is true wherever it is. Nature is one of the most beautiful and least complicated routes to our roots.

Ang, can you tell us a bit about your role at BLANC SPACE? What pushed you to make the change of commuting 2 hours everyday to Byron, to working locally in your community?

Do you have a Saturn Return at 39? Or is it just a flat out mid-life-crisis? I quit my dream job in May with minimal warning, zero safety net, no savings, no plan just a general "oh it's cool" vibe that I tend to throw around a LOT with zero scientific evidence to back me up. The lockdown of March 2020 taught me that I really had to embrace and appreciate letting go of the "must do", and the preconceived ideas of "working" - which as a leader, an Aries and a high performer was HARD! I sought out voices that are different to my own. I learnt that sometimes we can be wrong and be comfortable in the uncomfortable notion that you are still learning.

Lucky for me, my landing pad was a lush cushion here at BSA where I've accidentally-on-purpose created a whole new role and fancy title, made up from scratch by osmosis with Hayley - for all the things I "never had time for" before.

2020 was a MOOD. In the weirdest of years, in our little town, freelancers seemed to fall from the sky and into a safe space here at BSA ~ when you work alone, or you've been working remote in a new town in the middle of an 'unprecedented time' you don't get an office vibe or cross collaboration - but Hayley & Mick have created this + more in the past year especially. My role has evolved and ebbed and flowed here since September, however no matter what it looks like, I know I have a family here.

Note to self; you always have the time. You just have to clear the space.

Why do you think community and connection to our land is important for people to integrate into their work and daily life?

It's critical we keep a hold of who we are - of who we truly are, and where we have come from as a species - to make decisions that heal our world. The seventh generation principle of planning that many Native American cultures are guided by is essentially a custodianship system of conscious decision making designed to provide and nourish for future generations in a sustainable way. Our dominant culture doesn't do this, and it is evident and reflected in the health of our planet and in the health of our people.



Connecting with community and country, and entering our work and daily life from that space, and with that respect, vastly colours our thoughts and actions more consciously.

I wish our elected representatives, as people of massive consequence, would lead more from this space.

Can you tell us about your personal experience living and working on Yaegl country?

When you come to BLANC SPACE at Yamba, at the mouth of the mighty Clarence River, you are on Yaegl Country. The Clarence winds upriver through Bundjalung and North Gumbaynggirr Country. We have a local Indigenous leader, Uncle Ron Heron (who also happens to be Australia's first male

Archaeologist) who says "When you look after Country, Country will look after you."

If we hold that distilled wisdom, and meditate on its truth, something particularly connecting and belonging is activated in our cells. We "remember" dormant ways and modalities (that as our population increases and our impact on the world becomes heavier) we must realign with.

Together with several Traditional Custodians we have created an engaged group of locals in an ongoing Indigenous-lead think-tank called POWERFUL PAST, STRONG FUTURE. We hold events, screen important films, and have robust and difficult and courageous conversations. The 2021 Senior Australian of the Year, Aboriginal Elder from the Nauiyu Community in the NT, Dr Miriam-Rose Ungunmerr Baumann made the learning point poignantly when she said:

"All our lives we've been coming into the cities to learn about you. Now it's time you come out as visitors on country and learn about our culture."

We're never going to make it as a species if we ignore the wisdom teachings of the oldest living culture on the planet. Personally I've synthesised another of Dr Baumann's wisdoms that *"No one owns the land, we belong to it."*

That's how I feel here, living and working on Yaegl Country. It's more than home. We belong to it. That's the space we try to lead from at BLANC SPACE.

FOUR WAYS TO PRACTICE SELF LOVE

with Jordanna Levin @jordannalevin



@bayleighvedelago

Self love is a really simple emotion that we've over complicated. So ask yourself what are the **simple things I can do to feel the pure essence of love** and do more of those things.

Simply by **accepting and having an awareness** of your own sense of self **you're practising self love** but here are some things that I like to do to practice self love.

1. Rest

Proper rest. Not sitting and watching Netflix or reading a book.

Although they can be restful you're not resting your nervous system. Take the time to lay down on your bed or go out into nature and surrender to nothingness.

2. Love yourself despite...

Not having it all figured out or hitting that deadline. If you can love yourself in those moments that's when self-love truly counts.

3. Figure out what brings you joy

If you can find joy in the small things in life you can access it better in the bigger things in life and we find we start chasing joy.

4. Practices that work for you

If meditation and drinking green juices feel like a chore then you're not honouring yourself. Make sure you find the things that you can practice that make YOU feel loved up.

You can purchase Jordanna's latest book Higher Love from all good bookstores and online retailers.

Follow Jordanna on Instagram @jordannalevin



GET THE TOUR OF BESSIE

If you follow us on Instagram you may be familiar with the story of Bessie. This time last year Sophie surprised her mum, Bernie, with a Bedford Truck (aka. Bessie) that she found on Facebook Marketplace. This incredible truck was initially converted by the talented Strath Rabbidge who added features such as the unique tiles, steps, windows, and more.

A year later and Bernie has made this tiny home her own and it's time to give you the tour!





01

STAFF PICKS

A snapshot of some of the things we are loving in our homes.



03



05

1. The Seed & Sprout Mini Compost Bin
2. Making exfoliator with **coffee grounds**
3. Beekeeping with the incredible Flow Hive 2+
4. Brewing a beautiful cup of **Mayde Tea**

5. The Seed & Sprout **Produce Bags**
6. Getting our thoughts down in our **Magic of I Journal**
7. Indulging in **Loco Loves Chocolate**
8. Reading Ziggy Alberts Poetry Book **Brainwaves**



With love from Byron Bay xx