



Editor's letter

MUSHROOM forager Cameron Russell reckons it's been the best year in a decade for fungi fans. And if the weather gods are kind, he says, the season could run into July. When Jane Faulkner accompanied him on a tour, she was reminded of the earthy joys of indentifying — and eating — the good ones. Her story is on page 4. Elsewhere, on page 17, Justine Costigan tackles the divisive subject of porridge. Based on a quick office straw poll, I can say there are lovers and haters but few in between. Also see page 13 for a wrap of renowned US farmer Joel Salatin's



recent visit to Victoria. Salatin's best line from the day I was in the audience (and I think credit went to Michael Pollan): "The animals on my farm have a great life, just one bad day."

JANE WILLSON

COVER: Jill McIntyre and Cameron Russell. PICTURE: EDDIE JIM

BITES

By Gum, it's good

WHEN friends and former Marks & Spencer employees Ray Mak and David Stevens arrived in Australia from Britain to consult to one of Australia's supermarket giants, they couldn't have been less impressed with the line-up at most stores. "We were appalled," Mak recalls of the quality of fresh produce and meats sold. It was all the inspiration the pair needed to launch Middle Park's Gum Tree Good Food, "the mission" being to showcase the best of Melbourne's markets and farmers' markets in one store. Bringing together Peter G Bouchier meat and smallgoods, along with seasonal fruit and vegetables from Footscray Growers' Market, the real discoveries are in the local products sourced from the city and surrounds: Farmhouse Muesli from Daylesford; Healesville's rich and flavour-packed Jam Lady Jam; and Hawthorn's Il Migliore artisan biscuits. **SARINA LEWIS**
Gum Tree Good Food: 36 Armstrong Street, Middle Park. Open Mon-Fri, 8am-7pm; Sat-Sun, 8am-6pm. Phone 9682 4603.



Worth their salt



THINK of fancy preserved fish and it's quite likely the well-known — and expensive — Spanish Ortiz comes to mind. But there are other brands that (almost) stand up to the celebrated fish. Rizzoli anchovies, from Parma in Italy, have been hand-filleted and are packed in wooden barrels before being tinned. A deep rosy-brown colour, these long fillets work well atop grilled sourdough bread. Alternatively, Lolin anchovies, from Cantabria in Spain, have pink-blushed flesh and hold their own in flavour and texture. Lolin also do tuna with olive oil. Sold in glass jars, the long, sturdy chunks have a freshness you don't find in tinned tuna and a gentle, salty finish. Both the anchovy and tuna are delicious straight from their vessels. **HILARY McNEVIN**
Lolin Anchovies: 90g, \$24.95. Rizzoli Anchovies: 90g, \$10.95. Lolin tuna in olive oil: 240g, \$17.95. Stockists include: Claringbolds Seafoods, Prahran; Key Ingredients, Clifton Hill; Yering Station, Yarra Glen. For more stockists, phone 1300 305 129.

Cordial and on call

THERE'S nothing faux about this cordial. It is made from fresh limes without artificial colours, flavours or preservatives and there's a mobile number on the label to keep the maker accountable. Who do you call? Sarah Hart, a mother of two from East Kew who started her business, Hart and Soul, in 1994 selling traditional natural cordials and hand-painted gift cards at the St Andrews market. The range quickly grew and now includes dessert syrups, grained mustards and preserves fashioned to the company's motto: "Follow your bliss". Accordingly, the cordial concentrate dilutes one to 10 parts of water or soda and goes well with a touch of gin.

VERONICA RIDGE

Hart and Soul Cordial: 750ml, \$13. Stockists include: Leo's Fine Food & Wine, Kew and Heidelberg; Minimax, Camberwell; Toorak, Brighton; Gum Tree Good Food, Middle Park; or phone 0414 943 365.



DIARY

JUNE 10

Langham makes cents

THREE or more generations of family members are eligible for a 20¢ afternoon tea at The Langham. 3pm, Aria Bar & Lounge, 1 Southgate Avenue, Southbank. Book at ariabar.com.au at 7.05pm today.

JUNE 12-13

Wine unlimited

VINO, Pasta e Basta at Dal Zotto Wines includes live music, bocce, face painting and food. 11am-5pm, \$15 unlimited wine tastings. Main Road, Whitfield, King Valley. Phone 5729 8321.

JUNE 12-14

Oily goodness

SAMPLE oils, tapenades, wine and local produce at Kyneton Olive Oil's open weekend. 2090 Kyneton-Heathcote Road, Barfold. Phone 0419 191 192.

JUNE 19

Game for dinner?

THREE-course wine-matched gamey dinner. \$95, 7pm, Plunkett Fowles Cellar Door, Lambing Gully Road, Avenel. Phone 5796 2150.

ANNABEL ROSS

epicurediary@theage.com.au

Editor Veronica Ridge Deputy Editor Jane Willson Staff Writer Jane Holroyd Photographers Eddie Jim, Melanie Faith Dove, Gary Medicott, Marina Oliphant Fax 8667 3137 Post Epicure PO Box 257, Melbourne, Victoria 3001 Email epicure@theage.com.au Advertising Katrina McLeod 8667 1007

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