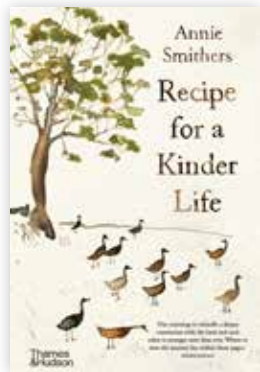


reviews

OUR PICK

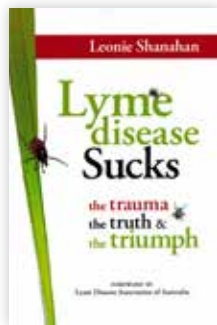


RECIPE FOR A KINDER LIFE

Annie Smithers
THAMES & HUDSON,
2021, \$32.99

Chef, writer and farmer Annie Smithers is the owner of du Fermier, an acclaimed restaurant in the country town of Trentham, Victoria, where seasonal dishes are served each weekend, based around the free-range and the ethical, and what's available in the garden or the pantry. Your waiter is likely to recommend a glass of wine from a bottle that's already been opened. "We waste virtually no food, people hours or wine," Smithers writes in this memoir, which wanders the winding road that took her to her current home. Reflections on her successes, failures and follies in the realms of productive gardening, animal husbandry, building and wellbeing are interspersed with recipes that range from quiche lorraine to quail with couscous and rose petals. The pace is leisurely, the conversation honest: a bit like taking a long stroll through the woods with an old friend.

Simon Webster

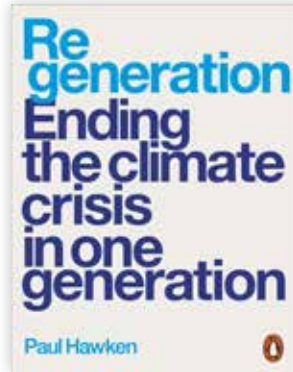


LYME DISEASE SUCKS

Leonie Shanahan
SELF-PUBLISHED, 2021, \$24.95

Given the health-dangers of ticks, bushwalkers and gardeners need to know how to deal with them, as well as the possible long-term effects of being bitten. OG's Leonie Shanahan tells us with searing honesty of her battle with Lyme [or Lyme-like] disease [which ticks can be a vector for]. How she went from being a joy-filled mother, writer and speaker committed to organic gardening, to being overwhelmed with multiple health issues, often unable to get out of bed. One problem is that Lyme disease is not recognised as being found in Australia, so the medical profession is not armed with the full array of treatments for our very similar Lyme-like diseases. Leonie explores the gruelling highs and lows of treatments as she battles back to good health. By sharing her story, she aims to help others suffering from a similar plight. You can buy the book from leonieshanahan.com.au.

Penny Woodward



REGENERATION

Paul Hawken
PENGUIN, 2021, \$39.99

Environmentalist and author Paul Hawken's latest book, *Regeneration: Ending the climate crisis in one generation*, is a masterful blueprint loaded with important information of how, each of us, together, can help turn our world around in one generation and avert a climate and extinction wipeout. It is a natural extension from *Drawdown* (2017), edited by Hawken, which focussed on the most effective solutions to reverse global warming. *Regeneration* takes this to the personal and *places life at the centre of every action and decision*. Hawken says success depends upon reverence, respect and compassion of every single planetary lifeform. The three most decisive actions entail, reducing and eliminating all combustion emissions, drawing-down carbon into our soils, and safeguarding all existing earthly carbon storehouses.

Reese Halter



THE GARDENEERS SERIES

Sharon Baldwin
LOOSE PARTS PRESS, \$12 each

With titles like *The Cicada Detectives* and *The Queen Bee*, and engaging black and white illustrations, this delightful series is designed for 7–10 year olds who can read on their own. There are 12 books in total, each based on a different permaculture principle. The first starts with cicadas and a group of children at school, and progresses, with lots of fun and banter, to finding the best spot to start a garden. Each book finishes with some Aboriginal history and language, and a project, such as making a solar oven. There are also free activity packs related to each book on the author's website. Full of great stories and ideas for younger garden lovers. You can buy the books from thegardeners.com.au.

Penny Woodward

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