

## East meets West

### Mid Lachlan Landcare

**Mid Lachlan Landcare are committed to providing natural resource management education for all ages that aims to connect people with food production and strengthen the links between urban and rural communities.**

### The issue

Where does our food come from?? For over 10 years Mid Lachlan Landcare has been providing tours to mostly urban school students in order to help strengthen the links between urban and rural communities. The tours are designed around sections of the school syllabus that teachers want to cover.

Our most recent visit has led to friendly smiles being spotted on the faces of CTLX stock handlers plus Cowra and Canowindra farmers along with forty of Sydney's Eastern Suburbs school girls. The Hospitality and Food Technology students spent three days talking to farmers and visiting rural businesses in order to better understand where their food comes from, as part of their HSC studies at Brigidine College, Randwick.

### The solution

Students visited Woodstock Cemetery where they were able to look at examples of rich dark pre-farmed soil, biodiversity and the importance of trees at different age groups in the landscape. They then went on to study the soil healing processes at the once plagued by salinity property "Westville" observing how the water loving native tree-lanes have helped to transform "Westville" into a highly productive, ecosystem friendly mixed farm.

The following businesses hosted the students and gave up their time to speak with the girls. Woodstock Paddock Eggs, Oatleigh Mixed Grazing Farm, Rayz Organic Grazing, Rivers Road Organic Farms, Rosnay Organic, Central Tablelands Livestock Exchange – CTLX, Muzzy's Quality Meats, La Barre Olives, Mulyan Vegetable Farm and Adloyalty.

### The impact

After visiting the local businesses, the students were able to design their own paddock to plate menu. For dinner they cooked up a magnificent meal selecting their own cuts of local lamb, their own samples of olive oil and their own freshly picked asparagus

"Before this experience our students had no appreciation for how complex and heartfelt food production is," said a Brigidine teacher. "We are so pleased we are able to run this excursion and make the girls more open minded and aware of something this important."



### Key facts

- 40 Brigidine student visit the Central Tablelands
- Cook their own Paddock to Plate
- Visit over 10 local Businesses