



■ Nathan Burke and Caitlin Marshall taste test their home made feta at the cheese making course last Saturday.

## From cow to curd

WHEN farmers like Paul Timbs from South Coast Dairy heard about the Sustainable Illawarra cheese-making workshop, they put their hand up to lend a helping hand for their own community.

"We've all grown up going to the supermarket and workshops like this are a really good initiative for people to learn to make their food from scratch, which is not only self-satisfying but healthier too," Paul said.

"I think there's a big call for courses like this because there's a growing trend in being more self sufficient."

Run by eight farmers in the Illawarra, South Coast Dairy has been donating the milk and cream for the workshop since it started last year.

"We can also supply unhomogenised milk, which can be difficult to get a hold of when they need it in a large quantity for workshops such as this," Paul said.

Solair, a 12-month-old Ayrshire cow (pictured) is one of the girls contributing towards the program.

"She will be entering the Sydney Royal Easter Show this year," Paul said, and is also entered in

"Her mother won it a while back, so she can make us proud this year," Paul said.



## The big cheese of sustainability

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FROM feta to ricotta to mascarpone, 10 students from the Illawarra spent the weekend learning how to cut their own curd and take another step closer to becoming more sustainable and self-sufficient in the home.

Teachers and cheese-makers Nathan Burke and Lizzie Rose said that when they decided to start cheese-making workshops, little did they know the result would be so overwhelming.

"We put one advertisement in the *Sydney Morning*

*Herald* and had so many people apply that we had to set up a waiting list with over 50 people," Nathan said.

Now lending their knowledge through the Sustainable Illawarra project, the popularity of this seemingly unusual workshop was no different.

"We advertised once last year and became fully booked in no time and a Kiama workshop was booked out within the hour of it being posted on the web," said Sustainable Illawarra project officer Alison Mellor.

"We found this to be really encouraging because there's so much interest out there, especially with cooking skills and people are really starting to think about where their food comes from."

For more information about the Sustainable Illawarra workshops, please visit the website [www.sustainableillawarra.com.au](http://www.sustainableillawarra.com.au) or phone 4227 7453.

For anyone wanting to join the cheese-making workshops, please contact Lizzie on 0414 940 284 or email [lizzierose22@bigpond.com.au](mailto:lizzierose22@bigpond.com.au)