



By Sarah Martin



Woodside Cheese Wrights

Think outside the square and give Mum flowers of a different kind this year – serve up a magnificent cheese platter with Woodside Cheese Wrights 'Rubi' as the colourful centrepiece. Rubi means Jewel in French and the cheese certainly lives up to that name with a gorgeous coating of edible flowers on a velvety exterior mould - making it nearly as good to look at as it is to eat. Add a couple of other Woodside Cheese Wrights selections to your board - try the rich, brie-style Charleston and delicious Pompeii with a layer of ash amongst a gooey ripe texture. Complete the treat with seasonal, fresh, local produce like gorgeous pears and Fuji apples, some light, delightful crackers and a smile and you are guaranteed to make Mum's day.



Buzz Honey

The days and nights are getting cooler and so it's about the right time to stock up on all those goodies that help to comfort us through the chill.

Buzz Honey is an Adelaide Hills company that works hard to retain the unique flavours of their raw honeys through a chemical free, cold press extraction process. Through not heating their honeys they preserve the natural enzymes and health giving properties – just what you need to fight off the winter lurgies and stay strong.

Adding a healthy dollop of Buzz Honey to a cup of tea, atop porridge or spreading on some crusty bread is a simple pleasure while a warm cup of milk with honey and a dash of cinnamon is a delightful sleep tonic.

Buzz Honey comes in a five natural flavours - Orange Blossom, Blue Gum, Bush Mallee, Leatherwood and Meadow Honey. The Meadow and Bush Mallee varieties recently won bronze at the Sydney Royal Easter Show and Orange Blossom was the top scoring honey in its category to win a silver medal.

Buzz Honey is available at various stockists throughout the Adelaide Hills as well as through the website at www.buzzhoney.com.au





Walk the Talk

The fireplace was lit last week at Walk the Talk to add that little bit more cosiness to this already cute and comfortable cafe.

A recent foray into late night Friday dining has proven to be a success with many locals taking advantage of a new place to dine or to simply grab take away. For the past few weeks it has been pizza night but expect the unexpected with plans to vary the cuisines each week and venture into Thai, Indian and Mexican flavours.

Walk the Talk specialise in rustic, home-style food that is packed with goodness and simply delicious. Soups are perfect to warm up on a cool day and each week a different flavour is on offer. Mains are also constantly varied and consistently good - try potato, olive and herb frittata with rocket and parmesan or keep it simple with a filled baguette.

Most meals can be prepared gluten free, including

baguettes and sandwiches. While you dine you can enjoy locally-sourced wines, ciders and beers from Lobethal Road, Bird in Hand, Scott Winemakers, Hills Cider Company, Vale Ale and Verdun Park. If a light bite is more on the cards, Walk the Talk always has a fabulous range of sweet treats, including the decadent 'Hello Dolly' with a biscuit base, condensed milk and chocolate chips, or try a gluten free chocolate and hazelnut cake – perfectly accompanied by a Veneziano coffee.

Another fantastic addition has been take-away meals including traditional lasagne, chicken lasagne, pasta bakes and soups. All are freshly prepared on the premises and full of goodness so you know you'll get home with a great meal for your family without the fuss.

We are looking for the latest food and wine news in the Adelaide Hills.

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