

The Ginger Flower & Food Festival is back... BIGGER and BETTER than ever and here are just a few highlights of what's in store!

FOOD GLORIOUS FOOD... from our own local produce to exotic flavours and styles, this year's program is packed full of gourmet goodies.

Alison Alexander: The doyenne of the Hilton Masterclasses and ABC radio regular, Alison shares her tips on making the most of our great regional produce and some of her favourite recipes.

Xavier Mouche: Former personal chef to the Sultan of Brunei, Xavier has worked alongside Alain Ducasse, Guy Savoy and Gordon Ramsay and shares his passion for food design.

Exotic Flavours: Roger Albert, Matilda Scarfe and Aki Kitabitate, local exotic flavour specialists, showcase Creole, African and Japanese cuisines.

ALL NEW! With the increased emphasis on health and the body, we bring you the Buderim Naturals **HEALTHY BODIES PROGRAM...** a healthy dose of presentations and workshops from educators, GPs and complementary health practitioners delving into cholesterol and heart health, ADHD and obesity in children, pre-conception and pregnancy health, joint and lower back pain management and arthritis.

JOIN OUR MICHELIN-STARRED CHEF

A Special Cooking Event not to be missed – deluxe, hands-on cooking classes with our Michelin-starred Chef Erik Van Alphen taking you to a different culinary destination each day. Just 20 places in each class. All classes include personalised tuition, ingredients, recipes and a delicious banquet-style lunch.

Bookings essential and a ticket price applies. To book visit www.buderimgingercookingschool.com.au

AUSTRALIA'S FAVOURITE GREEN THUMBS

Renowned for bringing together Australia's best loved gardening authorities, this year's program welcomes back Colin Campbell, Ross McKinnon AM, Annette McFarlane and many more. From organic homegrown produce to cutting edge floral design, this collective body of knowledge represents an expertise grown from several lifetimes of experience. Gardening presentations feature regularly throughout this year's program.

SUNDAY JANUARY 24

IN THE MARQUEE

- 10.00am **A TOUCH OF THE TROPICALS.** Join Jan Hintze on a pictorial journey through the world of gingers and heliconias.
- 11.00am **JUST ANOTHER DAY IN PARADISE.** Dennis Hundscheidt shows how you can create your own tropical paradise.
- 12noon **I'D JUST LIKE SOMETHING NEW.** Jan Hintze reveals the latest additions to the heliconia family.
- 1.30pm **IN THE PALM OF YOUR HAND.** No fortune telling, just easy tips for growing the best palms from Dennis Hundscheidt.
- 2.30pm **OLD SCHOOL STYLE.** Return to tradition with Colin Campbell and some old fashioned garden style.



BUDERIM NATURALS HEALTH SERIES IN THE BUDERIM GINGER KITCHEN

- 10.00am **SUGAR AND SPICE.** Join Professor Basil Roufagalas and Nutritional Biochemist Christine Houghton as they discuss diabetes, its causes, effects, treatment and the current research underway aiming to stem this worldwide epidemic.

AFTERNOONS IN THE BUDERIM GINGER KITCHEN

- 11.00am **FIT FOR A KING... OR A SULTAN.** Join Xavier Mouche for a showcase of culinary design.
- 12noon **EASY PEASY JAPANESEY.** Simple lessons for spectacular Japanese style with Aki Kitabitate.
- 1.30pm **WAY DOWN SOUTH...** Africa that is. African Queen, Matilda Scarfe takes your taste buds to an exotic land.
- 2.30pm **LOOKS AS GOOD AS IT TASTES.** Xavier Mouche explores culinary design.



BUDERIM GINGER COOKING SCHOOL PRESENTS.... GREECE!

10am Chef Erik Van Alphen celebrates with a special Greek menu. Hands-on cooking class includes tuition, ingredients, recipes and lunch.

Bookings essential, price applies. Visit www.buderimgingercookingschool.com.au



50 Pioneer Road, Yandina

Freecall: 1800 067 686 Phone: (07) 5446 7100 Fax: (07) 5472 7251

Email: enquiries@buderimginger.com

Admission to all Marquee and Buderim Ginger Kitchen seminars is free with seating on a first in basis. Buderim Ginger Cooking School classes are limited to 20 people per class, **MUST BE BOOKED** and a **TICKET PRICE APPLIES**. Entrance to the complex and gardens is free. Admission prices apply only to tours and rides.

GINGER

FLOWER + FOOD FESTIVAL

Healthy Plants, Healthy Bodies

**OFFICIAL PROGRAM
JANUARY 21-24, 2010**

**ESTABLISHED FAVOURITES.
FOUR DAYS OF FUN
AND ENTERTAINMENT.**



**AND OUR NEW AND FREE
BUDERIM NATURALS
HEALTHY BODIES PROGRAM.**



IN THE MARQUEE

- 10.00am **HELLO-CONIAS...** Cutting edge floral design that speaks for itself from world renowned tag team (not wrestlers!) duo Shauna Larsen and Bart Hassam.
- 11.00am **HIDE YOUR UGLY BITS!** Colin Campbell unveils the best screening plants for your yard.
- 12noon **SHE'S GONE POTTY!** Home garden guru and resident potty-trainer Annette McFarlane with the best advice on container veggies.
- 1.30pm **A TOUCH OF THE TROPICALS.** Join Jan Hintze on a pictorial journey through the weird and wonderful world of ginger and heliconias.
- 2.30pm **WHAT'S BUGGING YOU?** Annette McFarlane gives you the drum on seasonal nasties and organic pest control.



BUDERIM NATURALS HEALTH SERIES IN THE BUDERIM GINGER KITCHEN

- 10.00am **PAIN IN THE PROVERBIAL?** Nutritional Biochemist Christine Houghton discusses pain management specific to joint health and lower back pain.
- 11.00am **GINGER THE WONDER ROOT...** Professor Basil Roufagalis from the University of Sydney, presents an update on his research into ginger together with many useful insights into ginger's amazing health benefits.
- 12noon **STRESSED OUT OF YOUR MIND?** Whilst we all know that stressed spelt backwards equals desserts, Nutritional Biochemist Christine Houghton has a few more sensible ideas for nourishing your brain and body to help prevent stress and fatigue.

AFTERNOONS IN THE BUDERIM GINGER KITCHEN

- 1.30pm **A REGIONAL MASTERCLASS.** A passionate supporter of regional produce, Alison Alexander presents the best South East Queensland has to offer.
- 2.30pm **HERE'S TO YOUR HEALTH.** Healthy eating with style, flair, flavour and a wicked Creole twist from food maestro Roger Albert.



BUDERIM GINGER COOKING SCHOOL PRESENTS... FRANÇAIS

10.00am Our Michelin-starred Chef Erik Van Alphen stars with a rustic showcase of Southern French Cuisine. Hands-on cooking class includes tuition, ingredients, recipes and banquet-style lunch.
Bookings essential, ticket price applies. Visit www.buderimgingercookingschool.com.au

IN THE MARQUEE

- 10.00am **A TOUCH OF THE TROPICALS.** Jan Hintze takes you on a pictorial journey through the wild and whacky world of ginger and heliconias.
- 11.00am **AN ACID TONGUE?** Colin Campbell talks... nicely... about the importance of PH in your garden.
- 12noon **HEALTHY AND WISE.** Brisbane Botanic Gardens' Ross McKinnon talks up his latest passion, medicinal tropicals from your backyard!
- 1.30pm **JUST ANOTHER DAY IN PARADISE.** Dennis Hundscheidt shows how you can create your own tropical paradise - its easy!
- 2.30pm **A BIT POSH.** Ross McKinnon on creating a stylish garden on a shoestring budget.



BUDERIM NATURALS HEALTH SERIES IN THE BUDERIM GINGER KITCHEN

- 10.00am **THE BIRDS AND THE BEES.** Fertility specialist, Naturopath and Acupuncturist, Mark Shoring discusses an integrative approach to pre-conception healthcare and pregnancy. Suitable for women and men.
- 11.00am **BOOST YOUR IMMUNE HEALTH.** Nutritional Biochemist Christine Houghton shares her secrets on immune boosting foods to keep you in top condition on the inside and out.
- 12noon **GINGER THE WONDER ROOT...** Professor Basil Roufagalis presents an update on his research into the world's favourite root, together with insights into ginger's amazing health benefits.

AFTERNOONS IN THE BUDERIM GINGER KITCHEN

- 1.30pm **SMOKIN' LOCALS WITH WORLD-CLASS FLAVOUR.** Matilda Scarfe and Bede MacKenzie team up to show that local produce can have an exotic twist.
- 2.30pm **A REGIONAL MASTERCLASS.** A passionate supporter of regional produce, Alison Alexander presents the best that South East Queensland has to offer.



BUDERIM GINGER COOKING SCHOOL PRESENTS... ITALIA

10.00am Our Michelin-starred Chef Erik Van Alphen takes you on a culinary tour through Italy. Hands-on cooking class includes tuition, ingredients, recipes and banquet-style lunch.
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IN THE MARQUEE

- 10.00am **HEALTHY AND WISE.** Brisbane Botanic Gardens' Ross McKinnon with his latest passion, medicinal tropicals from your backyard.
- 11.00am **HELLO-CONIAS...** Cutting edge floral design from world renowned tag-team duo Shauna Larsen and Bart Hassam.
- 12noon **A BIT POSH.** Ross McKinnon on creating a stylish garden on a shoestring budget.
- 1.30pm **A TOUCH OF THE TROPICALS.** Jan Hintze takes you on a pictorial journey through the amazing world of ginger and heliconias.
- 2.30pm **SHE'S GONE POTTY!** Home garden guru and resident potty-trainer Annette McFarlane with the best advice on growing container veggies.



BUDERIM NATURALS HEALTH SERIES IN THE BUDERIM GINGER KITCHEN

- 10.00am **THE POWER OF FOOD.** Dr Frank Golik discusses children's digestive health and the effects of diet and food additives on conditions including Autism and ADHD.
- 11.00am **HEALTHY HEART - HAPPY LIFE...** Associate Professor and leading Cardiologist, Dr David Colquhoun explains the differences between good and bad fats and cholesterol management to maintain optimum health.
- 12noon **GINGER THE WONDER ROOT...** Join Professor Basil Roufagalis for an update on his research into the world's favourite root, together with insights into ginger's amazing health benefits.

AFTERNOONS IN THE BUDERIM GINGER KITCHEN

- 1.30pm **GINGER 'N' SPICE AND ALL THINGS NICE.** Matilda Scarfe shares some spicy secrets for delicious and easy marinades and curries.
- 2.30pm **FIT FOR A KING... OR A SULTAN.** Join Xavier Mouche for a showcase of culinary design.



BUDERIM GINGER COOKING SCHOOL PRESENTS... ESPAÑOL

10.00am Our Michelin-starred Chef Erik Van Alphen takes you through an exotic Spanish menu including classic Catalan flavours. Hands-on cooking class includes tuition, ingredients, recipes and banquet-style lunch.
Bookings essential, ticket price applies. Visit www.buderimgingercookingschool.com.au

WAIT THERE'S MORE - SEE OVER FOR SUNDAY'S PROGRAM!