

Tried and tested local food meal ideas

Deutcher's Turkey Eye Fillets oven baked with home-grown cherry tomatoes and Rivers Edge spring onions
Roast Lakeview Organics red potatoes
with home-grown or local roasted beetroot, steamed zucchini and green beans
Grampians Wellbeing mulberries with Grampians Pure sheep milk yoghurt mixed with a dollop of Carter's pure honey

Greenvale Meat leg of lamb roast basted with Nicolas lemon olive oil, home-grown or local rosemary and thyme

Roast Ballarat potatoes

Roast Lakeview Organics golden nugget pumpkin

3-4 local or home-grown zucchini grated and sautéed in Mt Ararat olive oil with local or home-grown cherry tomatoes

Grampians Wellbeing apples stewed with Ararat Quinces (from a Stawell farmers market stall) with Meredith Dairy yoghurt

Deutcher's turkey sausage casserole made with turkey sausages, Lakeview Organics capsicum and homegrown tomatoes plus some garlic and chilli from Bellellen Grampians Organics stewed with a little local olive oil

Mt Zero chickpeas cooked and added to the veg from above for a tasty vegetarian casserole

Rack of Real Meat lamb with local veg

Deutcher's turkey steaks pan fried with local olive oil and accompanied by home-grown salad

Frittata made from Green Eggs and local veg

Veg burgers from local mashed veg mixed with cooked Mt Zero red lentils and Stoney Creek golden flax-seed meal, pan-fried or barbecued with local olive oil

Served with home-grown salad of cucumber, cherry tomatoes and lettuce and dressed with Kalaparee lemon infused olive oil