

A cultured taste



by Neil Amor

Tempeh (pictured) originated in Indonesia. According to historical evidence, tempeh was first made in Bayat, Klaten, Central Java, and was commonly consumed around 1700. The invention of tempeh seems to have arisen through the serendipitous introduction to stored soybeans of a fungus, which is crucial in tempeh's fermentation.

This fungus grows on teakwood and sea hibiscus leaves, which native Javanese people often used (and still do) as food wrappings. Like tofu, tempeh is made from soybeans, but it is a whole-soybean product with different nutritional characteristics and textural qualities. Tempeh's fermentation process and its retention of the whole bean give it a higher content of protein, dietary fibre, and vitamins. Some types of tempeh are made of ingredients that would be otherwise wasted if not used. According to traditional Javanese customs, wasting food is deemed as a sign of disrespect to nature and other beings, and encourages efforts to use every part of an ingredient. Tempeh is 60% water, 20% protein, 8% carbohydrates, and 11% fats, and is a rich source of several B vitamins and dietary minerals such as riboflavin and manganese. Tempeh has had an interesting recent history. After Indonesia gained independence in 1945, the country's first president, Sukarno, famously declared in a

Satay Tempeh with Cucumber and Kimchi
Ingredients (per person)
200g baby cucumbers, roughly chopped
½ cup kimchi, finely chopped
1 tbsp peanut oil
2 baby wombok cabbages, halved lengthwise
600g tempeh, cut into large rectangles
¼ cup sambal oelek, to serve
black sesame seeds, to serve.

Satay Sauce
¾ cup crunchy peanut butter
2 tbsp kecap manis (Indonesian sweet sauce)
1 tbsp fish sauce (or vegetarian fish sauce, if vegetarian/vegan)

Method
In a small bowl mix together the cucumbers and kimchi. Season with salt and pepper and set aside to marinate. To make the satay sauce, whisk together the peanut butter, kecap manis, fish sauce and ½ cup of boiling water in a bowl until combined. Heat oil in a large non-stick frying pan over medium heat. Add the cabbage, cut side down, and cook for 2-3 minutes, or until charred. Flip and cook for a further two minutes. Take off the heat and set aside. Add the tempeh to the pan and cook for four minutes each side, or until golden and crisp. Divide the rice between bowls, top with the kimchi cucumbers, cabbage and tempeh, and serve with satay sauce, sambal oelek and black sesame seeds.

speech, "We are a great nation, we are not a tempeh nation!" He used tempeh as a metaphor for weakness, poverty, and capitulation, cementing a negative social myth that tempeh was only fit for the lower classes who couldn't afford meat. In recent decades, this stigma has shattered. The Indonesian Tempeh Movement and food scientists have re-cast tempeh as a masterclass in ancient food biotechnology. It is now fiercely celebrated as a symbol of national pride, resourcefulness, and a worldwide plant-based "superfood" Here is a light and spicy dish, ideal for a spring lunch in the sun. Serve on a bowl of rice. Helpful Hint: Before frying tempeh, cut up as needed and steam for 10 mins. This helps the tempeh soften, which allows it to soak up even more flavour from a marinade. It's worth the effort. Until next month, eat well.

Cooking with Kort



Khmer cooking classes have started in Nimbin run by Kort, who has contributed a lot to Nimbin with her hand-made hemp clothing and cooking of traditional Cambodian cuisine. Since she arrived from Cambodia, Kort has established a hemp farm with her husband Gerald Taylor. She weaves and makes hemp clothing and medicines, and has also taken English classes to help her communicate and connect better. Kort is very kind and is always there to help her friends and the community. She grows her own food and embraces sustainable living with great knowledge and application. To join her cooking classes in the Hemp Club back garden at 80 Cullen Street, contact Kort on 0491-735-550 or email: morokorttos@gmail.com



Readers and writers rejoice

The Byron Writers Festival has an interesting calendar of events for October. Novelist Pip Williams, with her new book *The German Ward*, will be in conversation with Naima Brown on Thursday 8th October at Brunswick Picture House. Kate Grenville will be discussing her latest novel, *The Country Schoolmaster* in conversation with Mick O'Reagan on Monday 12th October at Bangalow A&I Hall. Bestselling author, speaker and athlete Turia Pitt joins three-time surfing World Champion Mick Fanning for a special evening at the Lennox Cultural Centre as Mick shares his memoir *All Heart* on Wednesday 14th October. Author of *What Trump's Second Term Means for Australia*, Bruce Wolpe will speak on Trump and Australia on Wednesday 28th October at Brunswick Picture House.

Masterclass
Award-winning novelist of *The Eye of the Sheep*, Sofie Laguna will conduct an eight-week on-line novel-writing masterclass starting on 10th October. Sofie will guide you through the process of finding and developing your characters' voices. For more information and tickets, go to: www.byronwritersfestival.com Festival Friend members save on all events, including a \$300 discount off the novel-writing masterclass.

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NIMBIN HEMP EMBASSY

Standing together for women's safety

Since 1988, Reclaim the Night has provided an opportunity for the community of Lismore and surrounds to unite in solidarity and call for a future where all women and girls can live free from violence, harassment and fear. This year, a collective of local organisations and community members continues that legacy by bringing people together to raise their voices, share their stories and reaffirm a commitment to creating safer communities. The community march will be led by local percussion group Repercussion for a demonstration of solidarity and hope.

RECLAIM THE NIGHT
NORTHERN RIVERS 2026
RALLY & MARCH ALL WELCOME 6PM - 8PM
THURSDAY, 15 OCTOBER 2026
@THE QUAD
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HANDY NOLAN
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MARNIE DAVIS

Lismore has been reclaiming the night since 1988. In 2026, we march again for women's safety and a future without violence.

REPERCUSSION DRUMMING GROUP

BYO BANNER. STAND UP. SPEAK OUT.

AN ARABIAN WATERPICKER WILL BE PRESENT

Control these weeds

Weed words
by Triny Roe

Welcome to Nimbin, Valley of Weeds. You name it, if it's a weed, it's probably here or on its way. Everything grows gangbusters in the sub-tropics – not too hot (except when global warming kicks in), not too cold, and plenty of rain, mostly. There can be long dry spells when the heavy cracking clay soils common in these valleys, develop deep fissures. The bush becomes 'thin' as trees and shrubs drop their leaves to reduce water loss. Even the weeds struggle. But they don't die. Lantana, *Lantana camara*, can shed its leaves in drought. It's a super survivor and spreader, and covers four million hectares along the east coast of Australia. Arriving in 1841, it was first recorded as a troublesome weed in 1879. Thirty-one biological agents have been introduced to help control it, 16 established in Australia. Four had some impact. They include sap sucking bugs, leaf mining beetles and a fly which eats the seeds. These agents are seasonal, and populations reduce when the lantana is stressed. They never completely kill their host, just reduce vigour and make them look crappy. Columbian wax weed, *Cuphea carthagenensis*, takes a back seat in drier years when other species dominate. This wiry groundcover with delicate purple flowers will take over paddocks when rainfall is high. It's common on irrigated sports fields on the Gold Coast. Self-seeding and growing from cuttings, mowing makes it thicker. Its cousin, Mexican heather, *Cuphea hyssopifolia*, is a popular nursery plant and readily available from retailers. It also self-seeds and spreads beyond the garden bed. Some weeds are pretty. Do they deserve to stay? Ask the question how 'bad' is this plant? Will it over-grow existing vegetation? Will it outcompete regenerating forest? Will it colonise creek banks and roadsides? Some are invasive, with serious spread potential and high germination rates. They impact ex-farmland, now lifestyle properties, remnant bushland, creekbanks and roadsides. Some can affect animal and human health. Small leaf privet, *Ligustrum sinense*, a once popular hedging shrub, has a reputation for causing allergic reactions. It flowered in September, with gentle sprays of tiny white flowers. Pretty for a week, then browning off and developing fruit. Don't let it set seed and spread further. Many will fall around the parent and germinate. Soon there will be a thicker. Seeds carried by birds are 'planted' with a package of fertiliser, giving them a headstart. These ones



Flowering grass

grow bigger and faster! While privet and many other weed species provide food and habitat for birds and other wildlife, if they dominate an area, the reduction in biodiversity leads to limited seasonality of the food source. Variety really is the spice of life. Weeds can easily be transported in soil. Be careful where fill comes from. Check contractors arrive with clean machinery. Bulldozer or grader coming? Are there

Herbs for the emotional heart

Herbal Pharmacy
by Sammi Allen

rather than a quick fix.



Motherwort – the lion-hearted.
The name *Leonurus cardiaca* is often translated as "lion-hearted." Motherwort has traditionally been used by herbalists when emotions seem to show up in the body a fluttering or unsettled heart, nervous tension, or that feeling of being wound up and unable to quite settle. It has a distinctly bitter taste, so it is often taken as a tincture or included in a herbal blend.



Lemon Balm – calm and cheer.
Lemon Balm is one of those herbs that seems to bring a little sunshine with it. A member of the mint family, it has a long history of traditional use for nervousness, restlessness and low spirits. It is gentle, pleasant and easy to enjoy as a tea, making it a lovely herb for everyday emotional support. There's something especially comforting about a pot of lemon balm tea at the end of a busy day.



Tulsi – the resilient one.
Tulsi, or holy basil, has been treasured in Ayurvedic tradition for generations. Often described as a plant of resilience and balance, tulsi is traditionally used during times of stress, tiredness and emotional strain. We particularly love it as a daily tea something simple and nourishing to return to

vulnerability. Its fragrance alone can create a beautiful pause in the day a reminder to soften, breathe and be gentle with ourselves. Sometimes the simplest rituals can be deeply nourishing: a warm cup of rose tea, a few drops of rose essence, or simply spending a moment with the scent of a rose in the garden.

when life feels demanding.

A few words of care
Even gentle herbs deserve respect. Some herbs can interact with medications or may not be suitable during pregnancy or breastfeeding. Hawthorn and motherwort, for example, may interact with certain heart and blood pressure medicines. If you take medication, are pregnant or breastfeeding, or have an ongoing health condition, it's always wise to speak with a qualified herbalist or your GP before starting a new herb. And while herbs can be wonderful companions, they aren't a replacement for proper care. If you're experiencing persistent low mood, severe anxiety, chest pain, or thoughts of harming yourself, please seek professional help.

More than a cup of tea
Over the years, we've noticed that the most nourishing remedies are rarely just about the plant. It's the tea by the window. The walk in the garden. The phone call to a friend. The quiet moment before bed. The act of stopping long enough to notice how we're really feeling. Perhaps the herb simply opens the door. The slowing down, the ritual and the care that follow are often just as important. If your heart feels a little heavy lately, pop in for a chat. Our qualified herbalists and naturopaths are always happy to talk plants, and we grow many of our own herbs too.

Plant of the month



Hairy Alectryon *Alectryon tomentosus*

by Richard Burer

Spring is blissful with the new leaf growth on our local rainforest trees, and Hairy Alectryon is one my most favourite rainforest foliage plants. Common yet a little unnoticed, Hairy Alectryon finds its way into most regenerating rainforest, particularly the drier rainforest in the area. Attractive black fruit with a red aril is usually still on the tree in Spring, and relished by birds including Green Cat birds which are a delight to hear in the forest and garden. Growing to 15 metres, Hairy Alectryon is great tree to plant on your conservation project and its habit suits smaller bush gardens if you are limited for tree height. A good landscape plant, it's hardy and makes a nice edge tree with its stunning new spring growth. Hairy Alectryon readily regenerates in rainforest, but it can be a little slow to kick along and needs dedicated soft weed control to get above the herbaceous ground stratum. Seedlings are often available in your local rainforest nursery and it's easy enough to propagate yourself, though not all seeds germinate. Happy Spring, folks.

Richard Burer is a Nimbin-based natural area restoration contractor and consultant: richard.burer@gmail.com

Students shine in Mary Poppins



Students from Barkers Vale Public School recently had the exciting opportunity to take part in the Combined Schools Musical, a new initiative by The Arts Unit that brings students from schools across NSW together to perform in a professionally staged musical. The program allows schools to be part of a high-quality musical production. Students learn their music, dance and acting at school before coming together on the performance day to rehearse with a professional production team and perform alongside students from other schools. This year's production was *Mary Poppins*, and our Barkers Vale students prepared the much-loved song and dance number "Supercalifragilisticexpialidocious," incorporating singing, dancing and acting. Under the guidance of Ms Natasha Jankovic, students worked hard at school to learn and practise their part. They then travelled to Murwillumbah High School, where they joined the professional team and other participating schools to bring the full musical together. The students were particularly impressed by how the professional team brought everything together.

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A little school with a big heart

by Monique Blackie

Term 3 has been a busy and exciting time at Larnook Public School, with our students embracing opportunities to learn, create, perform and connect. Our organic garden has been a wonderful hands-on learning space. Students have been working together to grow food, learn about sustainability and care for the environment, while enjoying and cooking the produce we have grown. The performing arts have also taken centre stage. Our students were very excited to participate in the combined schools' production of *Mary Poppins*, performing under the bright lights



alongside a professional cast. Students also participated in the Lismore Performing Arts program, performing the song 'Fine' by Meg Washington, on stage with the talented Miss O'Meara. Credit to Oliver on the keys, Luca on electric guitar and Petie on the thunder drum. Music is a vital part of the lifeforce

of Larnook PS. Every Friday, our students are fortunate to receive music lessons from qualified and experienced music teacher Alex Kilroy, with students able to learn an instrument of their choice. We have also enjoyed weekly visits from Uncle Nate, our Aboriginal arts instructor. Students have been learning Aboriginal art techniques, exploring culture and connection to Country, and making practical tools from native plants found around our school grounds. We feel incredibly fortunate to offer our students these unique experiences. Please contact us if you would like more information on our school. Our Kindergarten 2027 Transition Program will be held on 23rd, 30th October. 13th, 20th, 27th, November, and 4th December.

Nimbin tree hug goes for a record

Photo and article by Linda Bell

One tree had a particularly affectionate afternoon on Friday, 18th September. Treasurer, Crisanne Fox of the Nimbin Central School P&C Committee, had suggested that students, families and visitors could queue, one by one, to hug the tree, in an attempt to set a world record for 'The Most Hugged Tree'. By afternoon's end, the tree had received 122 hugs. It offered no comment but stood firm and strong throughout the attention. Even feeling the love from all the Nimbinites who

had turned up, it did not fold. The market gave students plenty to be proud of, too. Young stallholders sold cupcakes, artwork and handmade treasures, while live music and an art exhibition added to the fun. The P&C will submit the hug count to *RecordSetter.com* for review. People say plants respond to love, so now we have our own study. How does a tree respond to 122 hugs? If this one produces an unusually cheerful crop of new leaves this Spring, Nimbin's huggers will soon have their answer.



Community School paves the way for inclusive learning

Tuntable Falls Community School is proud to celebrate a significant milestone in its commitment to accessibility and inclusion, thanks to the dedication of two key parents and the support of the local community. The school is close to completing a major upgrade to its access facilities, made possible through funding from the school's Capital Works grant. The project involved the construction of concrete all-weather pathways, improved drainage systems, and enhanced access throughout the school. At the heart of this successful project were parents and committee members Sean and Blossom, who co-ordinated the

improvements from start to finish. Their tireless efforts ensured that the project was delivered efficiently and to the highest standard by King Brown Concreting. The new pathways provide reliable, all-weather access for students, staff, and visitors with mobility challenges, eliminating the barriers that previously existed during wet or inclement conditions. Improved drainage has also addressed longstanding issues with water pooling and uneven surfaces, creating a safer and more navigable environment for everyone. The access improvements include ramps, wider walkways, and accessible entrances that ensure all members of the school



community can move freely and independently across the school. The community has welcomed the upgrades, with many noting that the changes reflect the school's values of inclusion. Tuntable Falls Community School continues to prioritise accessibility and inclusion, and these improvements mark an important step forward in that journey.

Weekly program for teens launched

Tired of screen time and ready for real-world adventure? Brunswick Bush School is launching an exciting new program called Ospreys: an immersive weekly nature-based program designed specifically for young people

aged 13 to 17. Following a ten-week term format, this program offers a dedicated day for local teens to connect, dive into the wild, and build high-level outdoor self-reliance in an inclusive, safe group learning environment. Guided by two experienced mentors in a small group setting, teens will master practical survival and bushcraft skills – including traditional fire-making, knife work, shelter building, food and fibre foraging, plant and animal identification. The weekly journey balances hands-on projects with exciting wilderness excursions to local waterfalls, swimming holes and hikes, giving teens

the freedom, trust and space they need to test their limits and grow their confidence. More than just bushcraft, Ospreys will also focus on building a genuine values-based culture exploring themes of self/emotional awareness, tolerance, inclusiveness, conflict resolution, respect, resilience and responsibility. These themes will be woven into the program through sharing circles, games, activities and challenges. We also highly value unstructured time and will incorporate time for teens to decompress, connect to themselves, each other and nature on their own terms. Spaces are strictly limited to ensure high-ratio mentorship.



Book in for a trial day to see if it's your thing. Also check out our popular holiday and term-time programs for 3-12 year olds. For more info, check out: brunbushschool.com.au To secure a spot or book a trial, contact: brunbushschool@gmail.com

Imposter Syndrome

by Dr Elizabeth McCardell

Imposter Syndrome is surprisingly common. When I was doing my PhD at university many years ago, I became aware of the numbers of people I respected who believed they were frauds and who thought that, at any moment, they would be found out. I certainly felt I was a fraud. The fact that so many of us thought liked this intrigued me sufficiently that I started asking everyone I worked with how they felt about their university positions. Practically everybody, most of the academics, felt fraudulent. Now, these people held lectureships, professorships, with the highest qualifications there can be. A PhD is the highest post-graduate degree you can get. Yet hardly anyone actually felt they deserved to be there. Very interesting stuff. Imposter Syndrome is defined as the subjective experience of perceived self-doubt in one's abilities and accomplishments compared to a perception of other people's accomplishments even when there is no objective evidence to the contrary. Imposter Syndrome is associated with

perfectionism and the desire to seem secure in positions of perceived power. It is not a psychiatric disorder, though it can be associated with high levels of anxiety, low self-esteem, somatic symptoms and depression. Certainly, it can interfere with personal relationships and, ironically, get in the way of achieving their full potential in their areas of interest. It can also lead to early burnout. People, in all professions, can experience imposter syndrome: lawyers, doctors, engineers, nurses, architects, builders, carpenters, shipwrights, etc. A lot of people are living with the belief that, at any moment, they will be found out and their very existence will be called into question. A lot of people cover these feelings up with a lot of bluster. At university, quite a large number of academics hid behind a lot of bluffing: trying to seem more knowledgeable, in control than they actually were. They hid behind abstruse explanations of their work designed to conceal their own self-doubt. I remember undergraduate students would come up to me to ask questions they'd already asked of some of my colleagues. These students would say to me that they appreciated



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The season of celebrations at Rainbow Ridge



by Rosalie Shearer

Now that spring has officially sprung, Rainbow Ridge School for Steiner Education has warmed into its season of celebrations! On Saturday 12th September, Rainbow Ridge held its annual Spring Fair & Open Day. The drizzly weather didn't deter our enthusiastic families from showing up with extended family members and friends to create a truly memorable community event. Uncle Gilbert welcomed us and shared some of his stories, and then children performed the Maypole dance with varying levels of complexity, ending with a spontaneous community dance which was lots of fun. There was a great selection of market stalls, including those from



the different class groups with handmade crafts and foods. The music performances in the hall were a highlight for many and timed perfectly to fit into a brief downpour of rain! There was good food, happy children, great conversations and an overall feeling of community merriment. The classrooms looked amazing with the children's work on display, as well as craft activities and crystal digs in the sandpit to meet everyone's needs. Thank you to the wonderful Parent Group Committee who helped enormously with the planning, preparations and general running of the day. Their contributions and time were greatly valued and appreciated. Thank you also to Jodie Harris of Six Acre Studios for capturing such precious photos throughout the day. BUT WAIT... there's more!