

Nude Food is - as nature intended - in region and in season.

This trail introduces you to Lana, our leaf girl. She is quite literally, food in the nude. She makes food fun and these are some of her favourite past-times...

- Taking a shower... under a watering can
- Tumbling in the hay... cross pollination
- Working up a tan... photosynthesising.

The Granite Belt **Nude Food** Trail is a self drive experience, where the only food miles are just around the corner.

From Queensland, **Nude Food** is an initiative of Granite Belt Wine & Tourism
www.granitebeltwinecountry.com.au Ph 1800 SO COOL

Designed & Produced by icp/craftpress 07 4681 1622



eat your out...



Nude Food and wine...

eating out
 The grass roots of the cooking world - classed as wild or game and their flavours are left to nature's elements. Asparagus, fennel, cualicceddi [similar to a wild turnip], and cosce vecchie [dandelion], blackberry and prickly pear would match well with the crisp acid of a Sauvignon Blanc. The raspberry and pepper flavours of a Granite Belt Shiraz would enhance the experience of wild rabbit or venison, which are readily found in these parts.

wild things
 When matching food with wine at one of our participating food outlets think flavours: sweet, sour, bitter and salty. Hearty meat dishes may require bold full-bodied wines such as Cabernet Sauvignon, Tempranillo, Chardonnay or Semillon. Light salads or steamed seafoods work well with the more fruity/lighter: Verdelho, Pinot Gris, Merlot or Pinot Noir.

fresh produce
 The Granite Belt is spoilt for choice with fruit and vegetables. Fresh is the rule when purchasing fruit and vegetables and this is made easy by farmers markets and farm gate sales. Essentially, the method of cooking will determine the wine flavour. The smokiness of a char grill suits a semi-sweet red; the bitter crispy edges of lightly fried food, suits a semi-sweet white; the intense richness of something roasted or braised, calls for a dry red.

local meats
 Local butchers and abattoirs provide an important role in making fresh meats readily available, and organic and specialty farmers are providing a superior product for the plate. Sauces, garnishes and accompaniments play a part in adding depth to a meal and should also be considered in the wine selection. A prime rib fillet coated in a hollandaise sauce would lend itself to a wooded Chardonnay or an aged Marsanne, where a roasted lamb rack smothered in a rich jus would require the body of a Cabernet blend or Durif.

savoury staples
 Breads, chutney, cheese, marinated vegetables, olives and cured meats are just a small part of this category and are the perfect prelude or replacement to a casual or elegant meal. The region has a wide selection of these on offer and it makes for an easy starter with no cooking required. A cold winter's evening may require a warming red and a chilled fruity white is the choice for a summer's afternoon.

sweet moments
 The so called 'sins' of food: chocolates, jams, honey, sauces, syrups, biscuits, fudge and a range of Italian treats are some of the sweets available. Dessert wines would go well with a scone and jam, ice cream and topping or almond bread, whereas chocolates, fudges and brownies can be indulged with a liqueur Muscat or other fortified wine.

events
 Farmers Markets are held regularly within the region as well as at South Bank each season. But if you want the work done for you, join a food event at one of our leading wineries.

seasonal produce

while growing conditions vary from year to year, as a general rule the harvesting seasons for the following commercially grown produce are as follows

spring...	summer...	autumn...	winter...
Many varieties of berries, cherries and early stone fruit, plus baby leaf salad, beans, broccoli, brussel sprouts, cabbage, chinese cabbage, cauliflower, celery, honey, lavender, leeks, lettuce, parsley, peas, mushrooms, eschalots, silverbeet, spinach, squash, tomatoes and zucchini.	Berries, apples, grapes, nashis, pears, rock-melon, stone fruits plus beans, broccoli, brussel sprouts, cabbage, capsicum, cauliflower, celery, chinese cabbage, cucumber, eggplant, figs, herbs, honey, leeks, lettuce, onions, parsley, peas, snow peas, sugar snaps, mushrooms, pumpkins, eschalots, silverbeet, spinach, squash, sweet corn, tomatoes and zucchini.	Apples, apricots, figs, nashis, pears, grapes, olives, persimmon, stone fruits, grapes [wine and table grapes] plus beans, broccoli, brussel sprouts, cabbage, capsicum, cauliflower, celery, chinese cabbage, eschalots, silverbeet, spinach, squash, tomatoes and zucchini.	Broccoli, brussel sprouts, cabbage, cauliflower, celery, leeks & mushrooms.

For more details on farmers markets and food events... www.granitebeltwinecountry.com.au





Nude Food.

granite belt food trail

Nude Food participants...

	M	T	W	T	F	S	S
Ballandean Estate Gourmet Gallery	*	*	*	*	*	*	*
354 sundown rd ballandean (07) 4684 1226 www.ballandeanestate.com	[9am-5pm]						
Bella Rosa's Tea Rooms, Cottage & Garden Centre	*	*	*	*	*	*	*
357 granite belt dr thulimbah (07) 4685 2367 www.bellarosas.com.au	[9am-5pm]						
The Bramble Patch	*	*	*	*	*	*	*
381 townsend rd glen aplin (07) 4683 4205 www.bramblepatch.com.au	[10am-4pm]						
Castle Glen Liqueurs & Vineyard	*	*	*	*	*	*	*
amiens rd the summit (07) 4683 2363 www.castleglenaustralia.com	[9am-5pm]						
Granite Belt Dairy Farmhouse Cheese	*	*	*	*	*	*	*
4 duncan la thulimbah (07) 4685 2277 e: karendeeth@bigpond.com	[9.30am-4.30pm]						
Granite Belt Highlands Winery	*	*	*	*	*	*	*
135 winkler rd glen aplin (07) 4683 4303 www.granitebelthighlandswinery.com.au	[9am-5pm]						
Granite Ridge Wines	*	*	*	*	*	*	*
157 sundown rd ballandean (07) 4684 1263 www.graniteridgewines.com.au	[9am-5pm]						
Hawker Brothers Butchery	*	*	*	*	*	*	*
54 maryland st stanthorpe (07) 4681 2150 e: granhill@halenet.com.au	[Closed sun & pub hols]						
Heritage Estate	*	*	*	*	*	*	*
granite belt dr cottonvale (07) 4685 2197 www.heritagewines.com.au	[9am-5pm]						
Lirah Vinegar and Verjus	*	*	*	*	*	*	*
available @ ballandean estate 354 sundown rd ballandean www.lirah.com.au							
Lucas Estate Winery & Café	*	*	*	*	*	*	*
donges rd severnlea (07) 4683 6365 www.lucasestate.com	[10am-5pm]						
Mt Stirling Olives & Fudge Cottage	*	*	*	*	*	*	*
collins rd glen aplin (07) 4683 4270 www.mtstirlingolives.com.au	[9am-2pm & w/e 8.45am-4.30pm & pub hols]						
Olga & Agnes Fine Foods	*	*	*	*	*	*	*
149 high st stanthorpe (07) 4681 2247 e: kath.ives@mac.com	[9am-5pm m-f, 9-12 w/e]						
Quart Pot Bakehouse	*	*	*	*	*	*	*
37a maryland st stanthorpe (07) 4681 1765 e: quartpot@halenet.com.au	[m-f 5.30-5.30, 6-1 w/e]						
Queensland College of Wine Tourism	*	*	*	*	*	*	*
cnr caves rd & new england hwy stanthorpe (07) 4685 5050 www.qcwt.edu.au	[10-3, lunch w-m]						
Robert Channon Wines	*	*	*	*	*	*	*
bradley la (off amiens rd) stanthorpe (07) 4683 3260 www.robertchannonwines.com	[m-f 11-4, w/e & p/h 10-5]						
Sandmill Foods	*	*	*	*	*	*	*
available @ ballandean estate 354 sundown rd ballandean www.sandmill.com.au							
Sutton's Juice Factory, Cidery & Shed Café	*	*	*	*	*	*	*
10 halloran dr thulimbah (07) 4685 2464 www.hivalue.com.au	[10am-5pm]						
Thunderbolt Farm Winery & Claudia's Restaurant	*	*	*	*	*	*	*
679 thorndale rd stanthorpe (07) 4683 5117 www.thunderboltfarm.com.au	[10am-4pm, dinner f&s]						
Vincenzo's at The Big Apple	*	*	*	*	*	*	*
cnr maryland rd & new england hwy thulimbah (07) 4683 2033 www.vincenzos.com.au	[9am-5pm]						

NOTE: on public holidays please phone operator or visitor information centre (07) 4681 2057 to confirm opening hours

participant symbol key... [please see over for additional info.]

-eating out
-wild things
-fresh produce
-local meats
-savory staples
-sweet moments
-events

Ballandean Estate
Gourmet Gallery
featuring... Lirah Vinegars
and Verjus
& Sandmill Food

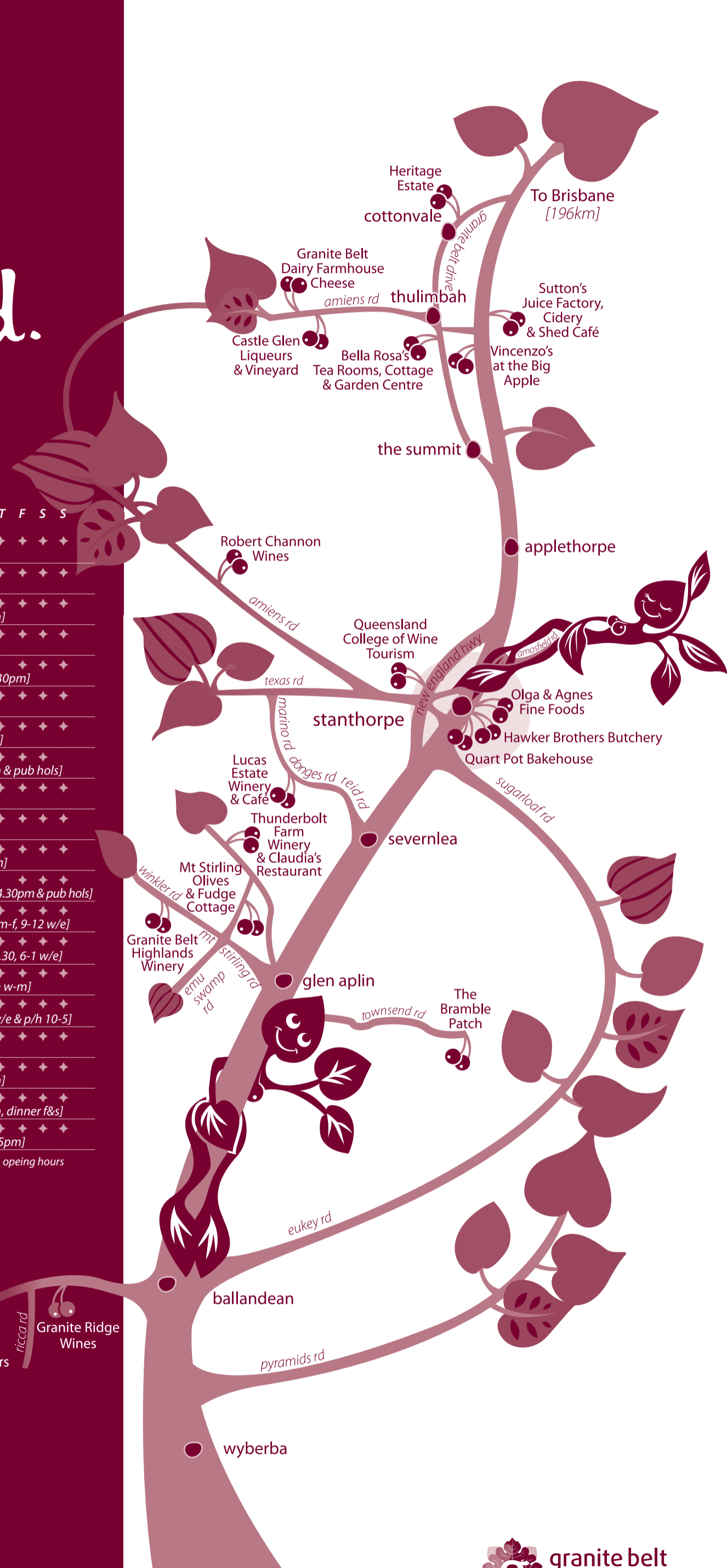
Granite Ridge
Wines

Nude Food

...as nature intended

Peek into the Granite Belt and find food in the nude, as nature intended: in region and in season.

Visit the Granite Belt, drive the trail and take your taste buds on a journey.



To Sydney
[714kms]

www.granitebeltwinecountry.com.au