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editor's letter

What is it about crochet that's captivated a vast new group of hookers? Is it simply because it's quick and gorgeous? Maybe…

Crochet has had a resurgence beyond our wildest imaginings! And interestingly enough, those *not* in the know will suggest it's still only the domain of expectant grannies stitching up a masterpiece for a new grandchild. But no, no, no! It's now the choice of such a diverse bunch of crafters from the really hip hop young folk to everyone beyond it – where it stops, nobody knows!

At *BHG* we've loved it for years and years. We've adored the gorgeous things you can make with those amazing stitches and hooks – from the simplest double crochet right through to the trickiest, with yarns that begin at light and lovely and travel on to chic and mind-blowingly chunky. And the projects that range from absolutely heartwarming as small as finger puppets right up to the most amazing throws you just want in your life.

But some of the biggest pleasures we've had in here – beyond the makes – are our thrilling opportunities with the headings and coverlines referring to hookers! We've called you all 'happy hookers'. We've told you to 'keep on hooking'. We've said 'hookers do it best' and advised those not yet converted to 'become a hooker and love it!' knowing once you really do become a hooker you'll never look back! If you haven't yet given crochet a try, we urge you to begin. There's something so incredibly creative, satisfying and versatile about it, it becomes addictive. And you'll absolutely delight in the things you make. So really, get hookin'! You can begin with the gorgeous projects from page 42 or go to bhgshop.com.au and choose from any of our fabulous kits – you'll find a wild and wonderful selection there to seduce you!

Then, if you can, make your way to our BHG Live event in Melbourne too, from 14–16 October. Apart from meeting the presenters and being inspired by our great stage presentations and fabulous exhibits, you can also visit our Crafter of the Year display. We'd love to see you.

Now enjoy this bright and brilliant issue and tell your partner you're about to take up a new 'profession'… you know what I mean! And see you next issue for the beginning of Christmas. Cheers!

Crochet and pompoms and your dreamcatcher's work will be done, page 45.

Now's the time to work on your outdoor space and turn it into paradiso! Read on to see places filled with gorgeous ideas and inspiration, from page 24.

Subscribe now for big savings and more. See page 224 or call **1300 301 567**

Photography Benito Martin

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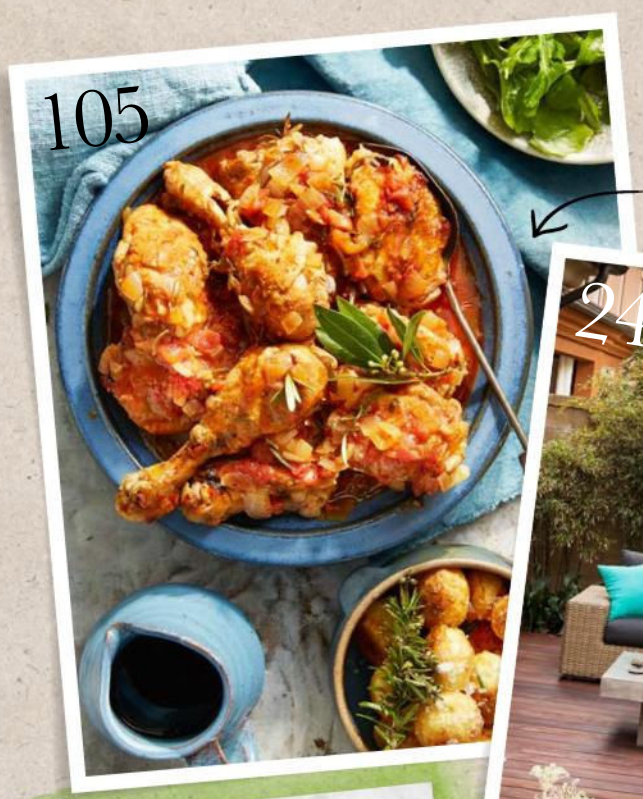

Eat your way through Italy!

November 2016

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Bloom, bloom, shake the outdoor room!

Cover photography Andre Martin; styling Lisa Hilton

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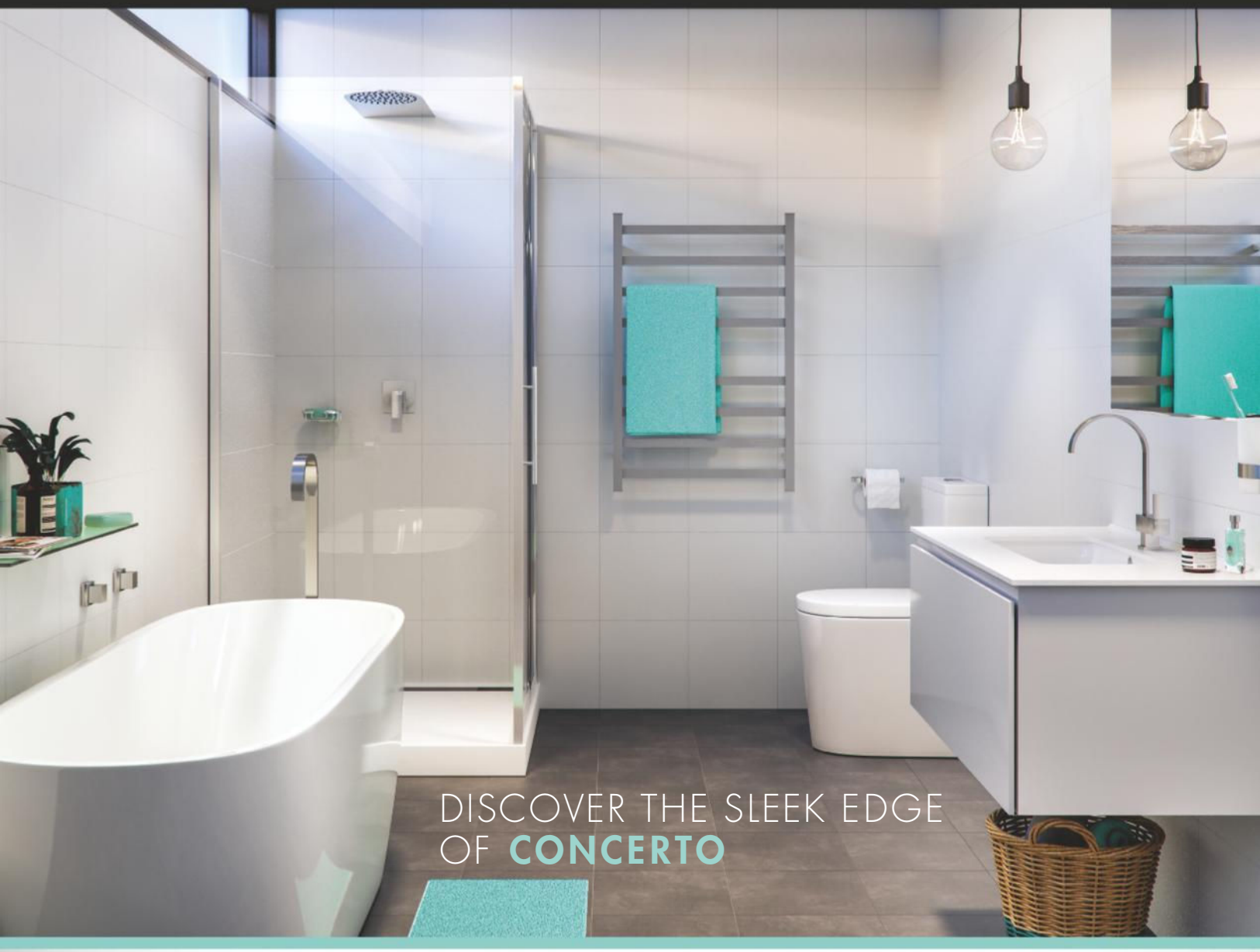

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YOUR 7 GUIDE

what's on tv

Note Television content is subject to schedule changes. Check your local program guides for viewing times.

Let Graham Ross introduce you to the best spring blooms in town

Watch Adam Dovile turn a kit into an outdoor room lickety-split!

16 SEPTEMBER TO 7 OCTOBER

See Fast Ed reinvent a lamington into a lovely light soufflé

Make your backyard stylish with Jason Hodges' screen and seat

decorating & craft

90 For a sweet beach vibe, beautify and brighten your backyard shed

gardening

50 Prepare to be wowed by the hot new plants at nurseries now!
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DIY & building

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171 Does your place need an update? Check out this kitchen and kids' room renovation
201 Convert your garage into a rad chillax zone

food

148 **Fast Ed's** Lemongrass fish skewers; Simple noodles with broth and greens; Steamed banana cake; Smoked chicken; Barbecued prawns and lemon rosemary baste and prawn lime aioli; Whole baked fish with red curry crust; Green pawpaw Thai beef salad; Roast pineapple with butterscotch sauce; World's greatest steak sandwich; Almond cherry biscuits; Lamington soufflé; Pina colada marshmallows
158 **Karen Martini's** Asian-inspired baked eggs; Kaffir lime delicious puddings; Barbecued pork with ginger; Eggplant with miso glaze, sesame and spring onions

pets

212 Learn how to rescue wildlife

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Please be seated

1. You've got to love a part wall with seating on both sides – it neatly separates and defines your conversation and dining zones. Mix up your seating plan, pairing patio chairs with a bench up against the wall. Coordinate good-looking cushions (to support your back) with a vibrantly colourful shade-making umbrella.

On the flip side

2. Opt for a low-maintenance tiled courtyard created with relaxation, entertaining and conversation zones in mind. Where landscaping is along straight lines, soften it with an abundance of plants and pots, not only around the perimeter but within the tiled area. Consider tropical plants, succulents, bamboo, edibles such as lemons and even artificial lawn.

the sweet

2

It's time to reconnect with the great outdoors, so create a living space fit for the purpose!

The backyard, they say, is the fifth room of your home... so make it your fave! With walls of greenery and an open roof, it's an airy family relaxation zone – a place for languid weekend lunches, an evening drink or an afternoon snooze. Once you get your flooring sorted (paving or decking?), it's easy to fill in the other furnishings – table, day bed, a shady umbrella and a few feature pots. Be inspired by this collection of outdoor decorating and landscaping ideas and start planning your new life outside! ▸

outdoors

Bougainvillea

Blechnum

Hosta

Design tips

■ **Disguise boundary fencing** with a living wall of easy-care shrubs – try camellias or lilly pillies.

■ **A wonderful mood-enhancer,** a freestanding fire becomes a natural gathering spot. Choose from a simple metal bowl or chimenea to a modern gas or ethanol-burning fire. Better brush up on fire-pit safety before you light up.

A spot to sit

3. This proves it – you don't need to be an expert gardener to achieve enviable garden style. Rendered privacy walls, raised garden beds, neatly clipped hedges and a patch of lawn for a French-style bistro table and chairs is all you need.

Hanging gardens

4. Make overhead space a growing zone too, with hanging baskets – this fabulous plant is *Begonia boliviensis*.

Flamin' beautiful

5. Nature always gets it right! Let flowering plants be the inspiration for your scheme. Here, the colourway is drawn from fiery red impatiens and begonias, and extends to the soft furnishings, lanterns and pots. For custom covers, try Fab Outdoor Fabrics, faboutdoorfabrics.com.

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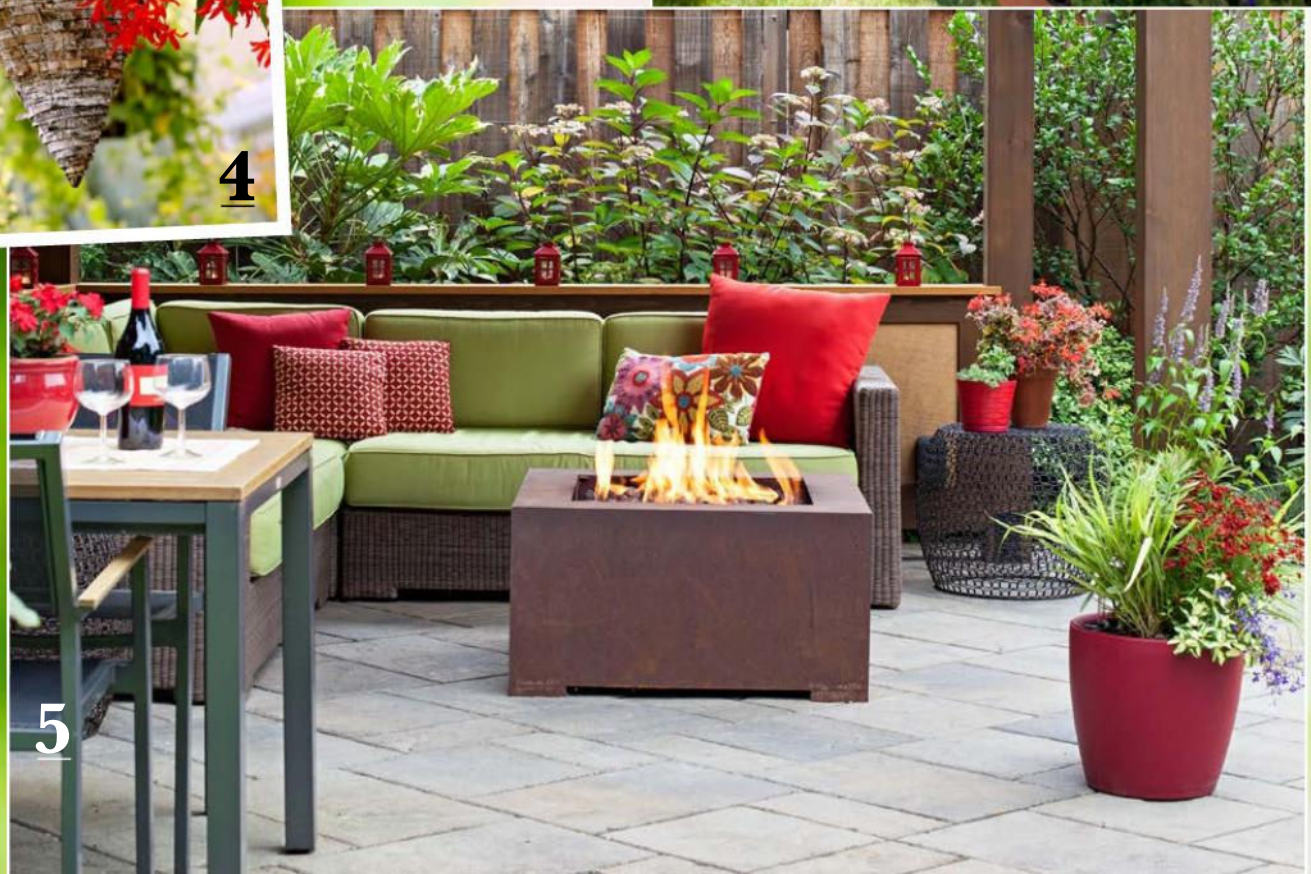
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Photography Alamy

Create a quiet and secluded spot in your garden – it's good for the soul

Up the garden path

6. Surprise and delight yourself with a meandering flagstone path, edged with lush plantings, leading to a simple garden bench. With cushions provided for your comfort, you won't need much encouragement to sit, relax and take in the peace and tranquillity of your surroundings.

Peony

Dahlia

Hydrangea

Design tips

■ **It's possible to use** a regular TV outdoors, but you will need to seal it with a weatherproof shell. Try sealtv.com.au.

■ **If you're mounting a TV** over a fireplace, seek professional advice to ensure adequate chimney insulation.

■ **Check with your local council** for regulations around outdoor wood fires.

Outdoor indoor

7. A covered porch makes it easy – mix indoor and outdoor chairs and throw down a rug!

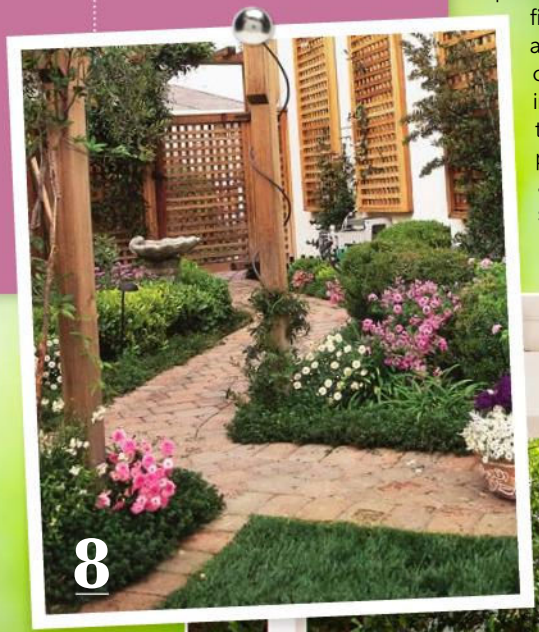
A work of art

8. Set up a beautiful side path edged with flowers and shrubs. Create interest up high with mounted lattice for plants to climb over.

Cinema paradiso

9. Sport or movie nights and memorable gatherings are on the cards with a covered open-air living room with a big-screen TV and surround sound. At the space's heart is an outdoor fire – as much for warmth as for a focal point – and comfy seating for settling in. Here, the symmetry of the layout and furniture placement, both built-in and freestanding, gives the space a sense of casual formality. Popcorn anyone?

7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9

In the swing

10. We're all big kids at heart! Hands up if this hanging day bed's fresh twist on a porch swing has you clamouring for a similar piece with all its idyllic connotations. It will look fabulous set against a landscape surround of lush palms and banana trees.

Try converting an old or new bench seat into a swing. Simply cut off the legs and, to make sure the corner construction is solid enough, attach external and/or internal metal brackets to hold everything together securely. In certain cases, it might be best to leave about 50mm of leg on the underside. Attach the swing to the ceiling framing using heavy-duty eye bolts, S hooks and rope or chain, all strong enough to support 300kg. The rope or chain should fix to the bottom rails and also at the armrest at front and back. At the top, eye bolts must be fixed through solid framing and have a lock nut so the fitting can't undo. Now all you need to do is relax!

Alstroemeria

Cornus

Buxus

Design tips

■ **Creating an outdoor room** doesn't mean sacrificing your beloved lawn. Let your living zone flow straight off the back of your house, then descend via a couple of steps to the grass below.

■ **If your outdoor living** space is square or rectangular, try joining it to a circular lawn to mix up the geometry.

■ **Combine flooring materials,** breaking up big concrete pavers with a slim line of bricks or a slender frame of turf.

■ **For a cost-savvy flooring** option, go Mediterranean and lay gravel. It's easy to do yourself, too.

Secret retreat

11. Check out the little 'escape for two' at the bottom of this garden! It's an idea to borrow if your backyard is long and narrow.

Totally rockin' it

12. Gather together a few pieces of bush rock (you'll find them at landscape suppliers). It's an instant sculpture!

Entertainer's paradise

13. Can't find a sofa big enough to accommodate guests? Supplement occasional chairs/stools with a built-in solution like this handsome brick patio seating. If you don't know a brickie, put it out to tender on airtasker.com. As for the 'mattress' topper, have it custom-made by an outdoor foam and rubber specialist store. Love, love, love the fire pit!

Photography Alamy, GAP Photos/Stocken

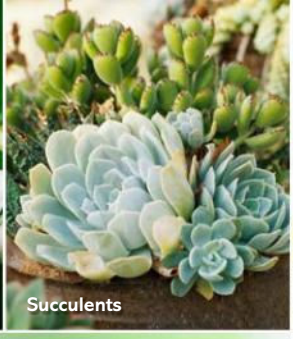
Be creative with your alfresco dining and rig up a cafe bar with a twist

Bar central

14. You can spend a fortune on outdoor furniture and blow your budget. Or, save your $$$ and go the DIY route, like this beaut L-shape bar-meets-meals station. You can build it with ordinary besser blocks and top it with decking,. Your hardware store awaits!

Hydrangea

Star jasmine


Succulents

Design tips

■ **Try dressing your table** with a 'living runner'. Sit a potted fern in a shallow tray, surround with oasis, stud with small succulents and fill gaps with sphagnum moss.

■ **Why buy new furniture** when a solid scrub, prep and paint job can have it looking as good as new? Working outside on a covered surface and with the spray-paint can about 30cm away, spray back and forth across surface.

Out of the blue

15. Let blue step into the spotlight. Vary tone and texture with light and dark, smooth, rough and matt for a delightful outdoor space with heightened depth and interest. PS, note the handy rack with on-theme blue terry towels!

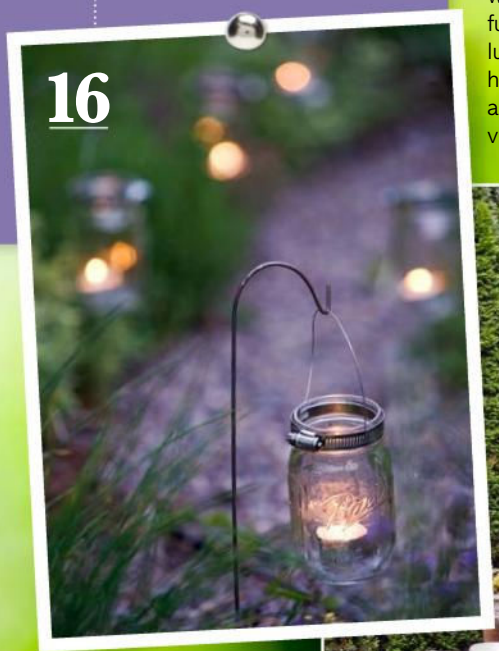
Light the way

16. Use recycled household jars, radiator hose clamps and wire hangers to create lanterns. Simply magic!

Do it in a weekend

17. With gravel no larger than pea size, you can carve out a distinct zone purely for socialising. When combined with plush all-weather wicker furniture, the look radiates casual luxury. Then, give your garden, however young, character with architectural salvage, urns and vintage sculptural garden art.

15


16

17

Photography Alamy, Shutterstock

Alfresco heaven

18. View outdoor living as you would interior design: subdivide rooms with visual tricks like the trellis wall here. Or, consider a canopy or pergola to cosy up your dining space and suspend pendants over the table with its living table runner (for how-to, see Design tips, opposite).

Edit plantings seasonally so greenery is punctuated with flowering annuals

Crepe myrtle

Agave

New Zealand flax

19

Design tips

■ **Select furniture** that doubles as storage for outdoor cushions, throws and other soft furnishings.

■ **Even sun worshippers** welcome a little shade. Go under the cover of mature trees, umbrellas, retractable awnings or vine-laden pergolas.

20

Basket weave

19. The unmistakable wear of these recycled paving bricks adds charm, as does the simple basket weave pattern. Choose your pavers before you furnish – note here how the reddish furniture stain is in harmony with the earth red of the pavers. This well-appointed scene is kept cool with white and sky blue accents.

Pipe dreams

20. How's this for inexpensive ornamentation? Paint a few lengths of plumbing pipe and plant up with blue fescue grass.

Stepping out

21. Arrange your outdoor living area so you can look back towards the dining area. Carry colours between the two spaces to bring the look together. Note the cool pavers in the deck.

21

Photography Phil Aynsley, Alamy

Patterns don't always need to match, just look for colours in common

Pallet paradise

22. With so many paint colours and finishes available for just about every surface, you can go wild and perk up old patio furniture for a fun and colourful scene. And you'll have all hands on deck in creating this low-maintenance coffee table. Just stack two painted pallets, bottom to bottom. Centre a zinc mending plate at each outside join then screw to secure. Place a painted concrete half block under each corner to support your new table.

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SEE PAGE 224

Strelitzia

Cordyline

Rhapis palm

Design tips

■ **Before you knock down** that old shed in the garden, assess its makeover potential. Could it be opened up with a pair of glass doors to create a little cute-as pavilion?

■ **Flamboyant foliage plants** work wonderfully well around outdoor sitting spots (plus, they're less maintenance than flowers!). Create a tropical-inspired feel with banana palms, strelitzias, cordylines and rhapis palms.

Shed appeal

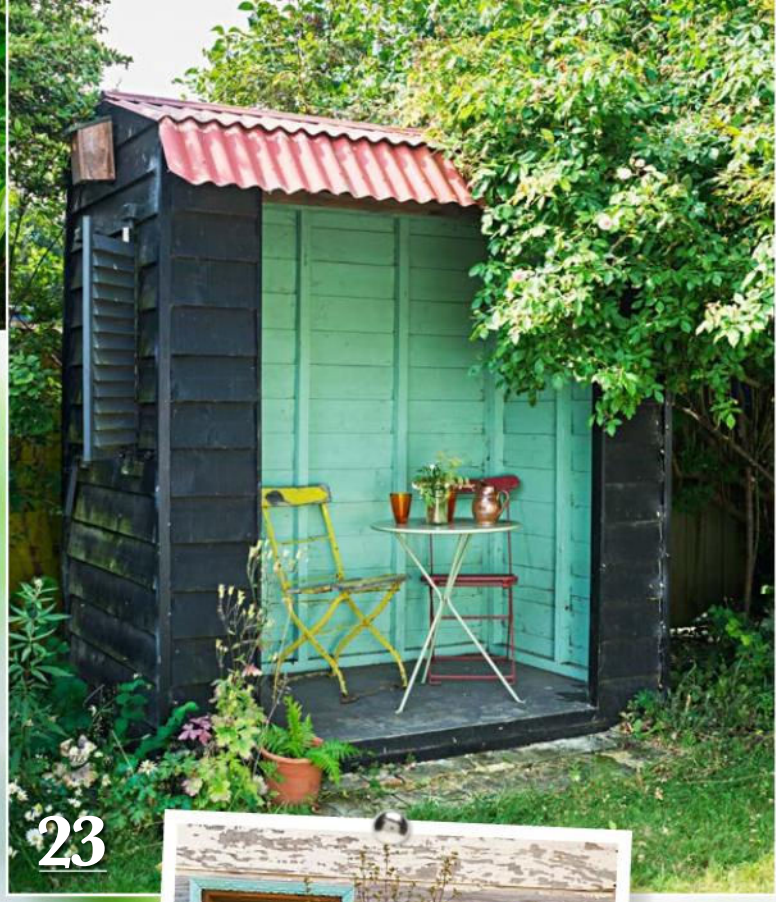
23. Give a no-frills timber shed eye-catching presence. With its doors removed, paint the exterior dark charcoal, the interior bright sea green – these colours help it sit naturally in its environment. A top spot to enjoy garden life… and a quiet drink!

Framed!

24. Salvaged frames, shelves and a clutch of pot plants add up to the perfect shed wall deco.

Summer in the house

25. Modelled on a backyard cabin, this custom version elevates its status to idyllic summerhouse. Observe the bi-fold French doors, paved deck, urns on pedestals and well-appointed cosy interiors. And search the web for a prefab cabin specialist, allowing a level of personalisation.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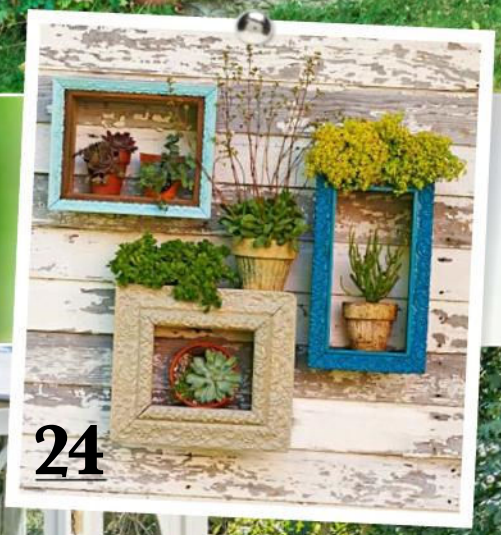
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25

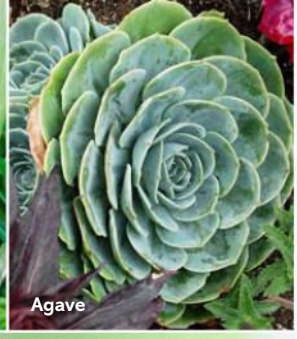
Photography GAP Photos/Howard Rice, timeincukcontent.com

In the zone

26. You can maximise the efficiency of a compact courtyard by creating distinct, yet connected, zones. Here, the outdoor kitchen is pushed up against a boundary wall with the dining zone a few steps away. An L-shaped sofa is ideal for lounging peeps having their appetites whet while watching the 'chef' in action. Like the wall deco? For a similar effect, hot-glue branches to an unfinished mirror frame.

Armeria

Cyperus papyrus


Agave

27

Up the wall

27. In small outdoor spaces, make use of the vertical to introduce greenery, like this tiered planter filled with succulents.

Past to present

28. Let the past speak in your decorating decisions. Here, welcoming all, is a beautifully worn farm table topped with a 1950s cloth. For a similar pendant, search 'votive chandelier' on ebay.com.au.

Cross the bridge

29. Love the curves of this nook? You can do it with an oval deck surrounded by a mosaic garden bed and a curved moat with water feature.

28

29

Photography Alamy, GAP Photos/Annie Green-Armytage/Design Jo Penn

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get the look

Malaro Outdoor Table and Two Chairs in Red (above), $179, IKEA.

Hammock in Teal, $199; Fred Flamingo Cushion, $39.95; Hayman Occasional Chair in Natural, $399, Freedom.

Mimosa 9-piece Timber Avani Setting, $1499, Bunnings Warehouse.

Macramé/Glass Plant Holder, $42.92; Jardinier Tin Watering Can in French Blue, $9.72; *Living Wreaths* Book, $71.39; Ceramic Mozaic Lanterns in Aqua Blue or White, $31.69 each; **bhgshop.com.au**

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Cast-iron fire pit, 77 x 41cm, about $240, Gardenhouse Decor.

Sabine Planters in Waterfall and Pink Lemonade, $39.95 (medium), $59.95 (large), Freedom.

FOR SHOPPING DETAILS, SEE STOCKISTS PAGE

DECORATE A PAVER

Step out in colourful style with these concrete stepping stones covered in fabric. Yes, fabric!

Here's how

STEP 1 Working with an **outdoor fabric** (preferably with circular motifs, but not essential), cut fabric to desired circle size. Using **foam brush**, apply **Mod Podge Matte** medium onto surface of **round concrete stepping stone** then place fabric on the coated surface, pressing it in place.

STEP 2 Working with a **paintbrush**, evenly coat fabric with 2 coats of Mod Podge, brushing from centre out to edge of stepping stone, allowing to dry after each coat. To finish, spray entire surface with an even coat of an **exterior aerosol sealer**.

Prices are approximate and a guide only

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hooked!

crochet your way to cool

Start crocheting now and you'll have a kaleidoscope of colour around your home in time for summer!

Using just one simple flower shape, crochet your way to new cushions, fun stool covers or a luxurious blanket. Beginner crocheters, there are projects here for you too! Try the quick and simple heat mats or the easy striped cushions – ideal if you're low on time or just starting out. So grab your hook and a few balls of cotton and let's go! ▶

1 From little things throw

Start with a single flower then, square-by-square, grow your blanket into a splendour of colour. The squares themselves are not tricky – you can make a square in a single sitting – but, like all big projects, you'll need time and patience to complete it… and the result is worth it!

Instructions start on page 216

FOR SHOPPING DETAILS AND PROJECT SUPPLIES, SEE STOCKISTS PAGE

1
Once you've made the blanket, crochet matching cushions!

The earliest known crochet patterns were printed in 1824. Before that, crocheters copied others' work and sewed samples into scrapbooks or onto pieces of fabric.

for you to know!

Grab a cuppa and admire your handiwork!

3

2

2 Soft spot cushion

Sink your hook and then yourself into these big softies! If a whole blanket seems a bit much to commit to right now, try these floor cushions. With 16 motifs on each side, there are still plenty of colour combos to enjoy and you'll be finished a whole lot quicker.

3 Cool holder for hot pots

Simple hooking (yes, it's beginner-friendly) is all you need to add summer brights to your kitchen. Made from easy-to-wash cotton blend yarn, this heat mat can be put to work, week in week out. Make a bunch and share the crochet goodness around – they make lovely gifts.

4 Mandala magic

The internet is filled with beautiful bohemian-style dreamcatchers. Love them? Make your own using a crocheted mandala for the centre. Then add rounds of vibrant colours and use a timber embroidery hoop to frame it. Finish your masterpiece with a swathe of fringing and pompoms and it'll be sweet dreams for you!

All instructions start on page 216 ▶

FOR SHOPPING DETAILS AND PROJECT SUPPLIES, SEE STOCKISTS PAGE

Ensure you sleep soundly through summer nights with a vivid dreamcatcher!

4

5

5 Cover star

These once-basic mini stools soar to new heights with crocheted covers – your littlies will love them. A trimming of hat elastic around the edge is all that's needed to keep the covers in place.

6 The great shopper tote

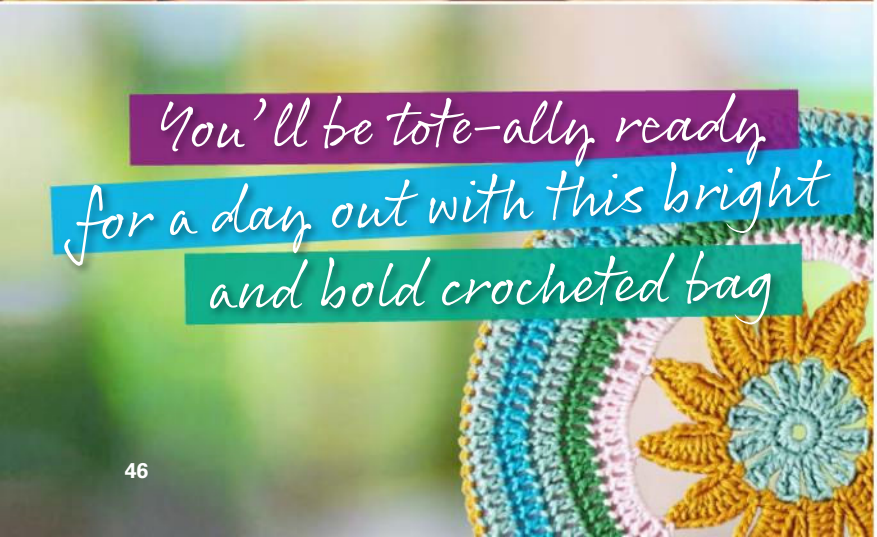
This statement bag is roomy enough to carry you through a day at the beach or the shops, plus making it is easy! Just crochet nine flower squares for each side, join together and crochet a handle.

7 Start with stripes

Gotta love how easy these are with rows of treble crochet. Follow one of the three colour options or make your own combo, choosing your main colour then six more colours for the stripes. You'll be scattering cushions and setting the summertime scene in no time!

All instructions start on page 216 ▶

FOR SHOPPING DETAILS AND PROJECT SUPPLIES, SEE STOCKISTS PAGE



You'll be tote-ally ready for a day out with this bright and bold crocheted bag

6

7

steps

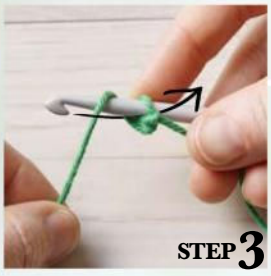
Easy step-by-steps to

double crochet

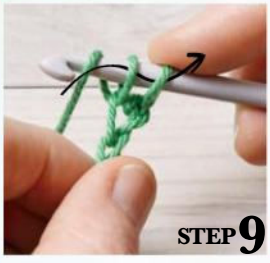
Learn the basics and you'll be ready to crochet away!

Make a slip knot

Make a chain stitch



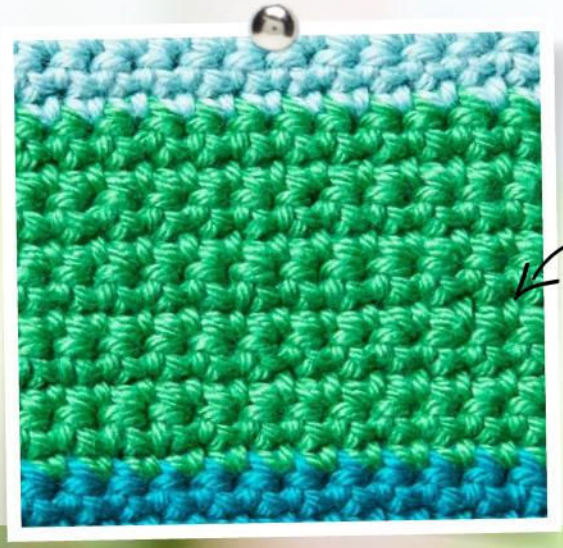
Make a double crochet stitch



Make a slip knot
STEP 1 Cross yarn over itself to make a loop. Hook long end of yarn and pull through loop.
STEP 2 Pull both ends to slide knot closer to hook.

Make a chain stitch
STEP 3 Holding hook in your right hand and yarn in your left, wrap yarn over hook.
STEP 4 Use hook to draw yarn from left to right through slip knot already on hook. The new loop on the hook is now 1 complete chain stitch.
STEP 5 Repeat Steps 3 and 4 to continue making as many chain stitches as required for your pattern.

Make a double crochet stitch
STEP 6 Insert hook into second chain stitch from tip of hook.
STEP 7 Wrap yarn over hook.
STEP 8 Use hook to draw yarn from left to right through loop closest to tip of hook.
STEP 9 Wrap yarn over hook.
STEP 10 Use hook to draw yarn from left to right through both loops on hook. 1 double crochet stitch is now complete.



Row by row your crochet grows...

Photography Andre Martin; styling Lisa Hilton

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NATIO

NATURAL AUSTRALIAN BEAUTY

1 Bring a riot of colour to your garden throughout the warmer months with *Calibrachoa* Superbells 'Holy Moly'. Perfect in pots, hanging baskets and garden beds, it brings a shot of colour to patios, entertaining areas or front entrances. Allow the soil to dry between watering and enjoy the extended display.

✻ **Flowers early spring to late autumn**
✻ **Size 30H x 30cmW**

2 Even under the harshest conditions, *Disphyllum* Sunpeach will bring a delicate splash of colour and charm to any garden. Ideal for rocky embankments and other difficult areas, this flowering succulent will deliver big-time, as long as you plant it in full sun and free-draining soil. It's a great choice for coastal areas.

✻ **Flowers spring and summer**
✻ **Size 10cmH x 1.5mW**

3 Create a stylish entrance to your home with *Lavandula pedunculata* 'Ghostly Princess'. Featuring pink flowers and silver foliage, it looks wonderful as a hedge or planted in a couple of feature pots to bring a touch of elegance to your yard. Remove one third of the plant after flowering in late summer to maintain its compact vigorous growth.

✻ **Flowers spring**
✻ **Size 70H x 70cmW**

4 Add seasonal interest with the new flowering crabapple *Malus* 'Wychwood Ruby'. A striking narrow feature tree for full sun or part shade, it produces rich ruby-tinged growth in early spring, stunning double ruby pink flowers in late spring, subtle claret-coloured fruits in summer and the ever-changing foliage hues of autumn, all on this one striking tree! It also works as a large deciduous hedge.

✻ **Flowers spring**
✻ **Size 4H x 2.5mW**

FOR SHOPPING DETAILS, SEE STOCKISTS PAGE

4

Spring is set to sizzle this year with a fabulous line-up of hot new plants available at nurseries and garden centres now. From succulents to salvias, groundcovers to blossom trees, there's something for everyone – wherever you live in the country. Pick from the following 14 plants to fill a pot on the patio, add a basket to the balcony or create a divine new hedge for your driveway. ▸

holy moly... bring on the blooms

Here's your sneak peek at the hottest new numbers in your local nursery

5 Let the *Osteospermum* 3D Berry Series tempt you this spring. Tough as nails but as pretty as a picture, these African daisies won't disappoint. Available in three colours (Blueberry, Raspberry and Strawberry), they love full sun. Enjoy their abundant flowers through the warm months.

✻ **Flowers spring to early autumn**
✻ **Size 40H x 60cmW**

5

6

7

6 Northern gardeners, this one's for you! *Tecoma* 'Bells of Fire' (*Tecoma alata x stans* hybrid) flowers prolifically and the compact shrub is ideally suited to the warm temperate, sub-tropical and tropical areas of Australia. Plant in full sun and mulch to conserve soil moisture over the summer months. Prune in early spring and enjoy the extended display of vibrant orange flowers.

- **Flowers spring and summer**
- **Size 1.2H x 1mW**

7 Boldly go where no petunia has gone before with *Petunia* 'Night Sky'. Bearing deep purple flowers flecked with spots of white, this hardy flowering groundcover is out of this world! Plant in full sun in a pot or hanging basket, or you can mass plant in garden beds.

- **Flowers spring and summer**
- **Size 30H x 80cmW**

8

8 Make a striking impression with *Echinacea* 'Double Scoop'. Available in six colours (Bubblegum, Lemon Cream, Mandarin, Orangeberry, Raspberry and Cranberry), this drought-resistant perennial has twice the petals for double the impact. Plant in full sun and deadhead regularly to prolong flowering.

- **Flowers summer into early autumn**
- **Size 50H x 60cmW**

9

9 Plant a living mulch of *Convolvulus mauritanicus* 'New Blue Moon' and enjoy the vibrant blue flowers of this hardy, drought-tolerant groundcover. With virtually no maintenance required, it's wonderful beside pools and on terraces as well as cascading from pots.

- **Flowers spring to autumn**
- **Size spreading**

FOR SHOPPING DETAILS, SEE STOCKISTS PAGE

10 **When one colour** just won't cut it, check out this posy on a plant! *Argyranthemum* Super Chameleon changes colour as the flowers age, moving from lemon-tinged through to hot pink before fading to a delicious coconut ice. Hardy and reliable, this new variety of Federation Daisy is a real show stopper.

- **Flowers spring and autumn**
- **Size 60H x 40cmW**

11 **Attractive to cats and bees,** *Nepeta* 'Blue Wonder' is a compact catmint, bringing a carpet of blue and silver to the garden for much of the year. Tolerant of drought and frost, it's especially suited to cottage gardens or as a groundcover beneath standard roses. Prune lightly after flowering to encourage repeat flowering.

- **Flowers late spring to autumn**
- **Size 30H x 30cmW**

12 **Russian sage** is making a revival and the *Perovskia* Spires Series is outstanding. Drought-tolerant, both 'Blue Spires' and 'Little Spires' (pictured) add a stunning splash of mauve to the garden from spring until autumn. Great for mixed borders and cottage gardens, it can be cut back to ground level in winter when dormant.

- **Flowers spring to autumn**
- **Size 60H x 60cmW**

13 **Welcome the birds and the bees** to your garden with *Salvia microphylla* So Cool. Available in three colours (Lilac, pictured, Violet and Purple), this salvia is tolerant to drought and frost and works well in borders, pots and planters. Prune after flowering to encourage repeat flowering.

- **Flowers spring and early summer**
- **Size 70cmH x 1mW**

FOR SHOPPING DETAILS, SEE STOCKISTS PAGE

Words Marcelle Nankervis

13

14 ***Anigozanthos*** **Bush Crystal** is a vibrant new addition to the Bush Gems range of kangaroo paws. With bright crimson flowers that will hold their colour in the heat, this striking variety has improved disease-resistance and thrives in pots and garden beds.

- **Flowers** spring and summer
- **Size** 90W x 50cmH

There's nothing more satisfying than seeing your plants spring to life as the warmer seasons roll in. And whether your space is on a grand scale or limited, there's plenty of inspiration to draw from a glorious garden. Bursting with blooms at this time of year, Al-Ru Farm in the Adelaide Hills is a delightful nod to the formal techniques of large-scale landscaping but filled with achievable ideas. Take a peek and you too will fall in love with this masterpiece! ▶

it's a *country*

1. You can add cottage style to your garden by planting a frenzy of mixed perennials and self-sown plants. These will fill the space and emerge as little seasonal surprises. Let them overflow the boundaries of flowerbeds – it's organised chaos at its best.

LET'S GO FOR A WALK

Thing

Indulge your love of classic garden charm with a wander through a lovely, luscious landscape

Hemerocallis fulva

Bougainvillea sp.

About the garden

Al-Ru is a flowering country garden nestled in South Australia's Adelaide Hills. Surrounding a 1940s homestead, it covers four hectares and sits within a working cattle and olive farm. Since its beginnings in 1981, owners Alan and Ruth Irving have planted more than 14,000 trees and shrubs – inspired by visits to many gardens all over the world. At Al-Ru you'll find yourself wonderfully lost among the many outdoor 'rooms', connected by dozens of meandering pathways. Ramble among the overflowing perennial beds in this cottage-style garden, take in the formal rose garden or pause at one of the numerous water features.

Walk this way into a serene English-style garden scene . . .

2

3

Photography Alex Makeyev

2. Even the house at Al-Ru isn't safe from the garden! You too can use existing walls to establish climbing plants like roses. Let them ramble and go wild or train them to grow over wire on a trellis. Just remember to prune annually.

3. At first glance, the straight edges of a rectangular swimming pool seem contradictory to the free-flowing curves of the rest of the garden. But touches of formality set up a pleasing contrast to the profusion of flowers.

4. In a country-inspired garden, an arch of tumbling roses is an essential component. They'll happily sprawl over a basic frame like this, and you can enjoy the blooms up close.

5. A bench seat in the shade of lush foliage provides a peaceful nook. Established trees bring a sense of age, permanency and elegance.

6. Indulge a love of all things classical with a statue nestled among the greenery.

Ideas for you

■ **Echo the rambling style of cottage garden** beds in the design of the pathways – let them wind and meander and avoid rigid lines.

■ **Plant self-sowing perennials,** such as hollyhocks, to help your garden take shape. Leave them for a few seasons and they'll create brimming beds of glorious colour.

■ **Incorporate vintage accessories,** such as a rusted chair. Or place an urn in a prominent spot on a pathway to help guide visitors around the garden.

Kalanchoe pumila

Nymphaea sp.

7

6

6. When creating a cottage garden in the Australian climate, think outside the square. Bougainvillea, despite its tropical associations, is right at home here, and provides a waterfall of brilliant colour for 6–9 months of the year.

7. The cottage garden's answer to a water feature – a free-form pool brimming with flowering waterlilies. In the heat of summer, the breezes drifting over the surface help cool the air.

8. Even flower-free zones, like shady shrub beds, can be given personality by adding interesting shapes. Try this idea and border a shrubbery with a row of clipped buxus spheres.

8

See it!

What Al-Ru Farm
Where One Tree Hill Road, One Tree Hill, SA (a half-hour drive from both the Barossa Valley and Adelaide).
When The garden is open on 2–3 October 10am–4:30pm for Open Gardens SA. It's also a venue for events and weddings with accommodation also available.
More info (08) 8280 7353 or alru.com.au

French botanist Jules Charles is credited with building the first modern greenhouse in Leiden, Holland, to grow medicinal plants. The earliest known version – called a specularium – dates back to Rome in 30 A.D.

for you to know!

9. This magical old-world structure is so *The Secret Garden*! It provides a warm place for delicate plants to thrive during winter.

flower on ahead

Breathe new blossoms into your front yard with glorious plantings and an updated garden path – you can do it in a weekend!

What a way to welcome all who come to your place! With dreamy, colourful plantings and a stepping-stone path, this makeover inspired by an English cottage garden will open the door to your beautiful new front of house!

REVAMP YOUR FRONT GARDEN

With pretty plants, sandstone pavers and mulch, you can totally revamp the entryway to your home.

Gather your supplies

- Organic Garden Mix Soil
- Selection of plants
- River sand
- 50mm sandstone pavers
- Mulch

You'll also need

Long-handled shovel; set-out paint; gloves; rake; rubber mallet; long-handled broom

steps

STEP 1 Using shovel, remove any plants from area to be landscaped.
STEP 2 Using set-out paint, mark out where garden beds and path will go.
STEP 3 Following marks, use shovel to remove all grass so soil is bare.
STEP 4 Spread a layer of soil in marked out garden beds. Wearing gloves and starting at end closest to house, plant your choice of plants and water in.
STEP 5 To prepare path, excavate to a depth equal to height of pavers plus 10–15mm for sand bed. Spread sand and rake to level. Stamp with feet to compact sand.
STEP 6 Lay pavers in an organic design. Bed in pavers by tapping with a mallet.
STEP 7 If you like, plant a few low-growing groundcovers randomly between pavers.
STEP 8 Mulch pathway, sweeping mulch off pavers and into cracks.

1. Use existing structures, such as these stairs up to the front deck, to shape the design of your garden beds and pathway. Incorporate curved edges for a cottage garden feel.

FOR PROJECT SUPPLIES, SEE STOCKISTS PAGE

Feed the flowers

At planting stage, prepare the soil with a good dose of fertiliser. Then feed the plants a soluble fertiliser periodically like PowerFeed from Seasol. Its unique formula combines macro-nutrients, fish and natural soil conditioners to boost plant growth and stimulate flowering. It also strengthens plants' resistance to heat, drought, frost, pests and disease.

Photography Brent Wilson; project Vivien Kappos, Grahame Rowe

2. Be inspired by the beautiful plants used in this makeover (see right) and plant them in new garden beds and pots, even venturing up onto your deck.

PLANTS YOU'LL LOVE

- *Cynara cardunculus*
- *Primula* 'Lollipops'
- *Chorizema cordatum*
- *Erica* 'Raspberry Ripple'
- *Buxus japonica*
- *Kalanchoe* 'Silver Spoons'
- Foxglove 'Debutante'
- *Argyranthemum* 'Larita Rose'
- *Kalanchoe* 'Hawn' and 'Birkin'
- *Erysimum* 'Bowles Mauve', 'Winter Joy' and 'Apricot Twist'
- *Linaria* 'Enchantment'
- *Heuchera* 'Neon Light', 'Evergreen Forest' and 'Sugar Plum'
- *Lavandula* 'Sensation Blue'

Learn how to grow and care for these exotic goddesses

in awe of

With their exquisite flowers and dazzling colours, orchids are absolute show stoppers in the garden! Transform your backyard with these beauties – mount them and make a floral wall feature, plant them in hanging pots, repot the bulbs to make them last and last and best of all, you can build a house to keep your orchids as happy as Larry! ▶

Slipper

The distinctive blooms of *Paphiopedilum* sp. feature a small pouch or lip. The flowers come in all sorts of colours, including green, cream, russet and white. They bloom from late autumn to winter. When they're not in flower, the dense green foliage looks just as good.

■ **How to grow** Keep them moist through the warmer months and a little drier in winter. They prefer to grow in light shade, although a few varieties will tolerate more sunny positions.

orchids

Cymbidium

Known as the 'king of orchids' because of their popularity around the world, the stunning flower spikes of cymbidium orchids last for an extraordinary six weeks! They flower from May to September and come in a variety of colours.

■ **How to grow** Position them in filtered sunlight. Ensure their roots are well drained and allow potting mix to dry out before watering again.

TURN TO PAGE 68 for how to build a home for your orchids

Cattleya

A great choice for the novice gardener, cattleya orchids are very hardy and long-lasting. They're large, have extravagantly ruffled petals and are often fragrant.

■ **How to grow** Position them in a medium to bright light, with moderate humidity, for year-round flowers. Let potting mix dry out between waterings.

Dancing lady

Oncidium sp. have graceful, small flowers. They bob in the breeze on long-stemmed sprays of grass-like foliage. They provide brilliant long-lasting colour all year round.

■ **How to grow** They are best suited to a spot with bright, but indirect, sunlight. Give them regular applications of a liquid fertiliser formulated for orchids.

Dendrobium

With a wide diversity of flower forms and colours, this large genus of orchids includes many Australian species like *Dendrobium kingianum*. They're easy to propagate from the baby plants they produce.

■ **How to grow** Being epiphytes, most varieties can be grown tied to a tree trunk or piece of bark. Alternatively, plant in pots of orchid mix in a lightly shaded spot.

HOW TO GROW THEM

Climate

Although most orchids prefer tropical and subtropical climates, and hot humid environments, they will survive elsewhere as long as it's warm and relatively frost free. In cooler climates they will need a mildly-warm greenhouse with shade cloth at the sides for ventilation or one with polycarbonate sheeting (turn the page for how to build it).

Aspect

Filtered sunlight under a canopy of foliage is preferable. You can also naturalise some species by mounting them in the fork of a tree or on a tree trunk.

Water

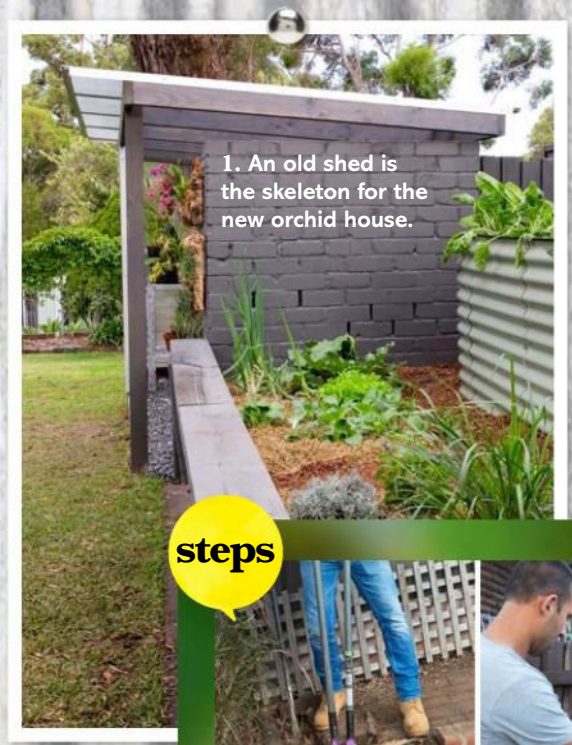
When watering, allow excess to flow out of drainage holes. If potted and sitting in a saucer, let the water drain completely before returning to saucer. Water requirements vary between orchids – certain varieties like to dry out between watering, while others like to stay slightly moist. Always check the growing label for details.

Humidity

Orchids love high humidity, which can be achieved by building an enclosed growing area. Another way to increase humidity around the plant is to fill a saucer or tray with water and pebbles. Place the orchid pot on top, making sure it doesn't touch the water. A light misting of water in the morning will also help.

Fertiliser

During growing season, help them flower by applying an orchid fertiliser such as Yates Thrive Orchid Liquid Plant Food, Neutrog Strike Back for Orchids or Campbell Orchid Special Fertiliser B. ▶



here's what you can do…

add an orchid

ORCHID HOUSE

Orchids need a protected, humid environment in which to thrive. Using twinwall polycarbonate sheeting for the roof and walls, you can recreate these conditions. The sheeting provides protection and plenty of light but doesn't transfer heat so it won't get too hot inside – it'll be *juuuust* right! Build from scratch or replace an existing structure, as here.

Gather your supplies

- **Posts** 90 x 90mm x 3m H4 treated pine
- **Floor retaining walls** 100mm H4 treated pine wing splits
- **Cleats for retaining walls** 150 x 25mm sawn H4 treated pine
- **Roof beams and rafters** 140 x 45mm H3 treated pine
- **Roof and wall cladding** Suntuf Sunlite 10 x 2400mm twinwall polycarbonate sheeting
- Joining and capping accessories, to suit polycarbonate sheeting
- **Stud wall frames** 90 x 45mm H3 treated pine
- **Shelves** 200 x 50mm treated pine sleepers

You'll also need

Cabot's Deck and Exterior Stain in Blackburn; paintbrush; stringline; 50 x 50 x 450mm hardwood stakes (8); measuring tape; set-out paint; post-hole digger; spirit level; quick-set concrete (2 bags per hole); exterior acrylic paint; galvanised screws, various lengths; power saw; handsaw; clamp; jigsaw fitted with plastic cutting blade; 20mm blue metal landscape stones; galvanised steel potting benches; 8mm drill bit; 8mm masonry drill bit; blue plastic plugs

Notes

- When using power tools, wear all safety gear required. For more information, refer to your equipment pack instructions.
- Pre-stain timber prior to installation.
- Cut posts to length after installation.
- If possible, design walls and roof to suit width of polycarbonate sheeting to minimise cutting.

Here's how

STEP 1 To set-out for posts, run stringlines to determine outside edge of posts, using stakes to attach stringlines. Here, posts are in a 2 x 3.4m rectangle. Measure diagonals of stringlines to check corners are square. Mark position of posts with set-out paint. For partial front wall, as here, mark position for an extra post 1m in from outside of 1 front corner post. Use post-hole digger to make 700mm-deep holes at post positions.

STEP 2 Insert posts in holes and make plumb. Use quick-set concrete to secure in position. Leave to set.

STEP 3 Apply 2 coats exterior acrylic to any existing structures, like the brick wall here.

STEP 4 To make a level floor on sloped ground, as here, construct wing split panels to fit between posts for floor retaining walls. Use cleats to join wing splits, ▶

steps

SEEN ON BHG TV 7

house and more!

Make a home for your beauties, then display them in high style

2. Once you've made the house, decorate it with a beautiful living wall hanging – mount orchids, like this *Oncidium* 'Twinkle', to wooden panels with moss and twine. See page 71.

FOR PROJECT SUPPLIES, SEE STOCKISTS PAGE

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SEE PAGE 224

3

4

steps

STEP 5

STEP 7

STEP 8

STEP 10

STEP 11

STEP 14

STEP 16

running cleats vertically down inside of wing splits. Position wing split panels, make level and screw into posts.

STEP 5 Mark out 130mm-long, 35mm-deep notches on outside face of posts to create a support for roof frame. Mark rear posts first, making bottom of notch 1800mm from proposed floor level. On front posts, make bottom of notches 1975mm from floor level to create a 5° slope for roof. To cut notches, set power saw to cut 45mm deep and cut bottom of notch. Reset saw to cut full depth then cut down sides of notch, stopping at cut along bottom. Use handsaw to complete cuts down sides of notch.

STEP 6 Construct roof frame. To determine rafter length, temporarily put roof beams in notches, clamp and measure distance between them. Cut rafters on a 5° angle at each end, making sure the angle goes in the same direction at both ends. Butt end rafters into roof beams flush with each end. To secure, screw through roof beams into rafters. Space intermediate rafters to suit size of roof cladding following product instructions.

STEP 7 Install roof cladding and required fixing and capping accessories to roof frame following product instructions. At roof back, overhang sheeting by 50mm.

STEP 8 With a few helpers, lift and position roof frame so roof beams sit in post notches. Make sure roof frame overhangs corner posts equally. Screw through roof beams into posts.

STEP 9 Construct stud wall frames to fit between posts and to sit on wing splits. Space studs on frames to suit width of wall cladding as done for roof in Step 6.

STEP 10 Install cladding on wall frames following product instructions. If required, cut sheeting to fit wall frames with a jigsaw fitted with a plastic cutting blade. On front and side walls, mount sheeting with

3. Orchids love growing in pots. Just match your container to the size of the root ball.

4. Add shelving to existing brickwork for garden storage.

an overhang of 90mm to cover posts for a streamlined look.
STEP 11 With a helper, position wall panels. To secure, screw into posts and down into floor retaining walls. If you are not building on sloped ground so have no wing splits, sit wall frames on lengths of H4 treated pine (these can be in contact with ground). Install capping pieces where cladding meets to cover corners and at wall ends.
STEP 12 Fill floor area with blue metal landscape stones until level.
STEP 13 Assemble and install galvanised steel potting benches and position inside orchid house.
STEP 14 If making shelves using existing brick wall, cut stakes into 380mm long pieces for shelf supports. Drill two 8mm holes through each support then place 1 against wall in desired position then drill through holes into bricks using a 8mm masonry drill bit. Remove support and insert blue plastic plugs into holes. Reposition support then screw through holes in support into plugs using 100mm batten screws. Repeat to install more shelf supports on same side of wall.
STEP 15 Repeat Step 14 to install shelf supports on opposite wall, ensuring they are level with supports on first wall.
STEP 16 Cut shelves to fit and place on top of shelf supports.

Where to buy

- **Royale Orchids** (02) 4375 1199 or royaleorchids.com.
- **Collectors Corner** (03) 9798 5845 or collectorscorner.com.au.
- **Tinonee Orchid Nursery** (02) 6553 1012 or tinoneeorchids.com.
- **Easy Orchids** (02) 6682 2635 or easyorchids.com.

FOR PROJECT SUPPLIES, SEE STOCKISTS PAGE

MOUNT YOUR ORCHIDS

You can make a wall feature with your orchids. Just tie them to a wall mount nestled in moss. Buy the cork oak tree (*Quercus suber*) bark panel from a specialist orchid nursery.

Gather your supplies

- 300 x 150mm bark panel (or cut to size of your plant)
- Sphagnum moss
- Orchid in 100mm-dia. plastic pot
- Old man's beard or *Rhipsalis*
- Orchid mix
- Natural twine

You'll also need

Drill and 5mm drill bit; container; scissors; hanging wire; wire mesh

Note When using power tools, wear all safety gear required. For more information, refer to your equipment pack instructions.

Here's how

STEP 1 Drill a centred hole in wall panel about 3–4cm from 1 end.
STEP 2 Soak sphagnum moss in water. At opposite end to hole, place a handful of moss on panel.
STEP 3 Gently squeeze base of pot to loosen and remove orchid from pot. Tease roots apart slightly, keeping a little soil intact.
STEP 4 Lay orchid onto moss, mixing roots and moss.
STEP 5 Sprinkle ¼ handful of orchid mix over roots.
STEP 6 Repeat Steps 3–4 to attach Old man's beard or *Rhipsalis* to bark panel. Lay a little more moss over the top.
STEP 7 Cut a 1m length of twine. Wrap twine around panel and moss multiple times to secure plants.
STEP 8 Install wire mesh onto a brick wall with mesh clips.
STEP 9 Cut a length of hanging wire. Thread through drilled hole. Twist wire ends together 3 or 4 times and shape into a hook. Hang on wire mesh.

steps

5. For easy hanging, install wire mesh onto a brick wall with mesh clips. You can then hook your orchid panels in any arrangement you like.

6. Repotting helps orchids thrive and flower again.

REPOT YOUR BEAUTIES

Clump-forming orchids, like this cymbidium, need repotting every few years when they outgrow their containers. But don't worry, it's easy to do…

Gather your supplies

- Orchid in plastic pot
- Orchid potting mix
- Empty pots (terracotta used here)

You'll also need

Gloves; scissors; secateurs

Here's how

steps

STEP 1 Wearing gloves, squeeze pot to loosen plant. If necessary, cut pot away from orchid. Carefully pull it out of pot with roots completely intact.

STEP 2 Use hands to gently prize apart clump into separate plants. You may need to use secateurs to cut woody parts between them to separate bulbs.

Note Clumps grow from 'pseudobulbs', which are fleshy rounded organs at the base of the plants.

STEP 3 Cut off and discard any dead or diseased leaves.

STEP 4 Fill new pot with orchid potting mix until ¼ full. Sit plant division in centre of pot.

STEP 5 Backfill potting mix around base of plant. Firmly press on top of soil to stabilise orchid.

STEP 6 Repeat Steps 4 and 5 to pot up remaining plant divisions.

Tips

- Do not bury pseudobulbs. They should sit just above soil.
- Orchid potting mix allows air to get in and around roots.

FOR PROJECT SUPPLIES, SEE STOCKISTS PAGE

HANG A PLANTER

Orchids make pretty little hanging planters, like this delicate hybrid orchid 'Yellow Bird'. Just line a wooden container and hang from the rafters of your orchid house.

Gather your supplies

- Burlap
- Plant in 140mm-dia. plastic pot
- Wooden plant hanger, to fit 140mm root ball, with attached eye screws
- Orchid mix

You'll also need

Scissors; hanging wire

Here's how

steps

STEP 1 Cut a square of burlap to line base and sides of planter. Position in planter.

STEP 2 Gently squeeze base of pot to loosen and remove orchid from pot. Use fingers to tease roots apart slightly.

STEP 3 Put orchid in planter.

STEP 4 Add a handful of orchid mix around base of plant to help roots establish.

STEP 5 Trim excess burlap. Thread wire through planter eye-holes to hang in your orchid house or in a warm, sheltered spot.

7. This technique works with a variety of planter shapes and sizes.

Photography Greg Fahey, Brent Wilson, Alamy; styling Vivien Kappos; projects Greg Sparke, Vivien Kappos

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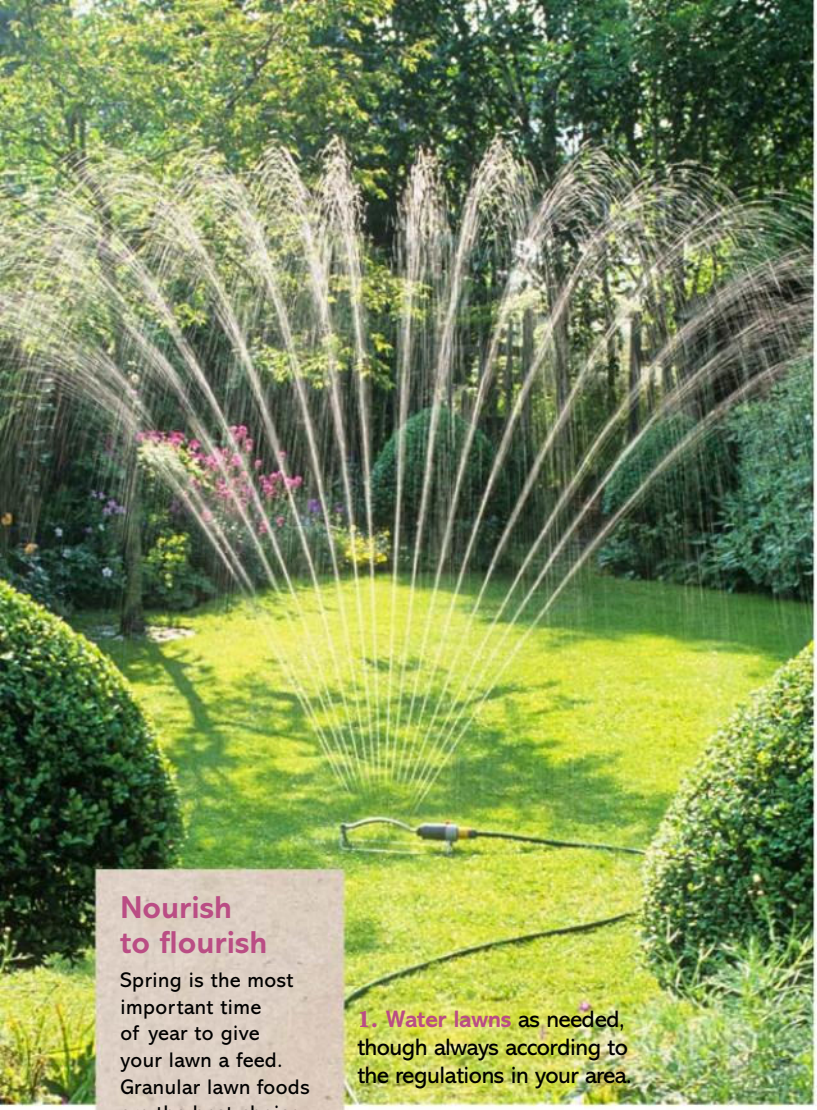

1. Water lawns as needed, though always according to the regulations in your area.

Nourish to flourish

Spring is the most important time of year to give your lawn a feed. Granular lawn foods are the best choice, especially those with a combination of fast- and slow-release nutrients, such as Yates Dynamic Lifter Concentrated Lawn Food or Scotts Lawn Builder Plus Organics. In early summer, if your lawn needs a fast green-up, you can use one of the liquid lawn fertilisers that fit onto the end of a hose. They're easy and quick to use.

Lawn fertilisers come in a variety of granular and liquid forms.

2. Use a garden fork to aerate compacted soil.

Know your turf

If you like to enjoy your lawn without having to spend hours repairing it after a single use, then this is the selection for you. These lawn grasses are all hard-wearing, low-maintenance and suited to Australian conditions.

Couch

This well-regarded all-rounder is one of the best options for drought tolerance. Once established, couch provides a soft rolling lawn due to its fine texture and lateral growth.

- **Grow** in full sun, however, it will tolerate semi-shade if maintained well. Suited to most areas of Australia and although it prefers warmer weather, it will retain activity and colour during the winter months.
- **Use** for front and backyard lawns. Couch sends out runners to self-repair damage and therefore will withstand repeated use and heavy foot traffic.
- **Performs** best at a mowing height of 15–30mm.

Buffalo

Buffalo is an old favourite in Australian gardens, known for being extra tough, if a little coarsely textured. However, newer varieties such as 'Sir Walter' buffalo, with softer leaves and improved shade tolerance, have given this turf variety a new wave of popularity.

- **Grow** in warm and coastal climates. It tolerates full sun and shade, and stands up well to heat and dry summer weather. It suffers from few pests or diseases.
- **Use** in high-traffic family backyards, under trees and for low-maintenance front verges. Growing by runners, it does a good job of repairing itself from damage and can be easily patched using runners or turf (turn to page 76 find out how).
- **Performs** best at a mowing height of 30–50mm.

Tall fescue

A hardy lawn variety, tall fescue is known for being tolerant to a wide spectrum of conditions, including cold winters and hot, dry summers. It's adaptable to a wide range of soil types.

- **Grow** in full sun or dappled shade. It will maintain the best colour if watered regularly throughout the year. It's frost-resistant and retains excellent colour through winter.
- **Use** in cold-climate zones, for lawns or grass paths. Since it is a blade type (non-running) grass, it won't invade your garden beds by sending out runners. However, it does require moderately frequent mowing.
- **Performs** best at a mowing height of 40–50mm. ▶

Set your mower blades high to maintain a dense, lush, healthy growth

SEEN ON BHG TV

The secret to a gorgeous summer lawn is to prepare it in spring. As temperatures rise and the soil warms, grass begins to flourish. With a little effort you'll transform your pallid post-winter patch to a lustrous green – so you won't be looking to the other side of the fence!

it's greener on your side!

Give your winter-weary lawn a little love this weekend and you'll be well rewarded

steps

Here's how you can fix tired patches…

While grass will usually bounce back after a spring feed, bare spots may need surgery. They can be caused by a lack of sunlight over winter or from lots of foot traffic causing compaction. Dig it out and replace with new turf for the fastest fix. Follow these steps and, by summer, you'll have your pitch back in first-class order.

MAJOR LAWN REVIVAL

Gather your supplies

- Selective lawn herbicide
- Rolls of turf (see Notes, below)
- Turf underlay soil
- Yates Dynamic Lifter lawn fertiliser
- Top-dressing sand

You'll also need

Garden fork; sharp knife; sharp-edged spade; wheelbarrow; rake; tape measure; pruning shears

Notes

- Calculate area you need to cover before ordering turf rolls. Multiply width by length to give square metres. Add 5% for cutting and trimming.
- Always order the same type of turf as existing lawn.

Here's how

STEP 1 Spot-spray herbicide on areas heavily infested with weeds. If whole lawn is weed infested, use a hose-on lawn weedkiller. Leave undisturbed for 2 weeks to allow weeds to die off.

STEP 2 To treat small bare patches caused by compacted soil, loosen the ground by pushing in garden fork (in upright position) to a depth of 30–50mm. This will aerate soil and create holes through which fertiliser and water can penetrate to the roots. Work across these bare patches with fork in rows about 15–20cm apart.

STEP 3 Identify large bare areas to be completely replaced with new turf. Keep area square or rectangular to make replacing with turf rolls easier. Lay a length of new turf over bare patch and use knife to cut turf to length. Use a sharp-edged spade to mark perimeter around patch of turf. Turn turf piece over and lay beside area to be patched.

STEP 4 Using spade horizontally, dig up grass and a thin layer of soil, then discard. Remove to a depth equal to height of replacement turf, plus an additional 3–4cm.

STEP 5 Fork exposed soil to loosen it, creating a root-friendly environment to encourage new turf roots to explore further down into soil.

STEP 6 Prepare area by scattering a layer of turf underlay soil over exposed ground. Use fork to turn and mix into original soil. Level with rake to create an even bed for new turf. Use tape measure to check depth of bed against height of new turf. Adjust as necessary, so new turf will sit at same level as surrounding lawn.

STEP 7 Turn new section of turf back over, into position. Lightly step on it to even out and to settle soil.

STEP 8 To patch up smaller areas, such as those exposed after weed treatment in Step 1, use knife or pruning shears to cut squares of turf into roughly desired size, then follow Steps 3–7.

STEP 9 Fertilise entire lawn by scattering handfuls of lawn fertiliser in a thin layer over entire lawn surface. To fill depressions in lawn surface and infill around new patches of turf, scatter top-dressing sand over lawn.

STEP 10 Water thoroughly so fertiliser starts to work straight away. Keep replanted patches well-watered over next few months to help roots establish.

Jason Hodges

G'day DIYers!

Grass gives you entertaining space in your garden and is great for kids! Watch me bring this lawn back to life on the *Better Homes and Gardens* TV show. Check your local TV guide for scheduling info.

Go to bhg.com.au/garden for more great ideas

Photography Phil Aynsley, Alamy, GAP Photos/Howard Rice, Getty Images

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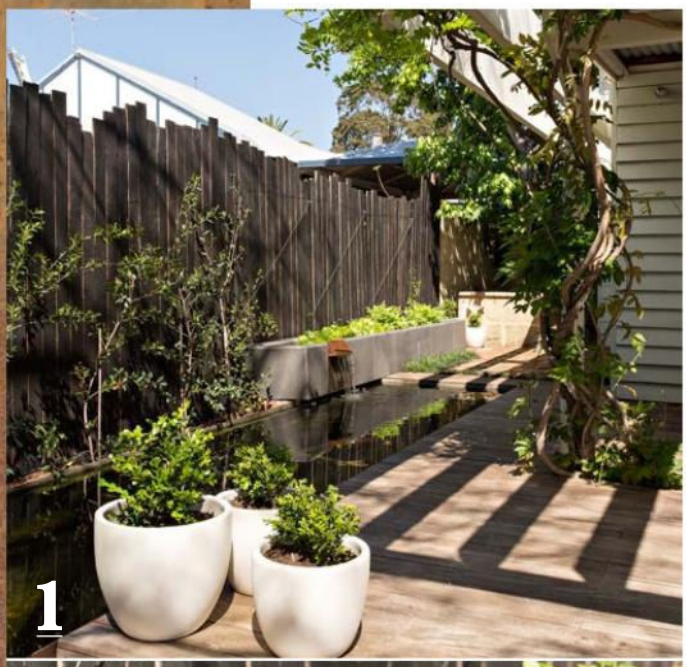

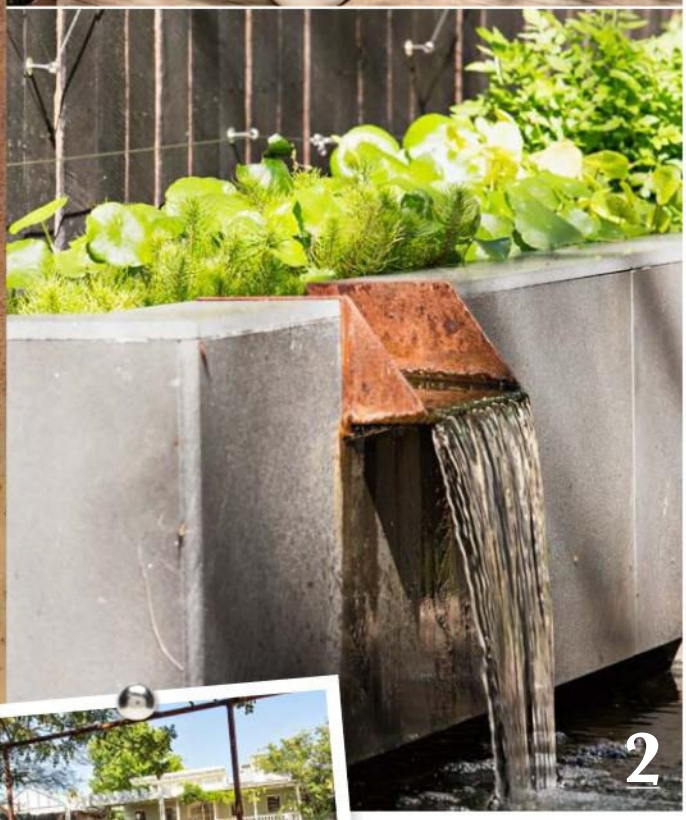

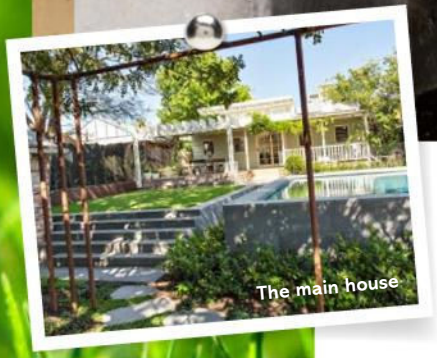

modern ambitions

Take a cue from a garden where old and new exist in harmony

Stand at the back door of your home and gaze out – there's a whole world of possibilities just waiting to be created within your boundary lines. And the challenge is to make every inch count. Compact but multilayered, this fabulous garden in the Perth suburbs packs an amazing amount of interest into a narrow backyard space behind a charming Victorian cottage. It's a garden that draws on rustic textures of stone, wood and metal.

About the garden

Designed by Tim Davies Landscaping, the garden features quite modern symmetrical lines, while still being sympathetic to the age of the house, thanks to its use of recycled materials. The layout presents a series of blended garden rooms – a swimming pool zone, deck, formal lawn and a sunken garden – the full backyard retreat! Two large original trees, carefully incorporated into the design, help to anchor the landscape and give it an established feel.

1. Koi pond, water feature and deck all come together to revitalise a side section of the garden. Note the clustered trio of potted buxus.

2. Water recirculates from the pond through a bed of aquatic plants and back to the pond through a spout.

Ideas for you

- Factor into any design the established plants you must keep. Here, the koi pond had to wrap around a mature jacaranda tree!
- Use a palette of green (in shrubs, groundcovers and grasses) to create a harmonious and restful scheme.
- Connect the lawn area to the back deck of your house – this encourages people to explore.
- Raise the height of a swimming pool so the retaining wall around the outside can become part of the pool fence. This allows it to sit more naturally in the backyard landscape. *Note* Check your state's pool regulations.
- Accentuate water features with lighting. Pools, ponds and rills can be brought to life at night.
- Use the bottom of the garden to create a serene retreat – be sure to leave your mobile phone behind!

Tim Davies Landscaping, (08) 9441 0200, tdl.com.au.

Photography Tim Davies Landscaping

3. Be inspired by this sunken garden, with its recycled barn doors, fire pit and outdoor mirror.

4. The pool is separated from the lawn by a 'moat' – planted with a hedge!

5. Pond lighting is the ultimate night-time charmer, check pool suppliers for options.

BEFORE

1. Make your privacy screen any length or height you like! Slim and streamlined in design, the whole structure is anchored securely to the ground, making it a versatile freestanding wall.

Alcantarca odorata makes a standout feature plant!

build your dream screen

Transform your backyard into an entertainer's paradise with an attractive seat-planter-divider – it's quick and easy!

This framed mesh panel is straight off the shelf

Many backyards or courtyards have a less attractive side you'd like to hide. Whether it be an unsightly fence line, drainpipes or just the need for privacy – a screen could be the solution! It makes an instant impact, adding a touch of style and creating an inviting space. And with the warmer weather here, it will allow you to enjoy your outdoor space more. ▶

steps

CONSTRUCT YOUR BENCH-SCREEN

Pop-up screens will give you big impact for little effort. The aluminium posts, which take wooden slats, are versatile and easy to put together. Just choose the screen to suit your space then finish the look with a selection of attractive plants.

Gather your supplies

- **Planter boxes and bench supports**
  200 x 75mm treated pine sleepers
- **Capping and bench decking**
  135 x 19mm spotted gum decking
- Screen Up base plates, anchor plates, corner posts and spacing blocks
- **Slats, cover strips, bench edging**
  86 x 19mm spotted gum decking
- Road base
- Paving sand
- 400 x 400 x 40mm Brighton pavers in Charcoal
- Washed sand
- Montage metal screen panel

You'll also need

Shovel; demolition hammer (hired); Dulux Weathershield Acrylic exterior paint in Domino; painting equipment; drill; spirit level; 200mm batten screws for treated pine; power saw; natural decking oil; 50mm decking screws; 85mm galvanised batten screws; concrete (1 bag per hole); plate compactor (hired); 15mm button head galvanised screws; rake; straightedge; screed rails; float; rubber mallet; stringline; brick saw (hired); sand and cement mix; trowel; sponge; timber battens for screen panel and bench decking; fencing clips

Notes

- When using power tools, wear all safety gear required. For more information, refer to your equipment pack instructions.
- Coat all decking with 2 coats of natural decking oil and let dry after each coat, prior to installation.

Here's how

STEP 1 Excavate area. Allow 100mm for paving base plus 40mm for paver. Slope paving away from house to allow for drainage. Use demolition hammer to break up concrete.

STEP 2 Paint fence and walls with 2 coats of exterior acrylic. Allow to dry after each coat.

STEP 3 Lay out sleepers for planter boxes and bench in an L shape 2.7 x 2m and 600mm wide. Make sleepers level and screw together at corners using 200mm batten screws.

STEP 4 Place second row of sleepers on top of first. At corners, make sleepers overlap joins on row below. Screw together then screw on an angle through second row into first. Repeat to lay a third row of sleepers along back and sides of L shape.

STEP 5 Cut 2 bench supports, one for each end of L shape, both will sit 200mm from ends of L shape and overhang front edges by 550mm. To secure these supports, screw down through them into sleepers at front of planter box and through sleepers at back of wall.

STEP 6 For longer bench support, cut a piece to meet shorter one. Where these 2 pieces meet, screw on an angle to join. Then fit a support to sit evenly between this one and other support.

STEP 7 Cut sleepers to complete third row of sleepers along front of planter boxes. Notch them to fit around bench supports. Screw at corners, into row below and down into bench supports.

STEP 8 Install capping to top of planter box with decking screws. Make boards overhang each side of walls evenly. Mitre joins in corners.

STEP 9 In back corner at 1 end of planter box, place screen base plate centrally on capping. Predrill and screw through capping into sleeper wall with 85mm batten screws. Repeat to attach base plate to back corner where the 2 sides of L meet.

STEP 10 Calculate height of corner posts on planter box, which is in multiples of your slat width plus 20mm spacing block between them. Use hacksaw to cut posts to this length. Place over base plate and join using screws provided.

STEP 11 At other end of planter box and for all freestanding screens, dig 300mm-deep holes at post positions. Insert a screen anchor plate into a corner post and join using screws provided. Place posts in position and at same level as posts on planter box, make plumb and temporarily brace. Mix concrete and pour into holes. Check again for plumb and leave to set.

STEP 12 Cut slats to fit between posts. Insert spacing block in posts followed by a slat then another block. Continue installing slats in this manner until you reach top of post. Screw supplied lock-in bracket to top slat then place cap on top of post.

STEP 13 On long runs of slats between posts, install cover strip from corner post to act as a brace. Place blocks between slats to suit spacing at posts and screw cover strip into back of slats using 15mm button head screws. ▶

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steps

STEP 14 Spread a 80mm layer of road base evenly over area. Wet and compact to 70mm with compactor.
STEP 15 Use rake to spread a 30mm bed of paving sand over road base.
STEP 16 Smooth paving sand so paver will sit at correct height. Starting from this height, use straightedge to create smooth tracks down paved area. Make distance between tracks slightly less than length of straightedge. Use spirit level on top of straightedge to make these tracks slope away from the house as required.
STEP 17 Lay screed rails in tracks and smooth off sides with float. Drag straightedge along rails to smooth sand between rails. Scrape back excess sand and fill as required to create a firm, level laying surface. On large areas, complete 1 pass down screed rails and move 1 rail over to area yet to be screeded and repeat. Remove screed rails.
STEP 18 Starting along planter box, lay pavers. Leave a 2mm gap between them. Tap top of pavers with mallet to bed into sand and to make flush with each other. After laying a few rows use a stringline to check they are straight and adjust if required. Where needed, use brick saw to cut pavers at edges.
STEP 19 Add water to sand and cement mix then use trowel to haunch sides, spreading mix at a 45° angle. Use a damp sponge to clean excess mix off pavers. Leave to set.
STEP 20 Spread washed sand over pavers and sweep into gaps between them to lock them together. Repeat as required after pavers settle.
STEP 21 To set Montage metal screen panel off fence, cut, prepaint and screw timber battens to fence. Place panel against battens, slip fencing clips over bars on panel and screw through them into battens to secure.
STEP 22 Paint exposed areas of planter boxes to match fence.
STEP 23 To support ends of decking where it meets short side of L on bench, screw batten to side of planter box, level with bench supports. Cut decking to length so it is flush with edges and ends of bench supports. Screw to supports and battens, leaving a 3mm gap between boards.
STEP 24 Cut 90mm decking boards to fit along edges of bench, mitring joins at corners. At corner of bench, screw block to side of bench support to screw decking into. Screw decking to bench supports.
STEP 25 Cut 90mm decking to fit vertically on planter boxes to hide joins at corners. Cut down wide decking board along its length to fit in gap between seat decking and capping on planter boxes. Screw to planter box, butting into decking at corners.
STEP 26 Continue decking of the same width between corners at ends of planter boxes.

PLANTS YOU'LL LOVE

Maidenhair fern

Philodendron 'Xanadu'

Slender weavers bamboo

Hardenbergia sp.

Blechnum 'Silver Lady'

Spathiphyllum 'Sensation'

Create a resort feel with tropical foliage plants. This selection of broadleaf varieties, with large emerald green leaves, contrasts beautifully with the stained timber behind. Add a little vertical colour with the native climber hardenbergia, which shows off with vibrant purple flowers when in bloom. Continue the foliage theme along the walls with a selection of plants that are happy to grow in shade. Maidenhair and 'Silver Lady' ferns add texture, while bamboo gives height and length.

FOR PROJECT SUPPLIES, SEE STOCKISTS PAGE

Photography Brent Wilson; styling Jacqui Pix; project Grahame Rowe

Nourish and PROTECT

Show your wood a little TLC with the brand that's been trusted by Australians for more than 100 years

With its warm look and timeless style, timber continues to be a popular choice in modern home interiors. While we love wooden furniture, it's important to know that wood requires care to keep it in top condition. Whether you have a stunning wooden table, benchtop or other gorgeous timber furniture, a little regular maintenance can help keep your wood looking beautiful over the years to come.

LOVE YOUR WOOD Tried and trusted, O'Cedar Furniture Polish protects and nourishes your timber surfaces while giving a natural glow. Unlike other products, it doesn't contain silicone, which can cause a wax build-up and prevent wood from breathing. From your wooden table to your timber chairs and shelves, O'Cedar is the perfect choice to look after your precious wood. After all, some things deserve a little extra care.

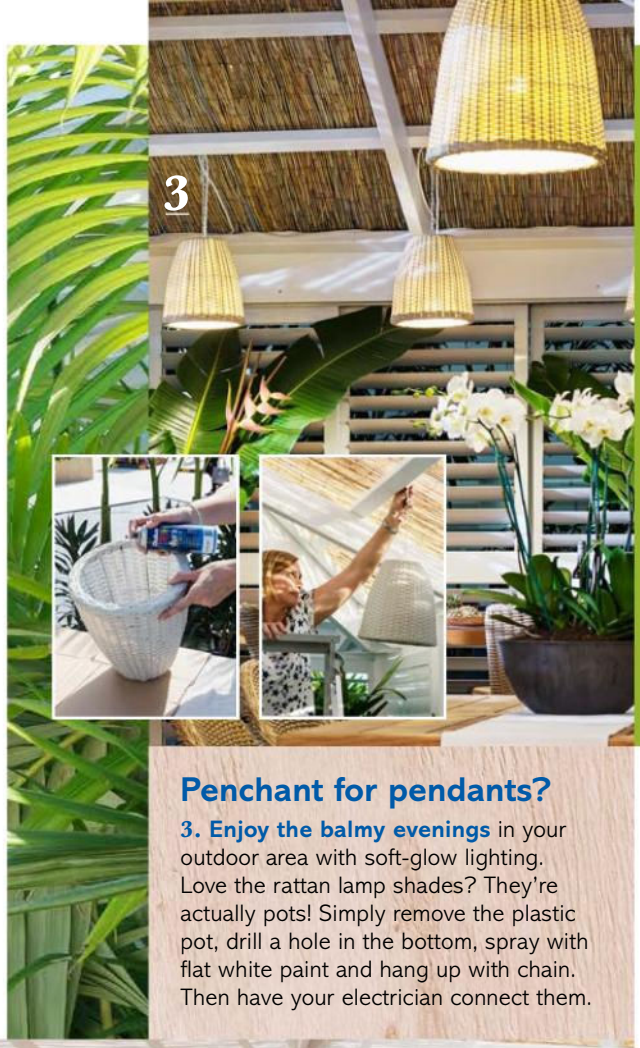
TIPS FOR CARING FOR YOUR WOOD

1. Apply a high-quality furniture polish regularly. For the ultimate care, choose O'Cedar Furniture Polish. Simply test it on an inconspicuous area first, then apply with a soft, clean cloth for a natural glow with a streak-free finish.
2. Location is important! If possible, position your wooden furniture away from direct sunlight to help prevent the finish from fading.
3. Never put hot pans, mugs or plates directly on your wooden table – coasters and placemats can help keep it protected.

LOVE YOUR WOOD? VISIT **OCEDAR.COM.AU**

To ensure it works to your expectations test, in an inconspicuous area.

O'Cedar
100 years of Australian woodcare



Penchant for pendants?

3. Enjoy the balmy evenings in your outdoor area with soft-glow lighting. Love the rattan lamp shades? They're actually pots! Simply remove the plastic pot, drill a hole in the bottom, spray with flat white paint and hang up with chain. Then have your electrician connect them.

Put up plantation

1, 2. Aluminium shutters give your outdoor space all the flexibility you need. Install tracks top and bottom then slot the screens in place. Close for privacy, open them up to let cooling breezes through or slide them back to open your space right up.

Best decked

4. For a fuss-free deck, try composite decking boards. They don't need oiling and are virtually maintenance free. To enhance the clean lines of the 137mm-wide boards, try a concealed fixing system. Clips are inserted into grooves on both sides of the boards and the screws go through them so the top of the boards are screw-free!

Set up a comfort zone

5. Divide your gazebo into different zones, an informal sitting area on one side and an all-weather cooking/dining space at the other. The raised decking helps define the areas while the wide steps connect to the rest of the backyard.

FOR SHOPPING DETAILS AND PROJECT SUPPLIES, SEE STOCKISTS PAGE

Roll out the shade

6. Add a tropical feel to any pergola – just staple bamboo screening to the roof structure before you fit the roof sheeting. It will look like a cane roof.

All about the kit

7. Outdoor structures don't get any simpler than this! This 5.4 x 5.4m gazebo comes as a kit with all pieces (except posts) cut, notched and labelled. All you have to do is follow the instructions to join all the bits together and presto, a new outdoor room!

You can transform your backyard into a tropical paradise with a fabulous kit you can put together yourself! Here's what the *BHG* TV team did to make an awesome, functional outdoor living space with a DIY bar table.

hello gazebo

Create an oasis for entertaining – from a kit!

BAR TABLE

Fancy a bar, side table or extra seating for your outdoor room? Have all three with this unique piece of furniture! Made using attractive hardwood panels, you can have this table done and dusted in a weekend (and most of that is spent waiting for it to dry!). Stain the table in a light colour to celebrate the beautiful grain of the wood.

Gather your supplies

- 2100 x 600 x 26mm Alpine Oak hardwood panels (2)
- 250 x 300mm black brackets (6)
- 2160 x 25 x 25 x 1.6mm square hollow section (SHS) steel (2)

Components

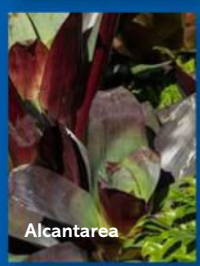
Tabletop 2100 x 555 x 26mm hardwood
Legs 925 x 555 x 26mm hardwood (2)

PLANTS YOU'LL LOVE

Aechmea

Neoregelia

Mandevilla


Alcantarea

Bismarckia

You'll also need

Straightedge; power saw; 30mm screws; PVA glue; hacksaw; metal primer; Dulux Duramax spray paint in Satin Black; 6mm drill bit; 45mm hex head screws; 40mm nails; fine sandpaper; staining pad; Intergrain NaturalStain in Teak

Notes
- When using power tools, wear all safety gear required. For more information, refer to your equipment pack instructions.
- Check all components against actual unit as you build before cutting to size.

Here's how

STEP 1 Using a straightedge as a guide for your power saw, cut both panels to width. Cut panels into components and reserve offcuts.
STEP 2 To position brackets, sit leg on tabletop, flush with end. Place 2 brackets against both pieces, at least 70mm from outer edges of tabletop, and mark their position. Remove leg and screw 2 brackets into tabletop with 30mm screws. Centre and attach 1 remaining bracket between 2 brackets. Repeat at other end.
STEP 3 Spread PVA glue along tabletop where leg will sit. Place leg in position and screw brackets to leg to secure. Repeat to attach leg to other end of tabletop.
STEP 4 Using hacksaw, cut 2 lengths of steel to fit between legs. Apply metal primer to steel, let dry then paint black with spray paint and let dry. Using a 6mm drill bit, drill holes through steel every 300mm along its length. Place 1 steel length on underside of tabletop 45mm from outer edge. Screw through holes with 45mm hex head screws to secure to tabletop. Repeat to attach steel on opposite outer edge.
STEP 5 Cut a reserved offcut to fit on inside of leg then glue and nail, flush with edge. Repeat to attach an offcut to other leg. Cut a remaining offcut to fit between legs then glue and nail to attach to underside of tabletop. Let glue dry. (This will be front side of table.)
STEP 6 Sand table to make smooth. Remove dust then use a staining pad to apply 2 coats of stain. Let dry after each coat.

steps

STEP 2

STEP 3

STEP 4

STEP 5

STEP 6

Photography Phil Aynsley; styling Jacqui Pix; projects Katie Budd, Greg Sparke

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*Based on 24 hour moisturisation clinical study.
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now it's time to shack up!

Continue the summery theme by disguising your shed as a bathing box

1

Don't have the space for the outdoor room? Try this shed makeover instead. It takes inspiration from the colourful beach huts that dot our coastline. Assisted by *BHG* TV's Demi Harman, teams from Maroochydore SLSC and North Shore Boardriders went head-to-head to paint up these cedar shacks in their club colours. You can transform your existing shed, or buy a newie from Bunnings, by picking up self-priming exterior paint in colours you love! It's a sweet beach vibe.

FOR PROJECT SUPPLIES, SEE STOCKISTS PAGE

1. Add a stepping stone path to turn the journey to your shed into a fun adventure!
2. Accessorise your shed with beachy props and pot plants.

2

Photography Phil Aynsley; styling Jacqui Pix; project Hannah St John

First IMPRESSIONS

Improve your curb appeal with a DIY Elite Letterbox installation

ELITE LETTERBOXES ARE STYLISH AND QUICK AND EASY TO INSTALL YOURSELF

Elite letterboxes come in a range of traditional and modern styles, colours and materials

UPGRADE YOUR HOME WITH A DIY ELITE LETTERBOX

Help your home make a good first impression with a beautiful new letterbox. Northcote Pottery's collection of Elite Letterboxes are an easy way to give your front yard a mini makeover without spending big bucks, and you can do it all in under an hour! Plus they come in a range of stunning styles, colours and materials to suit every home.

WHAT YOU'LL NEED: Elite Letterbox, concrete paver, sand for levelling, spirit level, Liquid Nails, shovel.

STEP ONE: Decide on a location for your letterbox. Using the concrete paver as a guide, dig a shallow hole to match the size of the paver.

STEP TWO: Pour a small amount of sand into the hole and pat it down firmly.

STEP THREE: Place concrete paver on top of sand. Using a spirit level, check the paver sits level. Add/remove sand if required.

STEP FOUR: Apply Liquid Nails to the inside edges of the base of the letterbox.

STEP FIVE: Place in position on the prepared paver and leave to set. Once dry, the letterbox is ready to use! Finish by attaching house numbers and landscaping around it with lawn or plants.

It's easy!

FOR MORE INFORMATION VISIT **NORTHCOTEPOTTERY.COM**

Available at BUNNINGS warehouse

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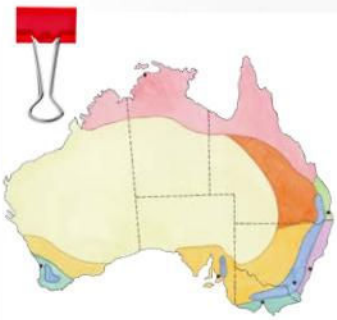
November

gardendiary

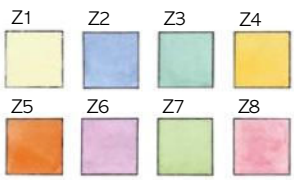
Spring into action and make your garden glorious!

Plum blossom



In each issue we give ideas, tips and planting advice for different climate zones, so it's important to find the zone number for your area. Naturally, there will be cooler, warmer, wetter and drier areas in each zone, so ask a horticulturist at your local nursery which zone best matches your conditions.

Key to climate zones



It's time to plant favourite summer blooms like marigolds.

PLANT NOW

Flowers

All zones Alyssum, amaranthus, cosmos, marigold, petunia, phlox, portulaca, salvia, sunflower, verbena and zinnia.
Zones 2–5 Ageratum, arctotis, calendula, candytuft, chrysanthemum, cleome, cornflower, dahlia, delphinium, dianthus, godetia, impatiens, lobelia, nasturtium and snapdragon.
Zones 6–8 Celosia, gomphrena and salpiglossis.

Vegetables

All zones Beetroot, capsicum, cucumber, lettuce, pumpkin, silverbeet, squash, sweet corn, tomato and zucchini.
Zones 2–5 Chinese and red cabbage, celery, dwarf and French beans, eggplant, kohlrabi, leek, parsnip, radish, rhubarb, spring onion and turnip.
Zones 6–8 Eggplant, marrow, melon, okra and snake beans.

Pick a colour

Add allure to your vegie garden with unexpected crops. You can grow bright and beautiful crops from purple carrots and green cauliflowers to rainbow silverbeet and red cabbages. Orange and yellow vegetables are thought to be good for lowering cholesterol levels and blood pressure, while blue and purple varieties are said to boost the immune system and improve calcium absorption. Of course, they're all good for you! Most can be grown inexpensively from seed and kids will love the novelty. Now, rather than 'eat your greens' you'll be telling them to 'eat your colours'!

Azalea

gardendiary

WHAT'S ON

The exhibition Sweet Addiction is a botanic look at chocolate, with the chance to touch, see, smell, taste and experience chocolate. It also includes the Southern Hemisphere's largest interior green wall, with over 18,000 plants representing various aspects of chocolate. It's on until April 2017 at The Calyx, the new horticultural space at Sydney's Royal Botanic Garden. Self-guided 45-minute tours can be taken daily between 10am and 1pm or 1pm and 4pm. Buy tickets at the door or online at rbgsyd.nsw.gov.au.

November IN THE GARDEN

This month...

■ **If tomato plants seem slow** coming into flower, briskly shake plants for a few seconds to spread pollen, or put an electric toothbrush next to the main stem to vibrate the pollen loose.

■ **Take the challenge** of growing bananas in cooler climates with the Cool Bananas range, part of the Garden Assets range from Humphris Nursery, humphris.com.au.

■ **Check out the new** high-yielding, super-tasty Tomato Boss, a highly disease-resistant tomato produced by crossing the popular 'Costoluto Genovese' with the equally popular 'Brandy Wine'. It produces fruit weighing 350–425g and is from Oasis, oasishorticulture.com.au.

■ **Lightly prune Australian native plants** after flowering to encourage vigorous bushy growth. Grevilleas in particular respond well to a spring clip.

■ **Zap spring weeds** before they become a nuisance. Zero Rapid is a handy spray from Yates – it starts knocking off weeds within an hour.

■ **Plan ahead for summer** and autumn colour by planting dahlia tubers in a wide range of colours. Dahlias do best in well-composted soil in a spot with morning sun.

■ **Add interest to water features** with waterlilies in wide-brimmed pots filled with clayey soil rather than potting mix. They do best when the pots are then placed in water 15–45cm deep.

■ **Fill bare patches** in garden beds before weeds spring up by planting an attractive groundcover. Worth a go is the lovely, spreading *Convolvulus* 'Moroccan Beauty' with its funnel-shaped soft lavender-blue flowers.

■ **Help hedges look their pristine best** for Christmas with a pre-summer trim and a feed of fertiliser.

■ **Feed gardenias** with an azalea, camellia and gardenia fertiliser to encourage buds to form for summer flowering.

■ **Treat beds to a sprinkling** of a pelletised fertiliser.

■ **Regularly deadhead spring annuals** and give fortnightly feeds of a foliar fertiliser. Once flowering slows down or they become leggy, give them a re-invigorating trim.

■ **Prune wisterias,** azaleas and once-flowering spring roses after they've finished blooming.

■ **In Melbourne late October?** Check out *The Art of Botanical Illustration: A New Direction* at the Domain House Gallery, 15–30 October. Art is for sale and entry is a gold coin. For info, see frbgm.imiscloud.com.

'What a lovely thing a rose is!' Sir Arthur Conan Doyle, writer

Little delights

If you think you've no space for roses in your garden, consider the miniature varieties, often sold in nurseries as patio roses. They're scaled-down versions of the regular garden varieties, with the leaves and blooms in proportion to each other. They flower freely in the warm months, so show them off in containers and try mixing them with colourful polka dot plants as companions. Give them a spot in full sun and water regularly.

WHITES®

Thinking Outside

Garden Up®

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gardendiary

WHAT'S NEW

… at the nursery

It's quite difficult to breed spreading yellow petunias, but local gardeners now have a superb example in Wave Yellow. A buttery colour, it can spread to more than a metre in a gorgeous mound and loves living in pots and hanging baskets, or spreading out as a groundcover. It blooms from late spring through to late summer with massed flowers from 5–7cm, and has good tolerance to both hot and cool conditions. An occasional cutback rejuvenates plants. From Floriana, it's available at Bunnings.

FULL SUN	PART SUN	SPREAD 90–120CM
HEIGHT 13–18CM	LIQUID FERTILISE FORTNIGHTLY	BEST ZONES 2–7

… IN PRINT

Small Space Big Harvest is a softcover book full of facts on maximising small spaces for growing bountiful fruit and veg. An English publication (DK/Penguin Random House Australia, $35), it's been Australianised by local gardening expert Jennifer Wilkinson, and is superbly illustrated with lots of tips, tricks and charts, plus a handy crop planner. Learn how to grow plants in everything from old guttering to the gaps between pavers.

… IN 'INSTANT' GARDENS

Roll out Mr Fothergill's Roll 'n' Grow Garden, a biodegradable paper mat pre-sown with seeds (2m x 50cm), then cover in soil, water, and voila! Choose from Salad Vegetable, Cottage Flower or Superfood. $19.95 each from select garden retailers and Bunnings.

… IN TERRARIUMS

Create a green indoor display with the Little Jungle Oval Terrarium from Maxwell & Williams. Constructed from handmade glass and rope, it's $39.95. The Orbit and Donut models are $29.95, bhgshop.com.au.

… in pots

This bright handpainted, lightweight fibreglass pot has been treated with a UV-resistant gloss topcoat, so is suitable for indoors and outdoors. The Brights Diamond Pot is available in fuchsia, turquoise, mandarin and copper colours and three sizes (30 x 30cm, $90, 40 x 40cm, $140, and 50 x 50cm $220). Go to modernmuse.com.au.

… in lightweight tools

Why put up with a heavy garden tool when a light, ergonomic version can do the job? Fiskars' Light Series features a 1120g digging spade, a 1220g planting spade, a 1230g digging fork and a 680g soil rake. Made of lightweight aluminium and steel heads, they come with a 25-year guarantee. Spades and the digging fork are $44.99 each and the rake is $39.99. Visit fiskars.com.au.

… in seating

Kick back and relax on a patio or verandah in this timeless, handmade rattan Breeze Chair. It stands 78cm high, has a seat diameter of 38cm and comes with a white cushion. It's good for outdoor use, so long as you keep it out of the rain and harsh sunlight. It's $229 from downthatlittlelane.com.au.

Photography Tony Fawcett, Getty Images. Prices are approximate and a guide only

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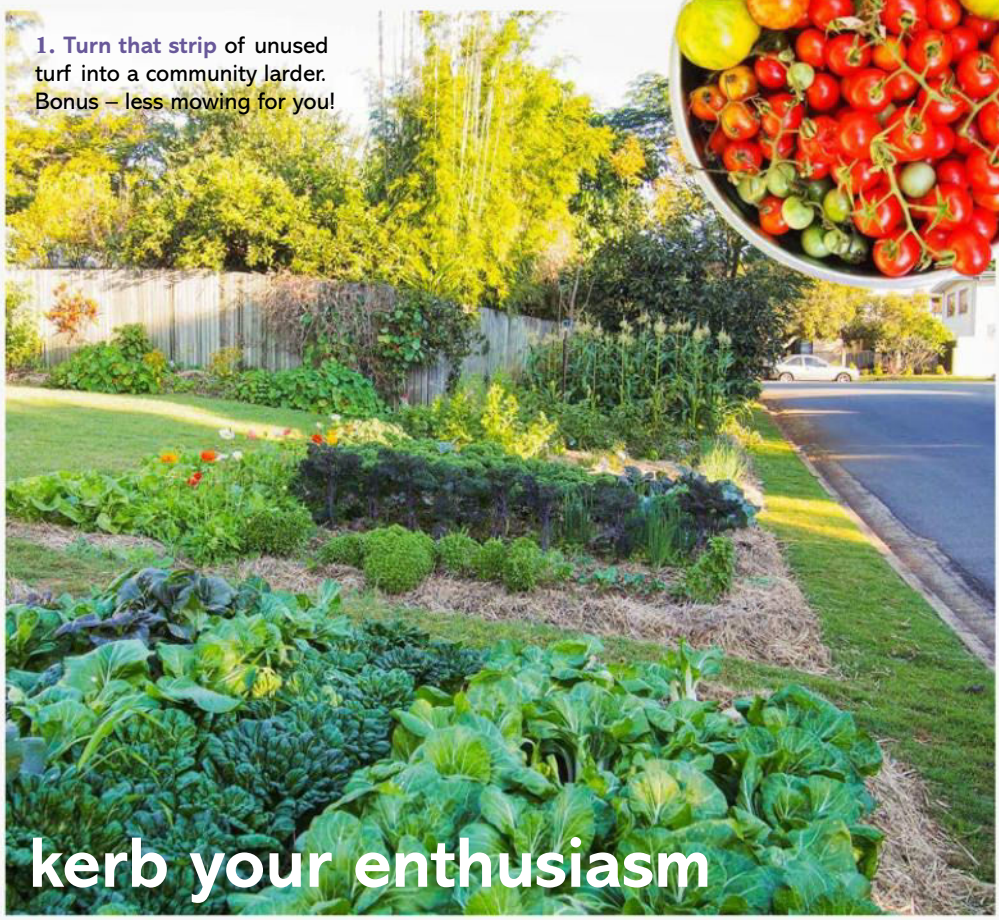
SEEN ON BHG TV 7

gardendiary

Check out these verge-picked tomatoes!



1. **Turn that strip** of unused turf into a community larder. Bonus – less mowing for you!

kerb your enthusiasm

Put sustainable gardening front and centre

Ever wanted your own vegie patch but have no space for it in the backyard? Be inspired by Urban Food Street, a community garden success story in the leafy suburb of Buderim, QLD. Founded by Caroline Kemp and Duncan McNaught, it has transformed a bunch of unused nature strips into community produce stores – and brought the whole neighbourhood together.

4 *ways to get started*

- Contact your local council to find out the regulations concerning gardening on nature strips.
- Approach a group of garden-loving neighbours to get involved.
- Agree on a list of popular seasonal crops.
- Organise a schedule to start digging and planting the beds.

For inspiration, visit urbanfoodstreet.com.

2

3

2. Working bees are never short of helping hands – it makes light work of replacing crops and topping up fertiliser.

3. Yes, you can encourage kids to enjoy gardening! Plant crops they'll love to pick, like cherry tomatoes.

4. Enjoy a new crop each season, such as these winter cabbages.

4

Photography Caroline Kemp, Duncan McNaught

Grown and handpicked high in the central highlands of Sri Lanka, Dilmah Pure Ceylon Green Tea has a unique and pure taste that makes it the first choice for tea lovers. The traditional and sustainable methods we use guarantee natural goodness in every cup. Refresh your body and soul with the taste and goodness of Pure Ceylon Green Tea, and experience green tea at its finest.

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WITH LEMONGRASS

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The veg of glory

On your mark, get set… now's the time to rev up your vegie patch – enjoy the springtime sun and involve your kids. You'll save heaps on groceries once the crops come in!

The need to feed

The not-so-hush-hush secret to a productive garden is to feed your plants well. Before sowing, mix a fertiliser, such as Yates Dynamic Lifter, through the soil. Then continue the good work by giving crops a regular helping of liquid plant food to boost healthy growth – try Yates Thrive Vegie & Herb Natural Liquid Plant Food. You'll extend the harvest and keep the supply to your kitchen flowing.

For the love of lemons

Citrus are among the easiest fruit trees to grow at home and often the most productive. They do well in the ground as well as in large pots, especially the newer dwarf varieties. Because they expend so much energy producing fruit, make sure you improve the surrounding soil by scattering Yates Dynamic Lifter around the roots every 6–8 weeks. In spring, feed with Yates Thrive Citrus & Fruit Natural Liquid Plant Food every 1–2 weeks for juicy fruit and a productive harvest.

The tasty TOP 10

For a delicious summer harvest, plant any or all of these good growers:

1. Silverbeet
2. Carrot
3. Tomato
4. Cucumber
5. Capsicum
6. Eggplant
7. Beans
8. Lettuce
9. Chilli
10. Zucchini

FOR PROJECT SUPPLIES, SEE STOCKISTS PAGE

1. A raised garden bed makes planting and harvesting easier and aids with drainage.

2. Plant aromatic herbs near the kitchen for when your recipe calls for it. Prostrate rosemary is a low, spreading variety which works well in compact gardens.

3. Lavender's scent can help deter aphids, so companion plant with carrots and leeks as well as around your fruit trees to repel coddling moth. Of course, attracting pollinating insects to the garden is always a good thing!

4. Inspire the kids' green thumbs with strawberry plants – these herbaceous perennials can produce for up to three years.

Photography Brent Wilson, Getty Images; project Vivien Kappos

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November

moongardening

Turn the moon to your advantage by following this guide from Milton Black

Best days
Second-best days

On these days, thin out seed boxes, sow all types of seeds and plant seedlings that produce their crop ABOVE the ground. These include all varieties of peas, beans, corn, cabbage, cauliflower, broccoli, brussels sprouts, eggplant, lettuce, celery, silverbeet, spinach, Chinese cabbage, endive, tomato, cucumber, asparagus crowns, artichoke, marrow, pumpkin, capsicum, melon, zucchini, chicory, sprouts and rhubarb; all herbs (except garlic) and all agricultural crops, such as sunflower, grains, cereals, canola and cotton.

During these days, you can also plant flowering shrubs, annuals, flowers (not bulbs), cactus, flax, tree ferns, passionfruit vines and kiwifruit. Plant all fruit trees and trees that produce edible nuts, such as almond, pecan, macadamia and walnut. Grapes and banana can also be planted during these times. Take cuttings from established trees and shrubs, and propagate. This is also a good time for planting trees and climbers, and sowing new lawns.

Best days
Second-best days

On these days, sow all seeds and plant seedlings of root vegetables that grow their crop BELOW the ground, such as carrot, parsnip, radish, beetroot, onion, leek, swede, turnip, sweet potato, seed potato, yam, cassava, peanut, garlic and ginger. This is a good time to plant flowering bulbs or bulbs for propagation and development, rather than flowers. Also, plant bare-rooted trees to develop root growth, and refurbish established lawns.

A favourable time for transplanting all types of established trees, shrubs, ferns and bulbs.

Weed and lightly feed. Water with seaweed-type products only.

Destroy or spray weeds, pests and noxious growth. Burn off, cut lawns, do heavy pruning and clear rubbish – don't plant or transplant anything. Prepare soil and fertilise garden beds for future planting, spread and make compost, feed all established plants, shrubs and lawns, then water in. This is the best time for dethatching or coring lawns.

Do not plant or transplant anything, as the moon is adversely aspected with the sun.

HOW TO USE YOUR GUIDE this November

Sun	Mon	Tue	Wed	Thur	Fri	Sat
		1 ♏	2 Moon enters Sagittarius at 12:44am	3 ♐	4 Moon enters Capricorn at 1:06pm	5 ♑
6 Moon enters Aquarius at 11:55pm	7 ♒	8 First Quarter Moon in Aquarius 5:15am	9 Moon enters Pisces at 7:45am	10 ♓	11 Moon enters Aries at 11:46am	12 ♈
13 Moon enters Taurus at 12:24pm	14 Full Moon in Taurus at 11:53pm	15 Moon enters Gemini at 11:24am	16 ♊	17 Moon enters Cancer at 10:57am	18 ♋	19 Moon enters Leo at 1:15pm
20 ♌	21 Last Quarter Moon at 6:33pm Moon enters Virgo at 7:36pm	22 ♍	23 ♍	24 Moon enters Libra at 5:43am	25 ♎	26 Moon enters Scorpio at 6:03pm
27 ♏	28 ♏	29 Moon enters Sagittarius at 6:46am New Moon 10:20pm	30 ♐			

You must plant all **ABOVE**-ground crops during the moon's **WAXING** cycle.

You must plant all **BELOW**-ground crops during the moon's **WANING** cycle.

Any questions? Email **milton@miltonblack.com.au**

ON TIME

Times given in the moon gardening calendar are in **Australian Eastern Standard Time** (AEST), which applies to ACT, NSW, Queensland, Victoria and Tasmania. If you live in NT or SA, deduct half an hour. If you live in WA, deduct two hours. **During Daylight Saving Time, add one hour.**

ZODIAC SIGNS

The 12 signs of the zodiac are divided into four groups: fire, air, earth and water.

Fire signs: **Aries** and **Sagittarius** are in harmony with all fruit. **Leo** is in harmony with nuts and all seed-producing crops.
Earth signs: **Capricorn** and **Taurus** are in harmony with all root vegetables that produce crops below the ground, including garlic. **Virgo** is in harmony with all herbs.
Air signs: **Libra**, **Aquarius** and **Gemini** are in harmony with plants that produce flowers and perfumes.
Water signs: **Cancer**, **Scorpio** and **Pisces** are in harmony with above-ground crops, including trees, shrubs, lawns and leafy, juicy and fleshy vegetables.

These symbols indicate which part of the zodiac the moon is in on a particular day

- ♈ Aries
- ♉ Taurus
- ♊ Gemini
- ♋ Cancer
- ♌ Leo
- ♍ Virgo
- ♎ Libra
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36 BONUS PAGES

from Italy with love!

From the mountains, down the mainland to the toe of the 'boot' and over to the islands, Italian food is simple, satisfying and so very special. Every region has its own cheeses, wines, produce and specialities. Turn the pages and they'll become part of your eating and feasting from here on in. ▸

Buon appetito! Share the love, abundance and la dolce vita of Italian food with authentic and tasty regional dishes

the ingredients you need

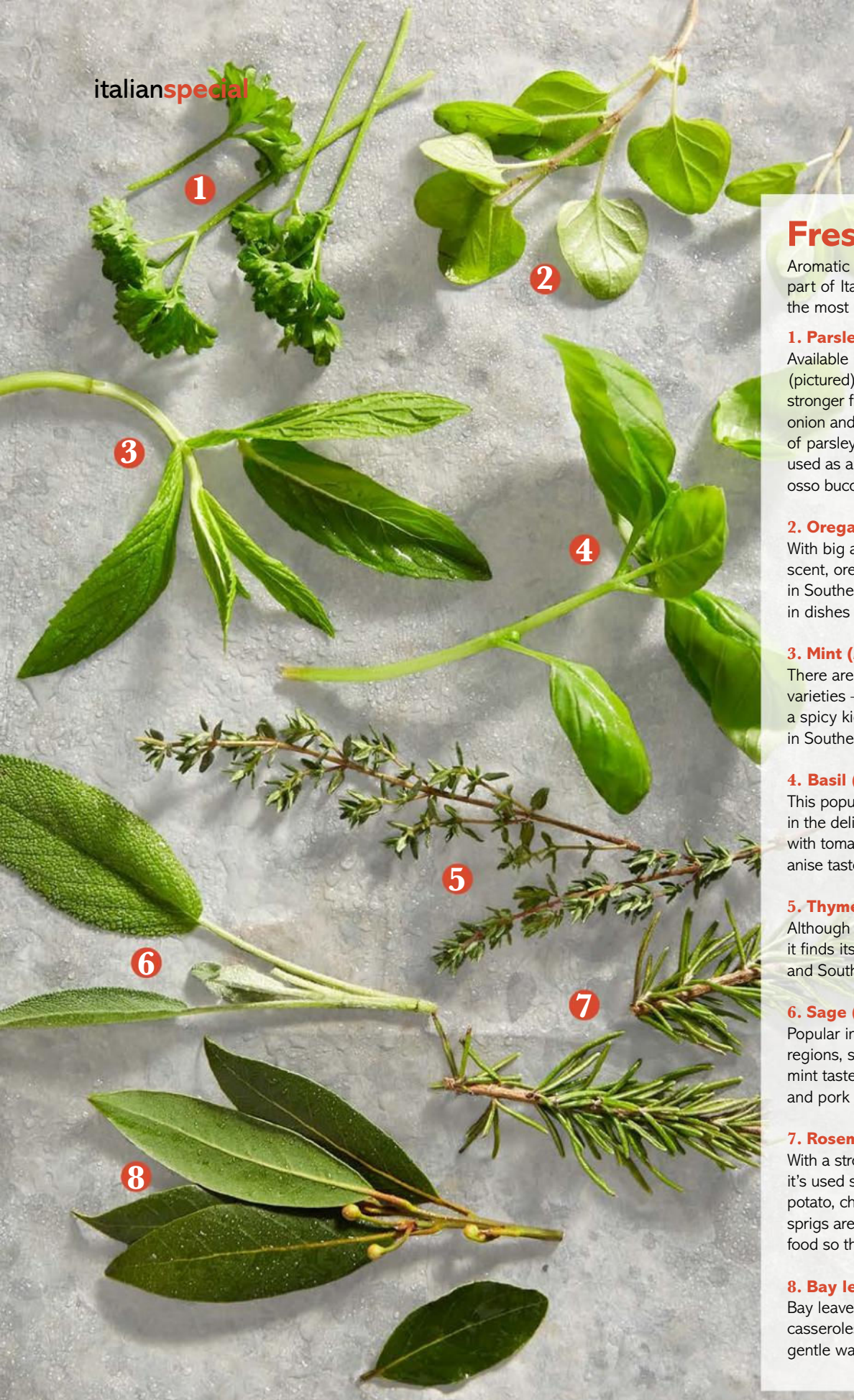
Before you begin your culinary adventure, stock the pantry with basics and herbs, then learn to make tomato sauce, ricotta and pasta from scratch!

Extra virgin olive oil

This yellow-green liquid gold is essential in Italian cooking – it's their food of the gods! Different olive varieties are grown and pressed across Italy, and the flavour profile differs slightly between each. 'Extra virgin' denotes a particularly fine grade of oil made from the first pressing of the olives and containing a maximum of one per cent oleic acid. The olive varieties grown and pressed here in Australia are just as good in Italian food, so you can happily buy local.

Vinegars

The most common vinegars in Italian cooking are balsamic, red wine and white wine. Balsamic is a reduction made from grapes – it's slightly thick with a rich, sweet flavour. Balsamic from Modena has protected geographical status, meaning it must be made in Modena and Reggio Emilia to be authentic. White and red wine vinegars are the result of the natural fermentation of wine. The price of vinegars depends on their age – the older the better!



Fresh herbs

Aromatic greens are a huge part of Italian cuisine. Here are the most commonly used.

1. Parsley (*prezzemolo*)
Available in flat-leaf and curly (pictured) varieties, the former has a stronger flavour. It's often cooked with onion and garlic. Gremolata, a mixture of parsley, garlic and lemon zest, is used as a condiment, particularly with osso buco (see recipe on page 121).

2. Oregano (*origano*)
With big and bold flavour and scent, oregano is used extensively in Southern Italy, particularly in dishes containing tomatoes.

3. Mint (*menta*)
There are hundreds of different varieties – some sweet, others with a spicy kick. It's used frequently in Southern Italian cooking.

4. Basil (*basilico*)
This popular herb is a key ingredient in the delicious pesto. It also features with tomatoes as its sweetness and anise taste balances their acidity.

5. Thyme (*timo*)
Although thyme is not as widely used, it finds its way into soups, stews and Southern Italian pasta sauces.

6. Sage (*salvia*)
Popular in the central and northern regions, sage's pungent musty mint taste suits butter sauces and pork and chicken recipes.

7. Rosemary (*rosmarino*)
With a strong pine aroma and taste, it's used sparingly. Often paired with potato, chicken, lamb and beef, its sprigs are often added to slow-cooked food so the herb has time to soften.

8. Bay leaf (*foglia di alloro*)
Bay leaves are often added to stews, casseroles and soups to give a gentle warmth and mild sweetness.

Make your own
sugo al pomodoro (tomato sauce)

Preparation time: 20 mins
Cooking time: 35 mins
Makes about 500ml

1kg ripe tomatoes
5 Tbsp extra virgin olive oil
1 brown onion, finely chopped
1 Tbsp tomato paste
1 tsp caster sugar
6 basil leaves
Sea-salt flakes, to season

STEP 1 Using a small sharp knife, mark a cross on the base of each tomato.
STEP 2 Fill a large saucepan with water and bring to the boil. In batches, add the tomatoes and cook for 30 seconds then remove with a slotted spoon.
STEP 3 Transfer tomatoes to a large bowl of icy-cold water.
STEP 4 Peel and discard skins and set aside on a plate.
STEP 5 Repeat Steps 2–4 with the remaining batches.
STEP 6 Cut all tomatoes into quarters. Remove core and discard. Dice tomatoes.
STEP 7 Heat oil in a large saucepan over a medium heat. Add onion and cook for 4 minutes or until soft.
STEP 8 Add tomatoes, tomato paste and sugar.
STEP 9 Bring to the boil, stirring occasionally. Reduce heat to low and simmer for 20 minutes or until mixture begins to thicken.
STEP 9 Add basil and cook for 10 minutes or until mixture reduces by half. Season.
STEP 10 Ladle sauce into sterilised jars and secure lids. Store in a cool dark place for up to 2 months.

steps

Sugo al pomodoro
Easy and inexpensive to make, sugo is the base for many classics like osso buco (page 117) and penne arrabbiata (page 125). Or you can just toss it through pasta with a generous helping of parmesan.

Make your own *pasta from scratch*

While we all love quality store-bought pasta – it's affordable, delicious and can sit in your pantry for months without spoiling. It's also very easy and so satisfying to make your pasta from scratch. Flour, eggs and a pinch of salt is all you need to create a batch. You can use a pasta machine (see instructions, opposite), but with little effort and big reward you can create fabulous fresh pasta at home using just a rolling pin and a good dose of Italian music to accompany you – it makes it taste better, too.

Preparation time: 10 mins plus 30 mins resting
Cooking time: nil
Serves 4 (makes 8 sheets)

300g '00' plain flour, plus extra, to dust
½ tsp fine salt
3 free-range eggs

STEP 1 Put flour and salt on a clean dry surface in a mound (or see Cook's tip, below). Make a well in the centre.
STEP 2 Pour eggs into well.
STEP 3 Carefully beat eggs in well with a fork until smooth.
STEP 4 Gradually incorporate flour into beaten eggs, a little at a time, until almost combined.
STEP 5 Using your hands, bring dough together.
STEP 6 Knead dough using heel of your hand. Push down and forward into dough, occasionally turning 45°.
STEP 7 Continue kneading for 5 minutes or until a smooth and silky dough forms. There is no wrong way to knead as long as you're pushing, pulling, tearing and moving dough.
STEP 8 Wrap dough in plastic wrap and set aside for 30 minutes at room temperature to rest. If not using immediately, store in the fridge for up to 24 hours.
STEP 9 Cut dough into quarters.
STEP 10 Flatten ¼ of the dough with your hands. Wrap remaining dough in plastic wrap and set aside.
STEP 11 Dust a clean dry surface with a little extra flour (if using a pasta machine to roll out, see opposite). Line an oven tray with baking paper and dust lightly with extra flour.
STEP 12 Shape dough into a log and roll out with a rolling pin to create a rough rectangle 2mm thick (about 18cm wide and 45cm long). Put on prepared tray and cover with plastic wrap to stop it drying out.
STEP 13 Repeat Steps 10–12 with remaining dough.
STEP 14 Dust 1 pasta sheet with a little extra flour, then gently fold into thirds lengthways.
STEP 15 Using a large sharp knife, cut through layers of pasta to preferred width. You can cut to create spaghetti (about 2.5mm wide), tagliatelle (about 6mm), fettuccine (about 8mm), pappardelle (about 13mm) or handkerchief or lasagne sheets. You can also create your very own free-form pasta by cutting to whatever length, width and shape you like!
STEP 16 Using your fingertips, carefully unravel pasta. Repeat with remaining pasta sheets.
STEP 17 Bring a large pot of salted water to the boil. Cook pasta for 4 minutes or until al dente. Strain and serve with pasta sauce.

Cook's tip

In a food processor, process flour, salt and eggs until it resembles coarse breadcrumbs. Turn out on a clean dry surface and continue from Step 5.

steps

Use a pasta machine

To roll out pasta with a pasta machine, following the included instructions, set machine to widest setting then lightly flour machine and dough.

Feed 1 dough portion through machine. Repeat 2 more times, folding dough in thirds and turning 90° between rolls until smooth and the same width as the machine (at least 12cm).

Halve dough widthways. Feed each dough half through machine separately, without folding, narrowing the machine setting 1 notch at a time, until you reach the second last setting. The pasta should be 1–2mm thick.

Repeat with the remaining dough portions to make another 6 sheets.

To cut pasta, continue recipe from Step 14 or, if you have pasta-cutting attachment, attach to machine and feed pasta sheets through (as pictured).

Cutting pasta

STEP 14

STEP 15

STEP 16

Cheeses

In each region, different varieties of cheese are produced, depending on the livestock bred in the area. Here are a few of Italy's favourites, enjoyed all over the world.

1. Ricotta is a soft white cheese. It is slightly sweet and made of curds, giving it a quite crumbly texture and great for spreading. It is used for sweet and savoury dishes, and can be made easily at home (see recipe, opposite).

2. Parmigiano-Reggiano is a hard cheese with a salty yet slightly sweet, nutty flavour, which is a traditionally added to many Italian dishes. The parmesan rind is also edible – just put in a zip-lock bag, label and freeze, then, when you're making risotto, ragu or a casserole, throw it in for flavour. Try adding a rind to the Ragu (see page 136) in Step 4 with onion mixture. Remove the rind, if you wish, before serving.

3. Pecorino comes from the Italian word *pecora*, meaning sheep, and is associated with the regions where sheep are raised and the type of grass they eat – for example, Pecorino Romano, Pecorino Sardo, Pecorino Toscano and Pecorino Siciliano. Additionally, there are three different types: *fresco* (fresh); *semi-stagionato* (semi-hard); and *stagionato* (hard and aged).

4. Mozzarella is a semi-soft cow's cheese with a mild taste. When cooked, the texture becomes soft and stretchy – it's right at home on pizza!

5. Buffalo mozzarella is the original mozzarella, produced in Italy and Bulgaria, made from water buffalo milk. Due to the decline of water buffalo farming over time, mozzarella is now more often made with cow's milk, known as *fior di latte*. Buffalo mozzarella is a softer and wetter style cheese. It is stored in water to maintain its soft, silky, creamy texture and delicate flavour.

6. Mascarpone is a fresh, unripened smooth triple cream cheese resembling thick clotted cream. It has a rich, sweet taste which is slightly acidic. It's often used in desserts.

Make your own *ricotta from scratch*

Creating homemade ricotta is a delightful experience. You don't need any special equipment, tricky techniques or unusual ingredients – so give it a try!

Preparation time: 20 mins plus overnight draining (optional)
Cooking time: 10 mins
Makes 500g

2L full cream milk
85ml pure cream
1 tsp fine salt
85ml white vinegar

STEP 1 Put milk, cream and salt in a large heavy-based saucepan over a medium heat. Bring to a simmer.
STEP 2 Add white vinegar.
STEP 3 Stir twice to combine. Simmer for 1 minute or until mixture curdles. Remove pan from heat and set aside for 10 minutes. The mixture will separate – curds will float to the top and whey will sink to the bottom.
STEP 4 Line a sieve with 2 layers of cheesecloth or muslin (see Cook's tip, right) over a large bowl. Gently spoon solids (curds) from mixture into sieve using a slotted spoon or stainless steel mesh skimmer spoon. Set aside for 10 minutes.
STEP 5 Serve warm or, for a firmer ricotta, cover loosely with plastic wrap and refrigerate overnight. Transfer ricotta to an airtight container and store in the fridge for up to 3 days.

Cook's tip

Pick up cheesecloth or muslin at larger craft and fabric stores. Alternatively, you could use a clean porous kitchen cloth or thin tea towel.

steps

Traditionally, Italian risotto is not cooked with cream. The constant stirring and last-minute addition of butter are the secrets to its rich, creamy texture.

for you to know!

FROM *Lombardy*

Risotto alla Milanese

This classic rice dish shows how wonderfully flavoursome simple Italian cooking can be. A pinch of saffron gives the risotto its characteristic deep yellow tinge and distinctive flavour.

Recipe on page 120

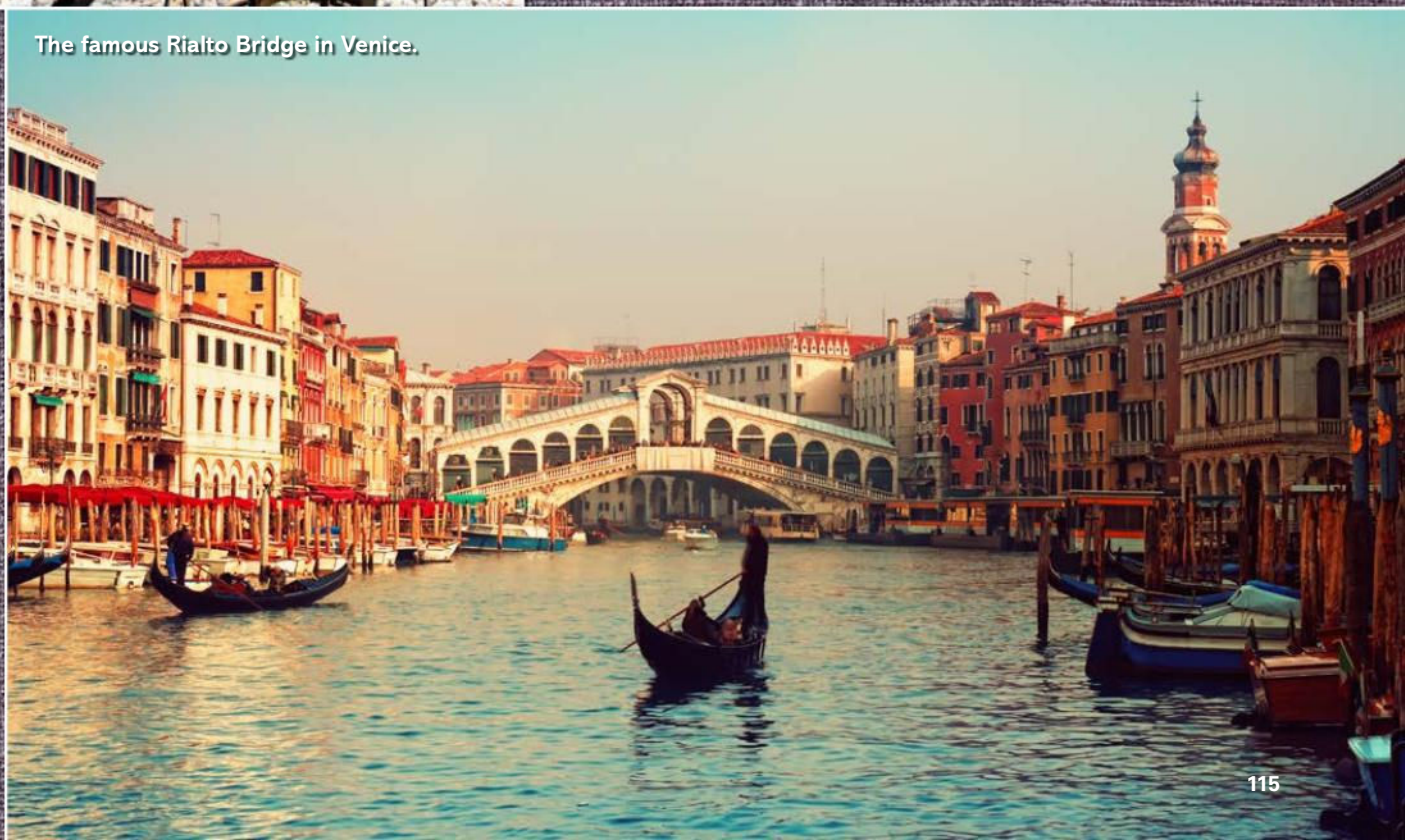
The spectacular Dolomites mountain range.

from the North

Let's start at the top of Italy and tuck into rich recipes influenced by neighbouring countries

With France, Switzerland, Austria and Slovenia all next door, much of the North's cooking is influenced by these bordering countries. The region also produces more butter, rice, corn and cheese than elsewhere in the country, so expect these ingredients to feature. It's here you'll find enticing classics like risotto with saffron, osso buco and tiramisu. ▸

The famous Rialto Bridge in Venice.



FROM *Trentino*

Spinach and ricotta ravioli

Make a batch of pasta (see page 110) then stuff with a simple filling and top with basil, pine nuts and parmesan for tasty, pillowy parcels.

Recipe on page 120

Osso buco alla Milanese

The marrow of the veal knuckle is the star of this hearty main course. Sprinkled with the zesty condiment gremolata, osso buco is traditionally served with Risotto alla Milanese (see recipe, page 120) but you can also use polenta or mashed potato.

Recipe on page 121

FROM *Lombardy*

Learn the lingo!

Osso buco literally means 'bone with a hole', due to the marrow at the centre of the cross-cut veal shank.

Learn the lingo!
Tiramisu means 'pick me up'. The decadent dessert contains coffee and alcohol so it's certain to do just that!
FROM Veneto
Tiramisu
One of Italy's best-known exports, this rich sweet packs a punch with ladyfinger biscuits laced with strong coffee, brandy and mascarpone.
Recipe on page 121
Serve with amaretti (Italian macaroons) for a crunchy addition

Cook's tips

■ Pair tiramisu with an after-dinner drink such as brandy; a coffee-flavoured liqueur like Tia Maria or Kahlúa; or Marsala, a sweet fortified wine made in Sicily.

■ Instead of creating one large tiramisu, try layering the ingredients in six individual 1 cup-capacity dishes so each guest has their own.

'The trouble with eating Italian food is that five or six days later you're hungry again.'

George Miller, film director

Risotto alla Milanese

Spinach and ricotta ravioli

Osso buco alla Milanese

Tiramisu

Risotto alla Milanese

Preparation time: 10 mins
Cooking time: 30 mins
Serves 4 (makes 6 cups)

1.5L chicken stock
Pinch saffron threads (see Cook's tip, opposite)
2 Tbsp extra virgin olive oil
1 brown onion, finely chopped
2 cloves garlic, crushed
75g flat pancetta, very finely diced
2 cups arborio rice
150ml dry white wine
50g butter, chopped
25g parmesan, finely grated, plus extra, shaved, to serve
Sea-salt flakes and freshly ground black pepper, to season
Basil leaves, to serve

1 Put stock in a medium saucepan and bring to a simmer over a medium heat. Remove from heat and cover with foil to keep warm.
2 Meanwhile, put saffron and 1 Tbsp warm water in a small bowl. Set aside. Heat oil in a large heavy-based saucepan over a medium heat. Add onion, garlic and pancetta, cooking for 4 minutes or until onion is soft. Add rice and cook, stirring, for 2 minutes or until rice begins to turn translucent. Add wine and saffron mixture. Cook, stirring, until liquid is absorbed.
3 Add ½ cup of the stock and cook, stirring constantly, with a flat-bottomed wooden spoon until liquid is absorbed. Repeat with remaining stock, only adding more once previous addition is absorbed. (Takes about 20 minutes.)
4 Remove pan from heat and stir in butter and parmesan. Season. Garnish with basil and extra parmesan and serve immediately.

Spinach and ricotta ravioli

Preparation time: 25 mins
Cooking time: 15 mins
Serves 4–6

150g baby spinach leaves
300g fresh ricotta
50g parmesan, finely grated, plus extra, shaved, to serve
⅛ tsp freshly grated nutmeg
Sea-salt flakes and freshly ground black pepper, to season
1 quantity rolled (but not cut) Pasta (see recipe on page 110)
'00' plain flour, to dust
3 Tbsp extra virgin olive oil, to drizzle
2 Tbsp finely shredded basil leaves, plus extra, to serve
¼ cup pine nuts, toasted, to serve

STEP 1 Put spinach and 3 Tbsp water in a large frying pan over a high heat and cook, covered, for 2 minutes or until spinach has wilted. Drain well and set aside to cool. When cool enough to handle, squeeze out excess liquid. Finely chop and transfer to a large bowl.
STEP 2 Add ricotta, parmesan and nutmeg. Stir well to combine and season.
STEP 3 Line an oven tray with baking paper. Dust a clean dry surface with flour. Using a rolling pin, roll out pasta sheets to 1mm thick and 13cm wide. Cut into lengths about 30cm long.
STEP 4 Lay 1 piece of pasta on bench. Spoon 2 tsp portions of the ricotta mixture in mounds on top of pasta about 3cm from 1 long edge and about 3cm apart in a line.
STEP 5 Brush other long edge of pasta with a little water. Fold pasta over filling to enclose.
STEP 6 Ensure pasta edges line up neatly.
STEP 7 Using fingertips, seal and remove any air bubbles.
STEP 8 Using a crinkle-edge pasta-cutting wheel, cut pasta between filling to create ravioli about 5 x 5cm. Trim straight edges with cutter. Transfer ravioli to prepared tray and cover loosely with plastic wrap.
STEP 9 Repeat Steps 4–8 with remaining pasta and ricotta mixture.
STEP 10 Fill a large saucepan with salted water and bring

steps **Spinach and ricotta ravioli**

STEP 4

STEP 5

STEP 6

STEP 7

STEP 8

to the boil. In 2 batches, put ravioli in pan and cook for 5 minutes or until pasta rises to surface and is tender. Drain well and transfer to a large bowl. Drizzle with oil and add basil. Toss gently to combine.
STEP 11 Spoon ravioli onto serving plates. Sprinkle over toasted pine nuts, the extra basil and the extra parmesan. Season with black pepper and serve.

Osso buco alla Milanese

Preparation time: 15 mins
Cooking time: 2 hours 20 mins
Serves 4

4 x 4cm-thick osso buco pieces (veal shin)
Sea-salt flakes and freshly ground black pepper, to season
2 Tbsp plain flour
4 Tbsp extra virgin olive oil
50g butter, chopped
2 brown onions, finely diced
1 carrot, finely diced
2 sticks celery, finely diced
4 cloves garlic, crushed
1 fresh bay leaf
¼ cup tomato paste
250ml dry white wine
1 quantity (500ml) Sugo al pomodoro (see recipe, page 109) or use store-bought
400g can Italian cherry tomatoes in tomato juice
500ml salt-reduced chicken stock
Risotto alla Milanese, warm, to serve (see recipe, opposite)

GREMOLATA
½ cup flat-leaf parsley leaves, finely chopped
2 cloves garlic, crushed
Finely grated zest of 1 lemon

1 Season osso buco then put in a large zip-lock bag. Add flour and shake well to coat.
2 Heat ½ of the oil in a large heavy-based saucepan over a medium heat. Add osso buco pieces and cook for 4 minutes each side or until browned. Transfer to a plate and set aside.
3 To same pan, add butter and the remaining oil. Add onions, carrot, celery, garlic and bay. Cook, stirring occasionally, for 5 minutes or until lightly browned. Add tomato paste and cook, stirring, for 2 minutes. Add wine and cook for 5 minutes or until reduced by half. Add Sugo al pomodoro and stock and bring to the boil. Return osso buco to pan and reduce heat to low. Cook, covered, for 2 hours or until meat is very tender. Alternatively, put pan in a preheated 160°C oven for 2 hours.
4 To make gremolata, put all ingredients in a small bowl and stir to combine.
5 Spoon warm risotto onto serving plates. Top each plate with 1 osso buco piece and a little sauce from the pan. Scatter with gremolata and serve immediately.

Tiramisu

Preparation time: 15 mins plus 6 hours chilling
Cooking time: nil
Serves 6–8

6 free-range eggs, separated
1 cup caster sugar
500g mascarpone
250ml strong black coffee, cold
100ml brandy
250g packet savoiardi biscuits (18 biscuits)
Cocoa powder, to dust
Grated dark chocolate, to serve

1 Put egg yolks and ½ of the sugar in the bowl of an electric mixer and beat on high, using whisk attachment, for 4 minutes or until thick and pale.
2 Put mascarpone in a large bowl and gently fold in yolk mixture until combined. (Don't overbeat or it will split.) Set aside.
3 Wash mixer bowl then put egg whites and the remaining sugar in and beat on high, using whisk attachment, for 2 minutes or until soft peaks form. Gently fold into egg yolk mixture to combine.
4 Combine coffee and brandy in a shallow bowl. Divide savoiardi biscuits into 3 batches.
5 Working with 1 batch, dip 1 biscuit at a time into coffee mixture so outer edge is soft but centre is still firm. Arrange in a single layer in a large 8-cup capacity serving bowl (for individual serves, see Cook's tips, page 119).
6 Spoon over ⅓ of the mascarpone mixture. Dust with a little cocoa.
7 Repeat Steps 5–6 for 2 more layers with remaining biscuits, coffee mixture, mascarpone mixture and cocoa, finishing with cocoa.
8 Cover with plastic wrap and refrigerate for at least 6 hours or overnight, until completely chilled.
9 Serve topped with grated chocolate.

'Anni, amori e bicchieri di vino non si contano mai.' (Age, lovers and glasses of wine should never be counted.) Italian proverb

Cook's tips

Risotto alla Milanese
Saffron is the red-orange stigma of the crocus flower. Each flower produces three stigmas, which are delicately harvested by hand and then dried. This process makes saffron a very time-consuming ingredient to produce and thus the most expensive spice in the world! Saffron gives food a tint of pale yellow and a sweet, earthy honey flavour. It's available in large supermarkets.

FROM *Umbria*

Pork sausages with lentils, kale and pancetta

Umbria has a centuries-old tradition of making sausages and cured meats. It's also where pasta plays second fiddle to locally grown lentils. This comfort-food stew champions what the area does best.

Recipe on page 126

With fertile soil, plenty of sunshine and a temperate climate, central Italy is the region of plenty. Olive trees and tomatoes flourish, so expect recipes with lots of olive oil and rich tomato sauces along with the tasty cheeses pecorino and parmesan. Meat features heavily too, both cured and fresh, including braised dishes, stews and steaks. In Umbria and Tuscany, wild boar is a specialty. ▸

A scene from Lazio, the region that's home to Rome.

from the Centre

An iconic farmhouse view, Tuscany.

FROM *Tuscany*

Panzanella

Inexpensive, satisfying and tasty, this tomato and bread salad came about as a way to use up stale bread and feed the farm workers in Tuscany. Nowadays, it's all about making the most of fresh produce as well as using up leftover bread.

Recipe on page 126

Now give it a twist

For a more substantial salad, add a handful of rocket leaves, grilled red capsicum strips and a sprinkling of capers.

The first recorded recipe for pasta with tomato sauce appears in 1790 in the Italian cookbook *L'Apicio Moderno* by a Roman chef, Francesco Leonardi.

for you to know!

FROM *Tuscany*

Penne arrabbiata with prawns

With a long, beautiful coastline, seafood is a favourite in Tuscany. Cooked with garlic tomatoes and red chilli, it's pasta perfection!

Recipe on page 126

Learn the lingo!

Arrabbiata means 'angry' – the pasta dish is so named because it's made with fiery red chillies.

'In Italy, they add work and life on to food and wine.' Robin Leach, writer

Pork sausages

Panzanella

Penne arrabbiata

Crostata

Pork sausages with lentils, kale and pancetta

Preparation time: 10 mins
Cooking time: 20 mins
Serves 4

375g pack whole green lentils
3 Tbsp extra virgin olive oil
1 brown onion, finely diced
2 cloves garlic, smashed
100g flat pancetta, finely diced
2 sticks celery, finely diced
1 fresh bay leaf
4 sprigs thyme, leaves picked, plus extra, to serve
8 sprigs flat-leaf parsley, leaves picked
1.5L vegetable stock
8 Italian pork and fennel sausages
2 Tbsp red wine vinegar
2 cups shredded Tuscan or green kale leaves
Sea-salt and freshly ground black pepper, to season
Shaved parmesan, to serve

1 Put lentils in a large bowl and cover with boiling water so water sits 5cm above lentils. Set aside.
2 Meanwhile, heat oil in a large saucepan over a medium heat. Add onion, garlic, pancetta, celery, bay and thyme and cook, stirring occasionally, for 10 minutes or until pancetta is golden. Pick parsley leaves and set aside. Add stalks to onion mixture.
3 Preheat oven to 200°C. Drain lentils and add to onion mixture. Pour in stock and bring to a simmer. Reduce heat to medium-low and simmer for 15 minutes.
4 Meanwhile, put sausages in a large roasting pan and roast for 15 minutes or until cooked through and golden. Slice thickly on the diagonal and drizzle with vinegar, tossing to coat. Set aside on a plate.
5 Remove parsley stalks from lentil mixture and discard. Finely chop reserved parsley leaves and stir into lentils along with kale and sausage pieces. To serve, season and sprinkle with shaved parmesan.

Panzanella

Preparation time: 10 mins plus 20 mins standing
Cooking time: nil
Serves 4

1 clove garlic, smashed
3 cups torn bite-size pieces stale ciabatta bread
3 ripe tomatoes, cut into wedges
400g mixed cherry tomatoes, halved
1 cucumber, peeled, thinly sliced
1 small red onion, halved, finely sliced
5 Tbsp extra virgin olive oil, plus extra, to serve
3 Tbsp red wine vinegar
Sea-salt flakes and freshly ground black pepper, to season
1 cup basil leaves, plus extra, to serve

1 Rub garlic around inside of a large bowl. Add bread, all tomatoes, cucumber, red onion, oil and vinegar, tossing to combine. Season with salt and set aside for 20 minutes.
2 Add basil, tossing to coat. Arrange salad on a serving platter. Top with extra basil and drizzle over the extra oil. To serve, season with pepper.

Penne arrabbiata with prawns

Preparation time: 10 mins
Cooking time: 25 mins
Serves 4

4 Tbsp extra virgin olive oil, plus extra, to serve
2 cloves garlic, thinly sliced
2 long red chillies, finely chopped, deseeded if you like
750ml Sugo al pomodoro (see recipe on page 109)
400g can whole tomatoes
2 sprigs basil, plus extra leaves, to serve
Sea-salt flakes and freshly ground black pepper, to season
16 large green prawns, peeled, tails intact
400g penne rigate

1 Heat oil in a large saucepan over a low-medium heat. Add garlic and chillies, and cook, stirring occasionally, for 30 seconds or until fragrant. Stir in sugo, canned tomatoes and basil sprigs. Season with salt. Cook, breaking up tomatoes with a flat-bottomed wooden spoon, for about 15 minutes or until sauce thickens.
2 Add prawns and cook, stirring occasionally, for a further 5 minutes or until prawns are cooked through.

Cook's tips

Penne arrabbiata with prawns

■ The Romans would gasp at the thought of making penne arrabbiata with prawns, and it isn't traditionally served with parmesan cheese either. But feel free to bend the rules and add it if you wish.

■ The word rigate means ridges. The ridges help the sauce stick to the pasta, and the tube shape fills with the tasty, spicy sauce!

3 Meanwhile, cook penne in a large saucepan of boiling salted water following pack instructions until al dente. Drain, reserving ½ cup of the cooking water.
4 Add penne and reserved cooking water to tomato mixture. Toss well to combine and season with salt and pepper.
5 Divide among serving plates. Garnish with extra basil, drizzle over the extra oil and serve immediately.

Crostata

Preparation time: 30 mins plus 30 mins chilling
Cooking time: 40 mins
Serves 8

250g unsalted butter, chopped, at room temperature
⅓ cup icing sugar mixture, plus extra 1 Tbsp
2 tsp vanilla extract
3 free-range egg yolks
2 cups plain flour
50g pistachio kernels
700g seedless red or green grapes
1 free-range egg white, lightly beaten
Basil leaves, to garnish
Mascarpone, to serve

Crostata

Variations of this fruit tart are found throughout Umbria. Try this rustic, free-form version with grapes, pistachios and basil leaves for an enticing flavour combo.

FROM *Umbria*

1 To make pastry, put butter, icing sugar and vanilla in the small bowl of an electric mixer and beat on high, using paddle attachment, until light and creamy. Add egg yolks, one at a time, beating well after each addition until well combined. Sift flour into butter mixture and stir until a dough forms.
2 Shape ⅓ cup of the dough into a round 3cm-thick disc and wrap in plastic wrap. Form remaining dough into a larger round 3cm-thick disc. Wrap in plastic wrap and refrigerate both discs for 30 minutes or until firm.
3 Put pistachios in a small food processor and pulse until finely chopped.
4 Preheat oven to 200°C. Roll large dough disc out between 2 sheets of baking paper to form a disc 4mm thick and about 35cm in diameter. Peel off top sheet of baking paper.
5 Spoon pistachios over dough, leaving a 5cm border around edge then cover pistachios with grapes. Fold border over grapes and transfer tart (still on baking paper) to a large oven tray.
6 Repeat Step 4 to roll out remaining dough to 4mm thick. To decorate tart, use a small 2cm round cookie cutter to cut rounds from dough into grape shape. Shape other dough pieces into thin vines and leaves, and drape shapes over grapes to look like a bunch of grapes.
7 Brush border and grapes with a little egg white. Bake for 40 minutes or until pastry is golden and cooked through. Dust with extra icing sugar, garnish with basil leaves and serve with mascarpone on the side. ▶

FROM Puglia

Fritto misto di mare

Fritto misto **literally means 'mixed fried', but it's presented as an assortment of battered and deep-fried seafood. Soda water is the secret of the light and crispy finish.**

Recipe on page 132

Positano, on Campania's Amalfi Coast.

from the South

Be inspired by seafood fresh from the Med and hot-climate produce from volcanic soil transformed into hearty home-style cooking

Naples, the home of pizza, is in this region – but that's not all the South offers! There's an amazing array of seafood – from tuna and anchovies to sea urchins and clams. The volcanic soil in Campania helps grow bountiful tomatoes, lemons and figs. In the mountainous areas of Calabria and Lucania, the specialities have sprung from simple but awesome peasant food. ▸

The colourful coastline of Procida, an island off Naples.

Cannelloni are pasta tubes stuffed with a savoury filling, often covered in bechamel sauce and baked. Cannoli are pastry tubes filled with sweetened ricotta or mascarpone.

for you to know!

FROM *Campania*

Cannelloni with mushrooms

Meaning 'big pipes', cannelloni are baked pasta tubes filled with meat (like ragu on page 138), veg and cheese. Use store-bought pasta sheets or make your own (see page 110).

Recipe on page 132

'There's nothing more romantic than Italian food.' **Elisha Cuthbert, actor**

FROM *Basilicata*

Spicy chicken casserole

Simple peasant food is a way of life in this part of Italy, and they do it so well! Rosemary, chilli and garlic flavour this delicious, hearty dish.

Recipe on next page

Fritto misto di mare

Cannelloni

Spicy chicken casserole

Lemon and almond cake

Fritto misto di mare

Preparation time: 30 mins
Cooking time: 10 mins
Serves 4

1 cup plain flour, plus extra 1 cup
1 tsp sea-salt flakes
1¼ cups soda water, chilled
12 medium green prawns, cleaned, heads removed, tails intact
2 medium calamari hoods, cleaned, cut into 3cm pieces
3 small squid with tentacles, cleaned, sliced into rings
12 scallops
8 small whole fish, cleaned, heads removed
1L extra virgin olive oil
2 Tbsp roughly chopped flat-leaf parsley
2 lemons, cut into wedges

1 To make batter, put flour and salt in a large bowl. Slowly add soda water, whisking constantly until combined (see Cook's tips, below). Put the extra flour in a shallow bowl. Lightly coat all seafood with flour and transfer to an oven tray.

2 Pour oil into a large, deep saucepan. Heat to 180°C on a cook's thermometer, or until a cube of bread turns golden in 30 seconds. Line another oven tray with paper towel.

3 Dip seafood in batter, a few pieces at a time, to lightly coat and carefully drop into oil. Cook, in batches, for 2 minutes or until golden. Transfer to prepared tray to drain.

3 Put cooked seafood on a large serving platter. Serve sprinkled with parsley and with lemon wedges on the side.

Cook's tips

Fritto misto di mare

- This light batter can also be used to coat vegetables.
- Australian extra virgin olive oil can safely be heated up to a maximum of 210°C.

Cannelloni with mushrooms

If using fresh store-bought pasta sheets, please note they vary in size and shape. Some brands come in large individual rectangular sheets while others are smaller so may have to be cut to size before filling and rolling.

Cannelloni with mushrooms

Preparation time: 40 mins
Cooking time: 1 hour
Serves 6

3 Tbsp extra virgin olive oil
500g mushrooms, roughly chopped
2 cloves garlic, crushed
500g fresh ricotta
1 cup grated gruyere
¼ cup finely grated parmesan, plus extra ¼ cup
100g prosciutto, finely chopped
2 Tbsp thyme leaves
Sea-salt flakes and freshly ground black pepper, to season
8 individual fresh lasagne sheets (270g) (see Cook's tips, left)

BECHAMEL SAUCE
80g butter, plus extra, to grease
½ cup plain flour
1L milk

1 Heat oil in a frying pan over a medium-high heat. Add mushrooms and garlic. Cook, stirring, for 10 minutes or until mushrooms are golden. Remove from heat and set aside to cool.

2 In a large bowl, combine cheeses, prosciutto and thyme. Combine mushroom mixture. Season and set aside.

3 To make bechamel sauce, put butter in a large saucepan over a medium heat. When melted, stir in flour. Cook for 2 minutes or until mixture is bubbling. Remove from heat and slowly add milk, whisking constantly. Return pan to heat and whisk constantly until mixture comes to the boil. Reduce heat to low and simmer for 2 minutes. Remove from heat and set aside to cool.

4 Add 1½ cups of the bechamel to the ricotta mixture and stir to combine. Cover surface of remaining sauce with baking paper to stop a skin forming.

5 Preheat oven to 180°C. Grease a 10-cup capacity baking dish with butter. Put 1 lasagne sheet on a chopping board. Spoon ½ cup of the ricotta mixture along 1 long edge of lasagne and roll to enclose filling. Transfer to prepared dish. Repeat with remaining lasagne sheets and ricotta mixture.

6 Pour remaining bechamel over cannelloni and sprinkle with the extra parmesan. Bake for 45 minutes or until pasta is cooked through and top is golden. Remove from oven and set aside for 10 minutes to cool a little before serving.

Spicy chicken casserole

Preparation time: 10 mins
Cooking time: 1 hour 25 mins
Serves 4

2 Tbsp extra virgin olive oil
40g butter
8 chicken pieces, skin on (such as thigh cutlets)
1 brown onion, roughly chopped

2 cloves garlic, crushed
400g can Italian chopped tomatoes
½ tsp dried chilli flakes
250ml dry white wine
125ml chicken stock or water
2 sprigs rosemary, leaves picked
Roasted potatoes, to serve
Rocket leaf salad, to serve

1 Preheat oven to 180°C. Put oil and butter in a large heavy-based lidded saucepan and cook over a medium heat. When mixture is sizzling, add ½ of the chicken pieces and cook, turning, for 8 minutes or until golden on all sides. Transfer to a plate and set aside. Repeat with remaining chicken pieces.
2 Put onion in pan and cook for 4 minutes or until softened. Add garlic, cooking for 1 minute then add canned tomatoes, chilli, wine, stock or water and rosemary and bring to the boil.
3 Return chicken to pan. Cover and cook in oven for 1 hour or until chicken is very tender. Serve with roasted potatoes and green salad on the side.

Lemon, olive oil and almond cake

Preparation time: 15 mins
Cooking time: 1 hour 15 mins
Serves 12

Melted butter, to grease
1½ cups self-raising flour
¾ cup almond meal
1½ cups caster sugar
Finely grated zest of 3 lemons
3 free-range eggs, lightly beaten
250ml milk
250ml extra virgin olive oil
165ml lemon juice
Icing sugar mixture, to dust
Fresh figs, cut into wedges, to serve
Mascarpone drizzled with honey, to serve

Lemon, olive oil and almond cake

The Amalfi Coast is renowned for its lemon groves and this cake – aka Dolce di Amalfi – uses both zest and juice. The olive oil makes this dense, tangy *torta* magnificently moist.

FROM *Campania*

1 Preheat oven to 180°C. Grease a 22cm round springform cake tin with melted butter. Line base and sides with baking paper.
2 Sift flour into a large bowl and stir in almond meal. Add caster sugar and lemon zest, stirring until well combined. Add eggs and whisk until well combined and creamy. Add milk, oil and lemon juice. Stir gently with whisk until well combined. Pour mixture into prepared tin. Tap tin firmly on a flat surface to remove air bubbles. Put tin on a large oven tray.
3 Bake for 1 hour 15 minutes or until cooked when tested with a skewer. Stand for 10 minutes to cool slightly. Release cake from tin and transfer to a wire rack to cool completely.
4 Dust liberally with icing sugar mixture and top with fig wedges. Serve with mascarpone drizzled with honey. ▶

FROM *Sardinia*

Fregola risotto with seafood

You can pick up Sardinian fregola – a cous cous-like pasta – at delis and specialty food stores. Its nutty flavour adds an authentic base to fresh, pan-fried fish fillets.

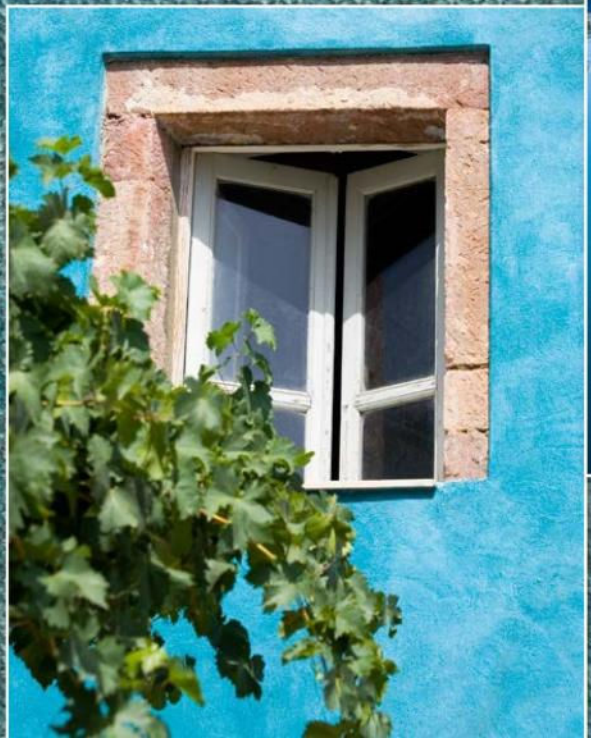
Recipe on page 138

Cefalù, on the northern coast of Sicily.

from the islands

The day's catch is inevitably on every plate in this paradise! Food is light in texture and big on summertime flavours

Separated from the mainland, Sardinia, Sicily and the surrounding islands have their own twists on cuisine and seafood is the main event! Sardines, mackerel and the 'poor man's caviar' bottarga are all abundant. In Sicily, citrus orchards are endless and local wine flows. Sardinia produces olives, artichokes and sheep's milk cheese made in the mountains, so think of the feasting! ▸



A fishing boat moored in Syracuse, Sicily.

FROM *Sardinia*

Rack of lamb with braised fennel and salsa verde

Sardinia is known for its succulent lamb, raised in the island's rugged mountains. Often served with wild fennel, it's the locals' favourite meat.

Recipe on page 138

Ragu

Use this slow-cooked meat sauce to fill arancini (opposite) or cannelloni (see page 132). Other options? Layer in lasagne or simply toss through fettuccine.

Recipe on page 138

'A tavola non si invecchia.' (At the table one does not age.) Italian proverb

FROM Sicily

Arancini

With a choice of stuffings, you can make this popular Italian snack to suit everyone's tastes. In Sicily, they use a range of ingredients – even squid ink!

Recipe on page 140

Learn the lingo!

Arancini means 'little orange', which is about the size of these risotto balls – crunchy on the outside with a soft and savoury centre.

Fregola risotto

Rack of lamb with fennel

Ragu

Fregola risotto with seafood

Preparation time: 20 mins
Cooking time: 40 mins
Serves 4

1.25L fish or chicken stock
250ml dry white wine
5 Tbsp extra virgin olive oil
40g butter
1 brown onion, finely chopped
2 cloves garlic, crushed
2 cups fregola
12 small red-skinned boneless fish fillets
Sea-salt flakes and freshly ground black pepper, to season
2 Tbsp roughly chopped flat-leaf parsley

1 Put stock and wine in a medium saucepan over a medium heat. Bring to a simmer then reduce heat to low.
2 Heat 2 Tbsp of the oil and butter in a large deep frying pan over a medium heat. When sizzling, add onion and garlic. Stir for 3 minutes or until onion is tender but not coloured.
3 Add fregola, stirring to coat. Add ½ cup of the stock mixture. Cook, stirring, until liquid is absorbed. Continue adding stock mixture, ½ cup at a time, until liquid is absorbed and fregola is tender. Season.
4 Heat the remaining oil in another frying pan over a medium heat. When hot, add fish, cooking for 2 minutes each side or until cooked. Spoon fregola onto plates. Top with fish fillets and parsley. Serve.

Cook's tips

Fregola risotto with seafood
Fregola is a small round Sardinian pasta made with semolina and water. It's similar to cous cous but firmer. Once shaped, fregola is toasted which gives it a delicious nutty flavour.

Ragu
For extra flavour, add the rind of a wedge of parmesan in Step 4 along with onion mixture.

Rack of lamb with braised fennel and salsa verde

Preparation time: 30 mins
Cooking time: 20 mins
Serves 4

1½ cups firmly packed basil leaves
1 cup firmly packed mint leaves
1 cup firmly packed flat-leaf parsley leaves
1 Tbsp baby capers, rinsed
3 Tbsp lemon juice
250ml extra virgin olive oil
Sea-salt flakes and freshly ground black pepper, to season
4 baby fennel, trimmed, quartered
4 sprigs thyme
125ml dry white wine
125ml chicken or vegetable stock
2 x 8-cutlet racks of lamb, frenched

1 To make salsa verde, put basil, mint, parsley, capers, juice and 80ml of the oil in a food processor and pulse until a thick sauce forms. Season and transfer to a serving bowl.
2 Preheat oven to 200°C. Heat 40ml of the remaining oil in a large heavy-based lidded saucepan over a medium heat. When hot, add fennel and cook, stirring occasionally, for 8–10 minutes or until golden. Add thyme, wine and stock. Cover.
3 Meanwhile, heat a large frying pan over a medium-high heat. Brush lamb with the remaining oil and season. Cook for 8 minutes or until browned.
4 Put pan with fennel in oven for 20 minutes or until tender. Meanwhile, put racks on an oven tray, interlocking to stand up. Roast for 30 minutes for medium rare or until cooked to your liking. Remove from oven and set aside lamb for 10 minutes to rest. Slice into cutlets. Serve with fennel and salsa verde.

Ragu

Preparation time: 10 mins
Cooking time: 1 hour 30 mins
Serves 4–6 (makes 4 cups)

4 Tbsp extra virgin olive oil
1 brown onion, finely diced
2 cloves garlic, crushed
1 stick celery, finely diced
1 carrot, finely diced
400g beef mince
150g Italian pork sausages, skin removed (2 sausages)
Sea-salt flakes and freshly ground black pepper, to season
125ml milk
65g tomato paste
250ml red wine
400g can chopped tomatoes
2 fresh bay leaves
4 sprigs oregano

1 Heat ½ of the oil in a large heavy-based saucepan over a low heat. Add onion, garlic, celery and carrot. Cook for 5 minutes or until onion is soft. Transfer to a bowl. Set aside.
2 Heat the remaining oil in same pan, increasing heat to high. Add all meat and cook, stirring and breaking up meat with a wooden spoon, for 10 minutes or until browned. Season. ▶

Buccellati

Traditionally made for Christmas, these rich pastries feature figs and nuts. It's one very merry mouthful!

FROM Sicily

Recipe on next page

For more great Italian recipes visit foodiful.com.au

Arancini (with ragu)

Arancini (with mozzarella)

Buccellati

3 Reduce heat to medium and add milk. Cook, stirring occasionally, for 10 minutes or until milk evaporates. Add paste and cook, stirring for 3 minutes.
4 Stir in wine, tomatoes, bay leaves, oregano and onion mixture. Season. Bring to a simmer. Reduce heat to low and cook, stirring occasionally, for 1 hour. Set aside to cool a little.

Arancini

Preparation time: 20 mins
Cooking time: 10 mins
Makes 14

2 Tbsp finely chopped flat-leaf parsley leaves
3 free-range eggs, lightly beaten
3 cups Risotto alla Milanese (see recipe, page 120), cold
½ cup Ragu (see recipe, page 138), cold or warm, or 50g mozzarella, cut into 14 x 1cm cubes
½ cup plain flour
2 cups dried breadcrumbs
Vegetable oil, to deep-fry
Sea-salt flakes, to season
Lemon wedges, to serve
Micro herbs, to serve

1 Line 2 oven trays with baking paper. Put parsley, 1 of the eggs and risotto in a large bowl. Stir.
2 Roll 2 Tbsp of the risotto mixture into a ball. Push a hole into centre. Fill hole with 1 tsp ragu or a mozzarella cube. Re-roll to enclose filling. Put on 1 tray.
3 Repeat Step 2 with remaining risotto and filling to make 14.
4 Lightly beat the remaining eggs in a medium bowl. Put flour and crumbs in separate bowls. Roll balls in flour, dip in egg and coat in crumbs. Put on other tray.
5 Pour oil into a large deep saucepan until 5cm deep. Heat to 180°C on a cook's thermometer or until a cube of bread turns golden in 30 seconds. Cook, in 2 batches, for 4 minutes or until golden and heated through. Drain on paper towel. Season and serve with lemon and herbs.

Buccellati

Preparation time: 30 mins plus 1 hour chilling
Cooking time: 20 mins
Makes about 25

2¾ cups plain flour, plus extra, to dust
½ cup caster sugar
1 tsp baking powder
125g unsalted butter, diced, chilled
125ml milk
80g dried figs
1 Tbsp walnuts
1 Tbsp slivered almonds, toasted
2 Tbsp sultanas
20g dark chocolate, grated
2 tsp honey
Finely grated zest of 1 small lemon
Finely grated zest of 1 small orange
¼ tsp ground cinnamon
¼ tsp ground cloves
2 Tbsp icing sugar mixture, to dust

1 Put flour, sugar and baking powder in a food processor and process for 30 seconds. Add butter and process until mixture resembles fine crumbs. With motor running, slowly add milk until dough forms.
2 Turn out onto a lightly-floured surface. Knead until smooth. Press into two 8cm-dia. 1.5cm-thick discs. Wrap in plastic wrap. Refrigerate for 1 hour until firm.
2 Put figs in a medium bowl. Cover with warm water and set aside for 10 minutes. Drain and roughly chop. Put in the bowl of a food processor and process until roughly chopped. Set aside in bowl. Process nuts until roughly chopped. Add to figs with sultanas, chocolate, honey, all zest and spices. Stir until combined.
3 Preheat oven to 180°C. Line 2 oven trays with baking paper. Roll dough out between 2 sheets of baking paper until 3mm thick. Cut into 9 x 6cm rectangles.
4 Put 3 teaspoons of the fig mixture in centre of each rectangle. Fold dough lengthways over filling. Press edges together. Make little cuts along sealed edge every 12mm. Curve crescents, fanning cut edge to expose filling. Put on prepared trays.
5 Bake for 15 minutes or until golden. Transfer to a wire rack to cool. When cold, dust with icing sugar and serve.

Photography Andre Martin, iStock; styling Stephanie Souvlis; food preparation Dixie Elliot, Elle Vernon

BECAUSE QUALITY MATTERS

For almost two decades Waterthins have been made using only the finest ingredients. Choose Waterthins, because quality matters. For delicious ideas visit **waterthins.com.au**

The most Remoté Ristorante in the world.

So, you're booking a table for dinner. You've got your local faves just around the corner. Easy. Or you could mix it up and try that new place everyone's talking about across town. Done.

But if you're feeling really adventurous, you could take a seat at Kieran and Tory's Pizzeria - the most remote pizzeria in the world. With million dollar views from the most western point of Australia, getting a table isn't difficult, but getting there certainly is.

For most it's just a flight, rugged 10-hour four-wheel drive and a stunning barge ride away. All to set foot on an island that only five people call home. Two of these people, who with the help of Ristorante frozen pizza, turned their home into a pizzeria for one night only.

The special event saw diners casually drop in (after two days of travelling) and be warmly welcomed into Kieran and Tory's home, come pizzeria. Tables of friends, foodies, and even the not so local, locals sat feasting on an Italian inspired menu of salads, wine and a selection of thin crust pizzas.

Speciale, with its ham, pepperoni, mushrooms and creamy mozzarella was a hit. While Spinaci and the classic Mozzarella had Kieran and Tory rushing to keep up with demand.

But you're wondering why? Why open a pizzeria at the edge of civilisation? It's all to prove that any home, even the most remote in Australia, can enjoy a restaurant quality experience with Ristorante frozen pizza.

So save yourself the road trip, the tanks of petrol and the playlist that gets old way too fast. Book a night in and turn your own home into a pizzeria tonight.

Check out all the action from Kieren & Tory's Pizzeria at facebook.com/Dr.OetkerAustralia

Photos by Dominic Loneragan and Garth Oriander

make a **pizza**

Eat pizza and go to heaven! Just add salad and wine… your guests will

Feast time

Slip a selection of these frozen pizzas in the oven, whip up a salad, pour the wine and you'll have a banquet on the table in no time!

Recipe on page 146

feast, *pronto*

never know it came from the freezer. We won't tell if you don't!

Try Dr. Oetker Ristorante for crispy, tasty pizzas!

THE 20-minute FEAST

Preparation time: 5 mins
Cooking time: 20 mins
Serves 4–8

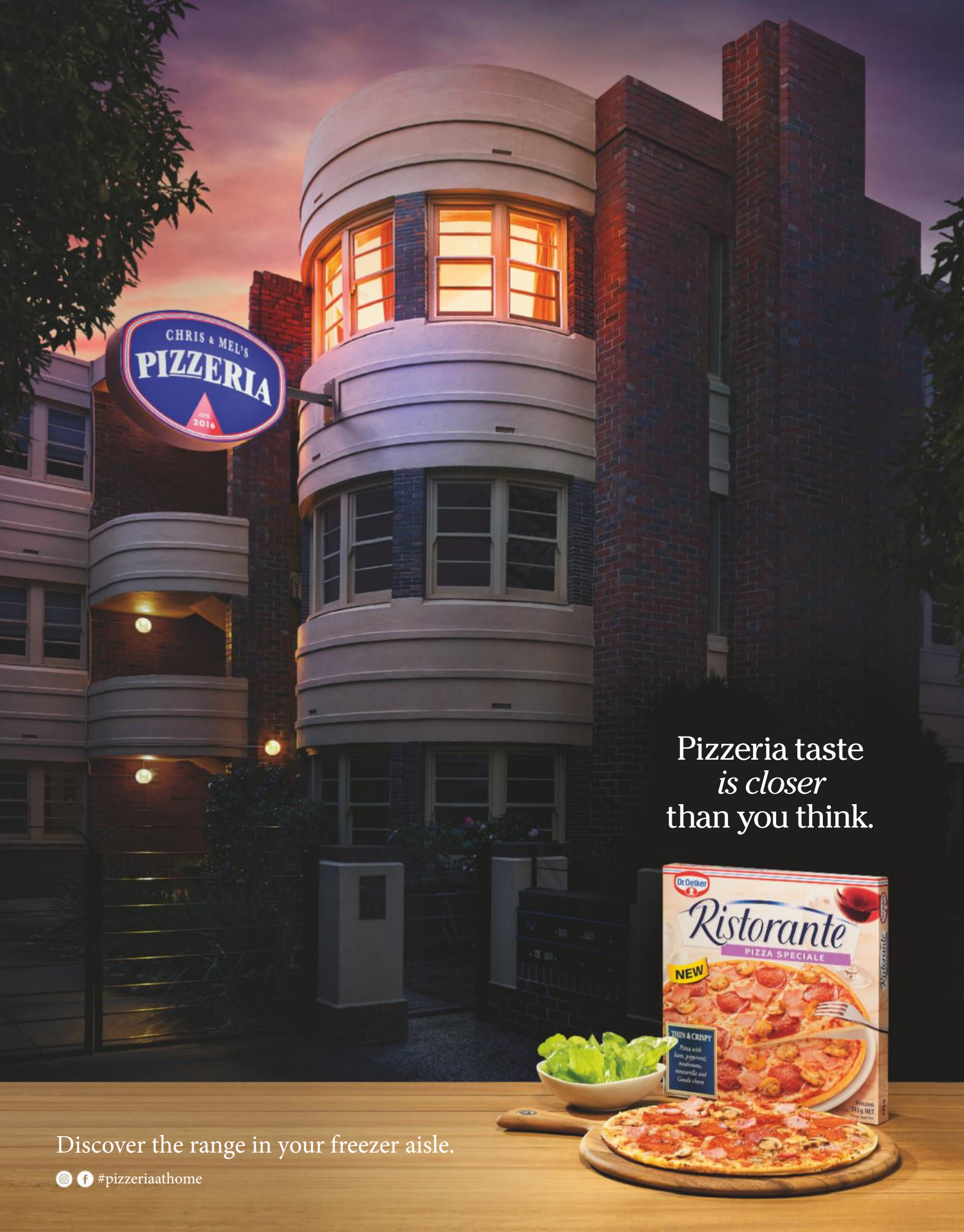
1 Dr. Oetker Ristorante Pizza Mozzarella (335g)
1 Dr. Oetker Ristorante Pizza Speciale (345g)
1 Dr. Oetker Ristorante Pizza Spinaci (390g)
1 Dr. Oetker Ristorante Pizza Funghi (365g)
Rocket, pear, parmesan and walnut salad, to serve
Mixed marinated olives, to serve

STEP 1 Preheat oven to 220°C (conventional oven).
STEP 2 Remove Mozzarella and Speciale pizzas from freezer.
STEP 3 Take pizzas out of boxes.
STEP 4 Remove plastic wrapping.
STEP 5 Put pizzas directly on oven racks in oven (see Pizzeria tips, left). Bake following packet instructions.
STEP 6 Remove from oven using pizza paddle or large egg flip.
STEP 7 Slice and serve immediately with salad and olives. Repeat Steps 2–6 with remaining pizzas, slice and serve.

Pizzeria TIPS

- Pizza must be cooked from frozen.
- Line base of oven with foil or put a foil-lined oven tray below rack to catch any melted cheese and make the base crispy.

Photography Andre Martin; styling Stephanie Souvlis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Lemongrass fish skewers

Preparation time: 15 mins
Cooking time: 5 mins
Makes 12

7 stalks lemongrass
8 cloves garlic, peeled
4cm piece ginger, chopped
600g white fish fillets
2 Tbsp red curry paste
2 Tbsp rice starch (buy from Asian grocers)
2 kaffir lime leaves, finely shredded
½ cup green beans, finely sliced
Freshly ground black pepper, to season
1 Tbsp vegetable oil
Green leaf salad, to serve

DIPPING SAUCE
2 Tbsp sweet chilli sauce
¼ cup white vinegar
2 tsp fish sauce
1 long red chilli, seeded, finely diced
1 lebanese cucumber, peeled, seeded, finely diced

1 Finely chop the white part of 1 lemongrass stalk. Use a mortar and pestle to pound chopped lemongrass, garlic and ginger until smooth. Add fish and pound until smooth.
2 Add curry paste, rice starch, lime leaves and beans. Mix and season with pepper.
3 Cut remaining lemongrass stalks in half. Divide fish mixture into 12 portions. Use hands to shape 1 portion around each lemongrass skewer. Brush with oil.
4 Preheat barbecue flat plate to medium. To make dipping sauce, mix all sauce ingredients in a medium bowl.
5 Cook fish skewers on barbecue flat plate, turning often, for 5 minutes or until just firm. Serve skewers with dipping sauce and salad on the side.

For more diabetic-friendly recipes and healthy lifestyle tips, pick up *Diabetic Living* magazine, on sale now.

Lemongrass fish skewers

This is a lighter version of an Asian street food favourite, flavoured mince wrapped around an edible skewer. It's healthy and brilliant for anyone with diabetes.

Simple noodles with broth and greens

Nothing beats slurping on a bowl of noodles! With Asian flavours of kaffir lime, ginger, lemongrass, chilli and coriander, it packs a flavour punch!

Recipe on page 154

food IN A flash

Tuck in to Fast Ed's impressive mains, sensational skewers and brilliant sweets from Asia and beyond!

Steamed banana cake

This will change what you think you know about banana cake. Instead of baking, try steaming – it gives the cake a delicate, moist texture that's extremely addictive! Serve with a sweet coconut sauce and you'll be converted.

Recipe on page 154

Smoked chicken

Smoking meat is so hot right now! And you don't need a fancy smoker to try – you can do it with a portable burner, a rack, bricks and a box! If you don't already have them, buy everything you need for about $15 at a hardware store.

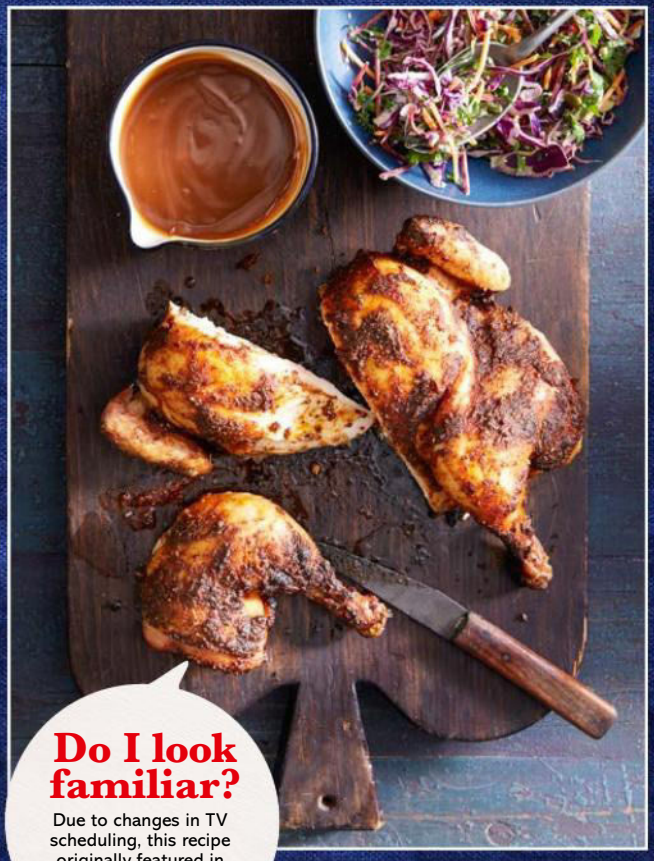
Recipe on page 154

Barbecued prawns with lemon rosemary baste and prawn lime aioli

There's nothing more Queensland than sweet plump prawns with a hint of smoky barbecue flavour. Dip them in tasty seafood sauce, made with the prawn heads, garlic and mustard. Yum!

Recipe on page 154

Bunnings Special MAROOCHYDORE QLD



Do I look familiar?

Due to changes in TV scheduling, this recipe originally featured in June. Here it is again, in case you missed it.

Whole baked fish with red curry crust

Preparation time: 15 mins
Cooking time: 30 mins
Serves 6–8

1 whole fish (about 1.4kg), scaled, gutted
Juice of 2 lemons
Sea-salt flakes and freshly ground black pepper, to season
2 limes, plus extra lime wedges, to serve
½ cup red curry paste
½ cup coconut cream, plus extra, to serve
1 Tbsp fish sauce
1 cup dried breadcrumbs
1 bunch coriander, leaves picked, chopped, plus extra leaves, to serve
½ bunch mint, leaves picked, chopped, plus extra leaves, to garnish
1 bunch green shallots, ends trimmed
2 Tbsp vegetable oil
Steamed rice, to serve

1 Preheat oven to 170°C. Pat fish dry with paper towel then use a sharp knife to cut parallel lines about 5mm deep on both sides. Drizzle with lemon juice then set aside for 2 minutes. Season generously.
2 Zest limes into a large bowl, reserving fruit. Add curry paste, coconut cream, fish sauce, breadcrumbs and herbs. Mix well and season. Peel reserved limes, dice flesh and fold through curry mixture.
3 Lay shallots in a roasting pan and sit fish on top. Press curry mixture onto top side of fish then drizzle with oil. Cover pan with foil and bake for 30 minutes or until fish is just firm.
4 Garnish with extra herbs and serve with rice, extra lime wedges and extra coconut cream on the side.

Whole baked fish with red curry crust
Less well-known fish are cheaper and often tastier! Mullet, blue mackerel and threadfin are just a few swimming in Australian waters. They're delicious and sustainable.

Green pawpaw Thai beef salad

When the sun is shining, this is the tucker we all crave! With its balance of sweet, salty, sour and spicy, this crunchy salad is a tasty light lunch or an impressive entree.

Recipe on page 156

Roast pineapple with butterscotch sauce

You'll never look at pineapple the same way again. This extraordinary dessert is a flavour masterpiece. You can cook it in a DIY tandoor oven (see below left for the project sheet) or on the barbecue.

Recipe on page 156

Do I look familiar?

Due to changes in TV scheduling, this recipe originally featured in September. Here it is again, in case you missed it.

free PROJECT SHEET

So it's easy for you to follow, we've put the step-by-step instructions for the DIY tandoor oven on a project sheet. The project sheet also includes a complete list of the materials and tools you'll need to do the job.

To get your project sheet, visit bhgshop.com.au/projectsheets and download it, or post a stamped ($2), self-addressed C5 (162 x 229mm) envelope to *Better Homes and Gardens*, It Takes Two to Tandoor, November 2016, GPO Box 7812, Sydney NSW 2001. Please allow up to 10 days for postal delivery.

World's greatest steak sandwich

Season with Cajun spices and top with crispy bacon, onions and cottage cheese with a kick, plus two different sauces. Crinkle-cut chips and gherkins are mandatory! Yum!

World's greatest steak sandwich

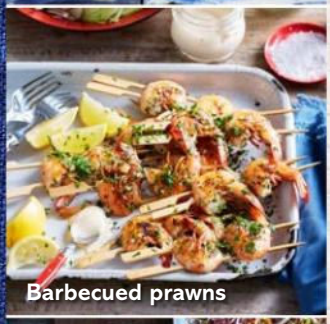
Preparation time: 10 mins
plus 10 mins marinating
Cooking time: 20 mins
Serves 4

2 tsp Cajun seasoning
600g beef rump steak
Sea-salt flakes and freshly ground black pepper, to season
65ml extra virgin olive oil
2 brown onions, sliced
8 cloves garlic, minced
1 Tbsp brown sugar
2 tsp balsamic vinegar
4 rashers rindless middle bacon
½ cup cottage cheese
1 Tbsp horseradish cream
Finely grated zest of 2 limes
4 ciabatta rolls, split
2 avocados, flesh mashed
1 cup baby rocket leaves
¼ cup spicy tomato relish
2 tsp Tabasco
Crinkle-cut chips and gherkins, to serve

1 Rub Cajun seasoning into steak, season, then rub with 1 Tbsp of the oil. Set aside for 10 minutes to marinate.
2 Heat the remaining oil in a large frying pan over a medium heat. Add onions and ½ of the garlic, cooking for 10 minutes or until browned. Add sugar and vinegar and cook for 2 minutes. Season with salt and set aside.
3 Meanwhile, in another large frying pan, cook bacon over a medium heat for 10 minutes or until crisp. Set aside.
4 In a medium bowl, combine cottage cheese, horseradish cream, lime zest and the remaining garlic.
5 Preheat a chargrill or barbecue grill plate to high. Grill steak for 3 minutes each side for medium or until cooked to your liking. Set aside to rest for 1 minute, then slice.
6 Spread avocado on roll bases. Top with cheese mixture, rocket, bacon, steak, onion mixture, relish and Tabasco. Serve with chips and gherkins.

Simple noodles with broth

Steamed banana cake


Barbecued prawns

Smoked chicken

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Simple noodles with broth and greens

Preparation time: 5 mins
plus 20 mins resting
Cooking time: 20 mins
Serves 4

1 Tbsp sesame oil
4 eschalots, finely diced
4 cloves garlic, minced
1 cinnamon stick, crumbled
6cm piece ginger, cut into matchsticks
4 kaffir lime leaves, torn
1 stalk lemongrass, white part only, crushed
2L chicken stock
2 Tbsp soy sauce
1 Tbsp fish sauce
400g fresh rice noodles
8 baby bok choy, split
¼ bunch coriander, leaves picked
Chilli paste, to serve
Black vinegar, to serve (buy from Asian grocers)

1 Heat sesame oil in a large frying pan over a high heat. Add eschalots, garlic and cinnamon and cook for 5 minutes or until aromatic. Add ginger, lime leaves and lemongrass. Cook for 2 minutes.
2 Pour in stock and sauces. Simmer for 10 minutes.
3 Meanwhile, cook noodles in a large saucepan of rapidly-boiling salted water for 4 minutes or until just tender. Drain well then add to broth with bok choy and coriander.
4 Cook for 1 minute then divide among serving bowls. Serve with chilli paste and vinegar on the side.

Steamed banana cake

Preparation time: 10 mins
plus 30 mins cooling
Cooking time: 25 mins
Serves 10

6 ripe bananas, plus extra 1, sliced, to serve
2 kaffir lime leaves, very finely shredded, plus extra, to serve
1½ cups arrowroot
1 cup caster sugar
125ml fresh lime juice
400ml can coconut cream
¼ cup roasted peanuts, chopped

1 Line a 1.5L capacity casserole dish with plastic wrap. Peel bananas and thinly slice. Toss with lime leaves, arrowroot and ½ cup of the sugar in a large bowl. Stir in lime juice. Spoon into prepared dish then cover with plastic wrap. Drape a tea towel over the top and put in a steamer basket over a saucepan of simmering water. Cook, covered with lid, for 20 minutes. Remove and allow to cool completely.
2 Put coconut cream and the remaining sugar in a medium saucepan over a medium heat. Simmer for 2 minutes or until sugar dissolves. Set aside to cool to room temperature.
3 Top cake with extra banana then sprinkle over nuts and extra lime leaves. Slice and serve with coconut sauce on the side.

Barbecued prawns with lemon rosemary baste and prawn lime aioli

Preparation time: 10 mins
Cooking time: 40 mins
Serves 4

16 extra-large green king prawns
1 Tbsp vegetable oil, plus extra 375ml
Finely grated zest and juice of 2 lemons
4 sprigs rosemary, leaves picked, finely chopped
2 Tbsp extra virgin olive oil
Sea-salt flakes and freshly ground black pepper, to season
2 free-range egg yolks
1 Tbsp white wine vinegar
2 cloves garlic, minced
1 tsp dijon mustard
½ bunch flat-leaf parsley, leaves picked, finely chopped
Salad of iceberg lettuce wedges, shaved radish and red onion, to serve

1 Pull off prawn heads, reserving prawns. Put heads in a medium saucepan with 1 Tbsp of the veg oil over a medium heat. Cook for 5 minutes or until browned. Add 1L water, bring to a boil then simmer for 30 minutes or until liquid has reduced to 2 Tbsp. Strain through a fine sieve. Set aside to cool.
2 Using a sharp knife, cut along prawn bellies then put in a large bowl. Add lemon zest, rosemary and olive oil, tossing to coat. Set aside for 5 minutes to marinate.
3 Preheat a chargrill or barbecue grill plate to high. Thread 2 prawns onto a pair of metal or presoaked bamboo skewers. Repeat with remaining prawns. Grill for 4 minutes or until just firm. Put on a platter, season then pour over lemon juice.
4 To make aioli, put egg yolks, vinegar, garlic and mustard in a medium bowl and whisk until combined. Add the extra veg oil in a stream, whisking constantly, until thickened. Season with salt. Fold in reserved prawn head liquid. Sprinkle skewers with parsley and serve with salad and aioli.

Smoked chicken

Preparation time: 15 mins
plus overnight brining
Cooking time: 2½ hours
Serves 6

1.8kg whole chicken
1 cup fine salt
½ cup caster sugar
1 Tbsp black peppercorns
1 bunch thyme
1 Tbsp extra virgin olive oil
1 Tbsp Cajun seasoning
2 tsp smoked paprika
1 tsp dried oregano
1 tsp dried sage
2 cups aromatic woodchips, such as hickory, soaked in water for 1 hour
Coleslaw, soft bread rolls and gravy, to serve

1 Use sharp scissors to remove chicken's backbone then pat all ▶

Almond cherry biscuits

These bickies are easy to make and way too easy to eat by the bucketful! The syrupy cherry hiding inside makes each morsel the sweetest thing. Whip up a batch for afternoon tea when friends drop in unexpectedly.

steps

EASY STEP-BY-STEPS TO

Almond cherry biscuits

Preparation time: 10 mins
Cooking time: 25 mins
Makes 30

200g almond meal
200g icing sugar mixture, sifted, plus extra, to dust
2 free-range egg whites, whisked
1 Tbsp lemon juice
2 Tbsp gluten-free self-raising flour
30 amarena cherries, drained (find at grocers or Italian delis)

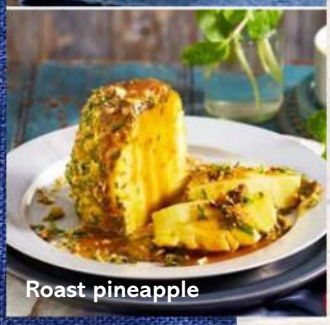
STEP 1 Preheat oven to 170°C. Line 2 oven trays with baking paper. Combine almond meal and icing sugar in a large bowl. Add egg whites, lemon juice and flour then mix to form a dough.

STEP 2 Using damp hands, roll ½ Tbsp of the dough into a ball. Repeat with remaining dough to create 30 balls.

STEP 3 Make an indentation in each ball then insert a cherry. Re-roll to enclose cherry.

STEP 4 Arrange on prepared trays 5cm apart. Bake for 20–22 minutes or until golden. Remove from oven and allow to cool completely on trays. Dust with the extra icing sugar and serve.

Green pawpaw salad


Roast pineapple

Cook's tips

Smoked chicken

- If you don't have a glass container, soak the chicken in a non-reactive plastic tub – also called food-grade plastic. Don't use a metal bowl.
- Be sure the chicken reaches 76°C when tested at the hip joint.
- For safety, always keep an eye on the smoker while it is lit.

Fast Ed

Hey gang!

Amarena cherries, used in my Almond cherry biscuits, are grown in Italy and come bottled in syrup. You could also use morello or pitted black cherries. See me make all these recipes on the *Better Homes and Gardens* TV show. Check your local TV guide for scheduling information.

Go to bhg.com.au/food for more fantastic recipes

sides dry with paper towel. Prick all over with a metal skewer then set aside. In a large bowl, combine salt, sugar, peppercorns and thyme with 2 cups boiling water. Stir until dissolved then add 2L cold water and 2 cups ice cubes. Put chicken in a non-reactive glass container (see Cook's tips, below left), cover with brine mixture and refrigerate overnight.

2 Drain chicken and pat dry. Mix oil, Cajun seasoning, paprika and herbs then rub onto chicken.

3 To smoke chicken, drain woodchips and put in a metal bowl set over a small portable burner. Arrange 3 house bricks around burner and set a wire rack between bricks, directly over woodchips. Put chicken, bone-side down, on rack. Once woodchips begin to smoke, put a large cardboard box (with two 5cm holes in sides near the top) over burner and chicken. Smoke for 2–2½ hours over a low-medium heat or until chicken is firm and cooked. Top up woodchips as needed.

4 Allow to cool slightly. Serve with coleslaw, rolls and gravy.

Green pawpaw Thai beef salad

Preparation time: 10 mins
Cooking time: 5 mins
Serves 4

500g beef fillet, thinly sliced
1 Tbsp fish sauce
1 Tbsp soy sauce
Juice of 1 lime
1 Tbsp vegetable oil
100g rice vermicelli noodles
1 green pawpaw, peeled
1 cup shredded red cabbage
1 carrot, cut into matchsticks
6cm piece ginger, cut into matchsticks
1 red onion, finely sliced
2 long red chillies, finely sliced
½ bunch coriander, leaves picked
½ bunch mint, leaves picked
1 cup salted roasted cashews, roughly chopped

1 Put beef, sauces and lime juice in a large bowl, mix well then set aside for 10 minutes to marinate. Drain, reserving marinade. Put a wok over a high heat. When hot, add oil and beef, stir-frying for 4 minutes or until browned. Add the reserved marinade, cooking for 1 minute. Set aside.

2 Meanwhile, soak noodles in hot water for 10 minutes. Drain. Set aside.

3 Using a mandoline with medium tooth blade, cut pawpaw into batons.

4 Mix pawpaw, cabbage, carrot, ginger, onion, chillies, herbs and noodles in a large bowl. Add beef, tossing well. Serve sprinkled with nuts.

Roast pineapple with butterscotch sauce

Preparation time: 20 mins
Cooking time: 30 mins
Serves 6

1 whole pineapple
Finely grated zest and juice of 2 limes
Finely grated zest of 2 oranges
¼ cup raw sugar
1 bunch mint, leaves picked, finely chopped
½ cup dry-roasted almonds, finely chopped

BUTTERSCOTCH SAUCE
1 cup caster sugar
300ml pure cream
75g unsalted butter, chopped
2 Tbsp dark rum

1 Preheat a lidded barbecue to medium. Or, to cook in a tandoor, see method at end of recipe. Trim top and bottom of pineapple. Peel, then remove the eyes with a small knife. Thread pineapple onto a long metal skewer.

2 Using rotisserie attachment, cook for 30 minutes, misting every 10 minutes with water and drizzling with lime juice. Remove from barbecue.

3 Meanwhile, to make butterscotch sauce, cook sugar in a medium saucepan over a high heat for 5 minutes or until browned. Mix in cream, butter and rum. Simmer, stirring, until smooth.

4 Put zests and raw sugar in a mortar. Grind until smooth. Mix in mint and almonds. Spread zest mixture on plate. Roll pineapple in it to coat.

5 Slice pineapple into wedges. Serve drizzled with hot butterscotch sauce.

Tandoor method

In **Step 1**, preheat tandoor (or allow it to cool if already hot) to a moderate temperature (about 170°C). After threading pineapple onto skewer, secure by twisting heavy gauge wire beneath it. Continue from Step 2.

Lamington soufflé

Preparation time: 20 mins
Cooking time: 20 mins
Serves 4

1 Tbsp unsalted butter, plus extra, to grease
2 Tbsp caster sugar, plus extra 100g
3 free-range eggs, separated
15g cornflour
1 tsp cocoa powder
125ml milk
60g dark chocolate (70% cocoa), finely chopped
1 tsp vanilla extract
2 tsp coconut essence
½ tsp cream of tartar
250ml coconut cream
100g icing sugar mixture, plus extra, to dust
Toasted coconut flakes, to serve

1 Put a pizza stone on bottom shelf of oven and preheat to 170°C. Grease four ¾-cup capacity ramekins then add ½ Tbsp of the caster sugar to each ramekin, swirling until generously coated in sugar. Discard excess sugar.

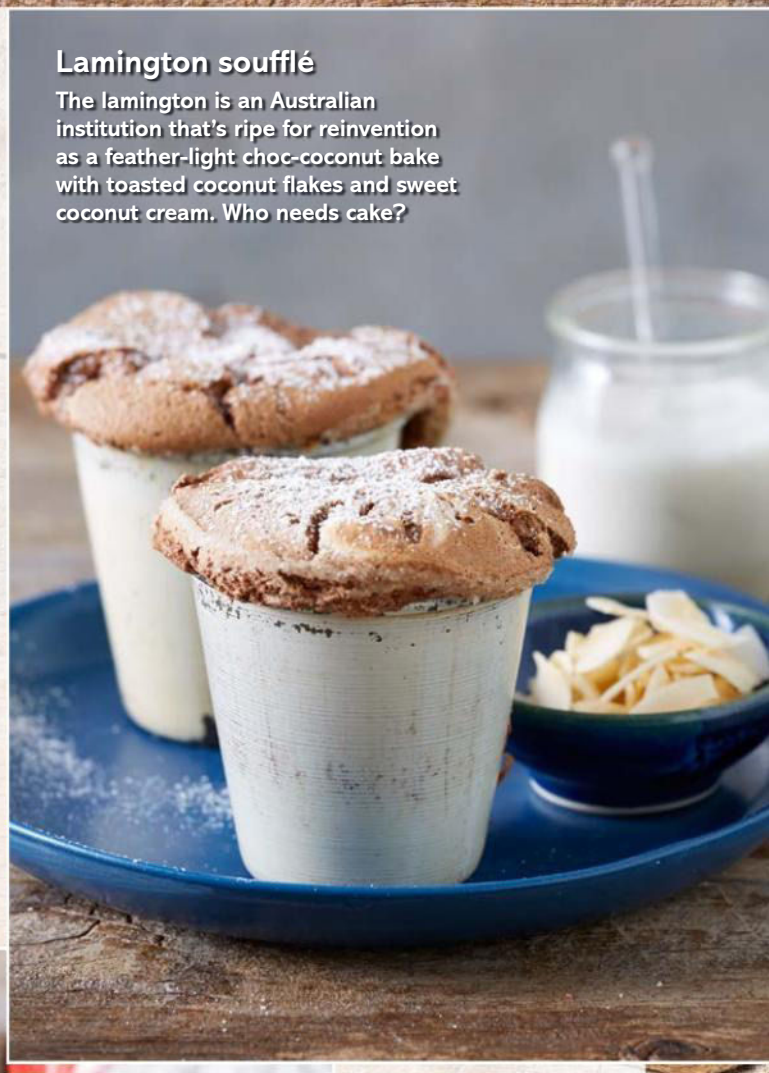
2 Put egg yolks, cornflour and cocoa in a bowl. Whisk by hand until smooth.
3 Put milk and 30g of the extra caster sugar in a small saucepan over a medium heat. Bring to the boil then pour onto yolk mixture, whisking until smooth. Return to pan, set over a medium heat and bring to a simmer, stirring, until thickened. Remove from heat.
4 Whisk in chocolate, vanilla and coconut essence until smooth. Set aside to cool to room temperature.
5 Put egg whites, cream of tartar and 50g of the remaining extra caster sugar in a large bowl and whisk, using an electric hand mixer, until soft peaks form. Gradually add the remaining sugar, beating until medium peaks form.
6 Fold ⅓ of the mixture through cooled chocolate mixture then fold in the remaining until combined.
7 Spoon mixture into prepared ramekins. Bake on pizza stone for 8 minutes or until risen.
8 Meanwhile, put coconut cream and icing sugar in a small bowl. Mix.
9 Dust soufflés with icing sugar and serve immediately with coconut flakes and coconut cream mixture on the side.

Pina colada marshmallows

Preparation time: 30 mins plus 4 hours setting
Cooking time: 5 mins
Makes about 12

Cooking oil spray, to grease
2 Tbsp powdered gelatine
2 cups golden caster sugar
½ cup pineapple juice
4 Tbsp honey
1 tsp coconut essence
1 tsp pineapple essence (find at cake decorating shops and Asian supermarkets)
¾ cup desiccated coconut
½ cup icing sugar mixture

1 Put gelatine and 160ml cold water in a small bowl. Mix well then set aside for 5 minutes. Transfer to the bowl of an electric mixer.
2 Put caster sugar, pineapple juice and honey in a medium saucepan over a high heat. Bring to the boil and cook for 4 minutes, taking care it doesn't boil over the top of the pan. Add to gelatine mixture and stir to combine. Using whisk attachment, beat on high for 3 minutes. Add essences and beat for 10 minutes or until cool and very fluffy.
3 Spoon into an oiled 20 x 30cm slice tin, cover with plastic wrap (but don't let it touch the marshmallow mixture). Leave for 4 hours or overnight to set.
4 Mix coconut and icing sugar in a medium bowl. Sprinkle a little onto a board then turn out marshmallow. Cut out with cookie-cutter shapes. Toss in the remaining coconut mixture and serve.



Lamington soufflé

The lamington is an Australian institution that's ripe for reinvention as a feather-light choc-coconut bake with toasted coconut flakes and sweet coconut cream. Who needs cake?

Bunnings Special MAROOCHYDORE QLD

Pina colada marshmallows

Once you realise how easy marshmallows are to make, you'll never buy them again! Throw in the flavours of a tropical cocktail and cut them into any shape you like – you'll impress the kids and adults alike!

Photography Andre Martin; styling Stephanie Souvlis; food preparation Mandy Sinclair

Cook's tips

- Lap cheong, or Chinese sausage, is a small dried, cured sausage. It's available at Asian grocers and most large supermarkets.
- This can be cooked in the oven from Step 4. Preheat to 180°C and bake for 8 minutes.

Asian-inspired baked eggs

This recipe is popular all over Asia – make it as a special brunch or enjoy it as a main any time of day!

Asian-inspired baked eggs

Preparation time: 10 mins
Cooking time: 25 mins
Serves 2

2 lap cheong, finely sliced (see Cook's tips, left)
Vegetable oil, to shallow-fry
1 red onion, finely sliced
2 cloves garlic, finely sliced
2 coriander roots, washed, finely chopped
1 long red chilli, finely sliced on an angle
400g can chopped tomatoes
1 Tbsp fish sauce
1 Tbsp light soy sauce (or tamari for gluten-free)
2 tsp grated palm sugar
2 grinds freshly ground white pepper
2 free-range eggs
1 Tbsp fried shallots
10 Thai basil leaves
Coriander leaves, to garnish (optional)
Crusty baguette, to serve

1 Heat a large frying pan, low-sided cast-iron pot or flat-bottomed clay pot over a medium heat. Add lap cheong and cook until clear. Add a splash of oil, then stir in onion and cook for 1–2 minutes. Stir in garlic, coriander roots and chilli and cook for 2 minutes.
2 Stir in tomatoes, 50ml water, fish and soy sauces, sugar and pepper. Bring to a simmer then reduce heat and simmer for 10 minutes or until sauce thickens slightly. Taste and adjust flavour with soy or fish sauce or palm sugar, if desired.
3 Make 2 shallow indents in sauce and gently crack 1 egg into each indent. Scatter over fried shallots.
4 Put lid on and simmer over a low heat for 5 minutes or until eggs are just cooked (or bake, see Cook's tips, above left). Remove lid and scatter over basil and coriander leaves, if using. Serve immediately with crusty baguette.

Make it a banquet with Karen Martini's Asian-influenced savouries and a zesty dessert

foodie heaven

Kaffir lime delicious pudding

This easy dessert separates during cooking into golden sponge on top and tangy gooey deliciousness on the bottom.

Recipe on next page

Barbecued pork with ginger

The spicy marinade of Asian herbs gives these boneless pork ribs a real lift.

Bunnings Special MAROOCHYDORE QLD

Barbecued pork with ginger

Preparation time: 10 mins plus overnight marinating
Cooking time: 10 mins
Serves 6

2cm piece ginger
2cm piece turmeric
4 cloves garlic
1 stalk lemongrass, white part only, finely chopped
4 kaffir lime leaves, finely shredded
10 black peppercorns
1½ Tbsp grated palm sugar
200ml coconut cream
1kg boneless pork spare ribs
Salad, to serve

1 Peel and roughly chop ginger, turmeric and garlic. Combine in mortar along with lemongrass, lime leaves and peppercorns and use pestle to pound to paste. Transfer paste to a large bowl. Add palm sugar and coconut cream, stirring to combine.
2 Put pork ribs in a large roasting pan or tray and pour marinade over. Cover pork with plastic wrap and refrigerate overnight to marinate.
3 Preheat barbecue to medium. Cook pork ribs on grill, regularly turning and basting with marinade from dish, for 10 minutes or until cooked through. Slice to separate ribs. Serve with salad.

Kaffir lime delicious pudding

Preparation time: 20 mins
Cooking time: 20 mins
Makes 6

220g caster sugar
Finely grated zest and juice of 3 limes
Finely grated zest and juice of 1 lemon
4 kaffir lime leaves, central vein removed, very finely sliced
125g butter, chopped, softened, plus extra, to grease
4 free-range eggs, separated
70g plain flour, sifted
1¼ cup milk
Icing sugar mixture, to dust
Coconut ice-cream or cream, to serve

1 Preheat oven to 180°C. Lightly grease six 250ml ovenproof ramekins with butter. Put sugar, zests and ½ of the lime leaves in a food processor and process on high until pulverised.
2 Put sugar mixture and butter in the bowl of an electric mixer and, using paddle attachment, beat on medium until creamy. Add eggs yolks, 1 at a time, incorporating each before adding next. Add lemon and lime juices and beat until combined. Reduce mixer speed to low and add flour and milk.
3 In a separate electric mixer bowl, using whisk attachment, beat egg whites on high until firm peaks form. Gently fold egg whites into batter with a spatula or wooden spoon, making sure not to knock air out of whites.
4 Divide mixture evenly into ramekins and sit them in a roasting pan. Push a few shreds of the remaining lime leaves into the top of the batter of each ramekin. Pour boiling water into pan until halfway up sides of ramekins. Bake for 20 minutes or until sponge top is puffed and lightly coloured.
5 Sprinkle puddings with lightly icing sugar and serve with coconut ice-cream or cream.

Karen Martini

Hello foodies!

Ginger is an essential ingredient in Asian cookery as well as a staple product of Queensland, so where better to cook with ginger than up north? Come with me on a visit to Maroochydore to gather fresh ginger and enjoy its amazing flavours on the *Better Homes and Gardens* TV show. Check your local TV guide for scheduling information.

Go to bhg.com.au/food for more fabulous recipes

Photography Marina Oliphant; styling Karina Duncan; food preparation Caitlin Bell

Eggplant with miso glaze, sesame and spring onions

Serve this vego delight as a side or make it the main event teamed with steamed Asian greens and rice.

Cook's tips

- This Japanese dish is called *nasu dengaku*.
- Cooking eggplant this way steams the flesh in the skin, giving a moist and delicate result that soaks up the flavours.
- Find the miso glaze ingredients in Japanese grocers.

Eggplant with miso glaze, sesame and spring onions
Preparation time: 10 mins
Cooking time: 35 mins
Serves 6–8

3 eggplants, cut into 4cm-thick rounds
80ml grapeseed oil, to brush
1 Tbsp sesame seeds
3 spring onions, white part only, sliced on an angle

MISO GLAZE
3 Tbsp white miso paste
3 Tbsp mirin (rice wine)
2 Tbsp grapeseed oil
50ml water
1½ tsp sesame oil
1 Tbsp caster sugar
1 tsp dashi (soup stock) powder

1 Preheat oven to 200°C. Score eggplant slices with a crosshatch pattern on 1 side then brush with grapeseed oil. Arrange in a single layer on an oven tray.

2 Roast for 25 minutes or until cooked through. Remove from oven and set aside on tray to cool slightly.
3 Meanwhile, to make miso glaze, put all ingredients in a jug and process with an electric hand mixer until smooth.
4 Spread miso glaze on eggplant slices and sprinkle with sesame seeds. Increase oven to 220°C and roast for 6 minutes or until glaze is bubbling and edges start to brown.
5 Arrange eggplant on platter and serve sprinkled with spring onions.

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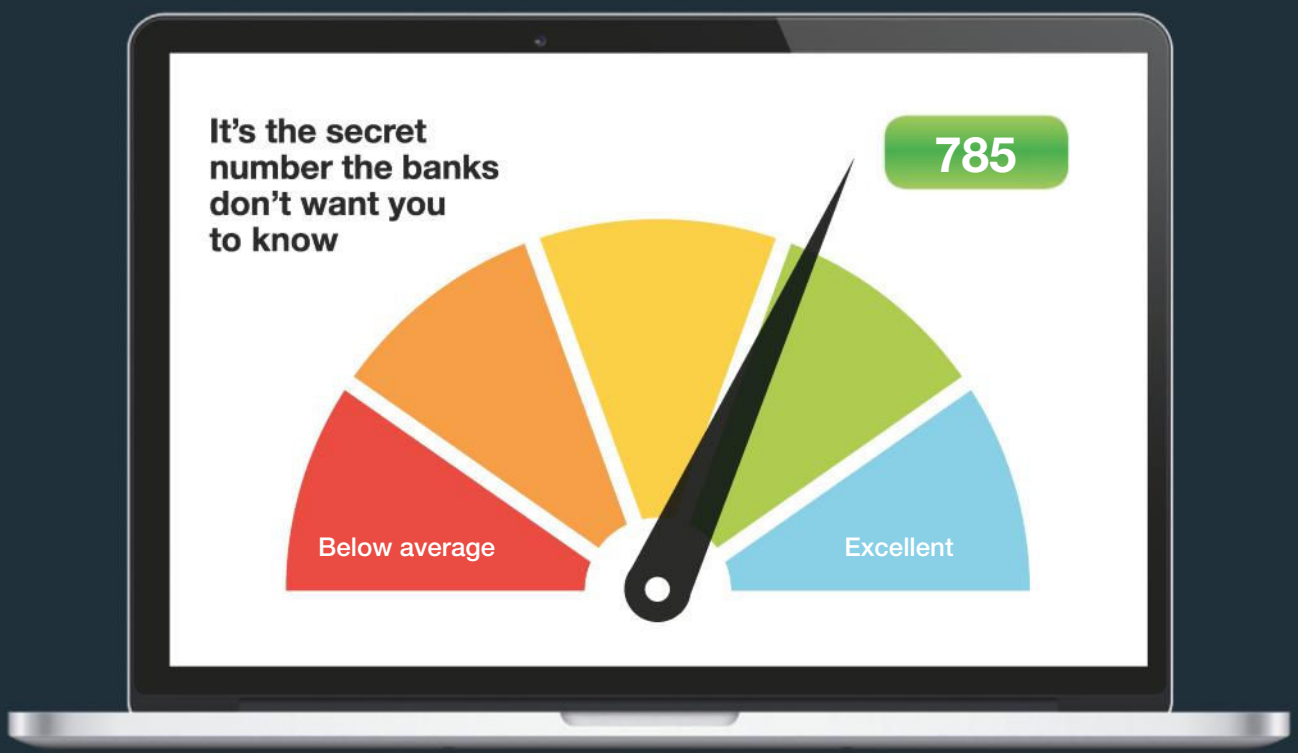

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CUT OUT & KEEP

Cappuccino jellies

Tea-poached apples with Anzac biscuit crumble

weekdaymeals

Treat your sweet tooth all week long with just a quick trip to the shops!

One-minute chocolate cakes with caramelised banana

Roasted strawberry rice puddings

Photography Andre Martin; styling Elle Vernon; food preparation Kayla Cameron

Tea-poached apples with Anzac biscuit crumble

Put 2 **Dilmah Single Origin Pure Ceylon tea bags**, 1 tsp **vanilla bean paste**, 1 **star-anise** and 1L **water** in a large deep saucepan over a medium heat and stir. Bring to the boil then reduce to low. Add 6 peeled, cored and quartered **Granny Smith apples**. Cover with a sheet of baking paper and simmer for 10 minutes or until just tender. Preheat oven to 180°C. Remove apples from pan and set aside in a medium baking dish. Discard tea bags and star-anise, increase heat to high, add ½ cup **caster sugar** to pan and simmer for 15 minutes or until a thin syrup forms. Spoon syrup over cooked apples and top with 150g coarsely chopped **Anzac biscuits**. Bake for 10 minutes or until golden brown. Serve with **ice-cream** and **thickened cream**. **Serves 6.**

Cappuccino jellies

Put ½ tsp **powdered gelatine**, 2 tsp **caster sugar** and one 132g sachet **Nescafé Cappuccino** in a heatproof glass. Put the same again in a second glass. Pour 100ml hot (but not boiling) **water** into each glass and mix well until gelatine, sugar and coffee powder have dissolved. Add an extra 50ml water to each glass and stir then refrigerate for 6 hours or overnight until jelly has set. Top each with a dollop of **double cream** and dust with **cappuccino topping** (comes included with the packet of Nescafé Cappuccino). Serve with **biscotti** on the side. **Makes 2.**

Lift your evening to a new level of deliciousness – it's all about super-easy midweek desserts

Roasted strawberry rice puddings

Preheat oven to 180°C. Hull and quarter 250g **strawberries**. Put in a roasting pan and add 2 Tbsp **caster sugar**, 2 Tbsp **balsamic vinegar** and 1 tsp **vanilla extract**. Toss well to coat and roast for 20 minutes or until caramelised and sticky. Set aside for 15 minutes to cool to room temperature or refrigerate until chilled completely. Spoon four chilled 150g **Yoplait Classic Vanilla Le Rice** into 4 serving bowls. Top with roasted strawberries and garnish with **basil leaves**. Serve immediately. **Makes 4.**

One-minute chocolate cakes with caramelised banana

Put 60ml **milk** into a 1-cup capacity microwave-safe mug and add contents of 1 **Dr. Oetker Rich Chocolate Mug Cake 65g sachet**. Stir with a spoon, mixing until well combined. Microwave on high/100% for 1 minute. Turn out onto a serving plate. Repeat with 60ml milk and a second mug cake sachet. Meanwhile, put 1 Tbsp **caster sugar** into a large non-stick frying pan and heat over high heat until sugar dissolves. Add 1 thinly sliced **banana** and cook, stirring occasionally, until banana turns a golden brown. Spoon caramelised banana over each pudding and top with a dollop of **double cream**. Serve immediately. **Makes 2.**

CUT OUT AND KEEP

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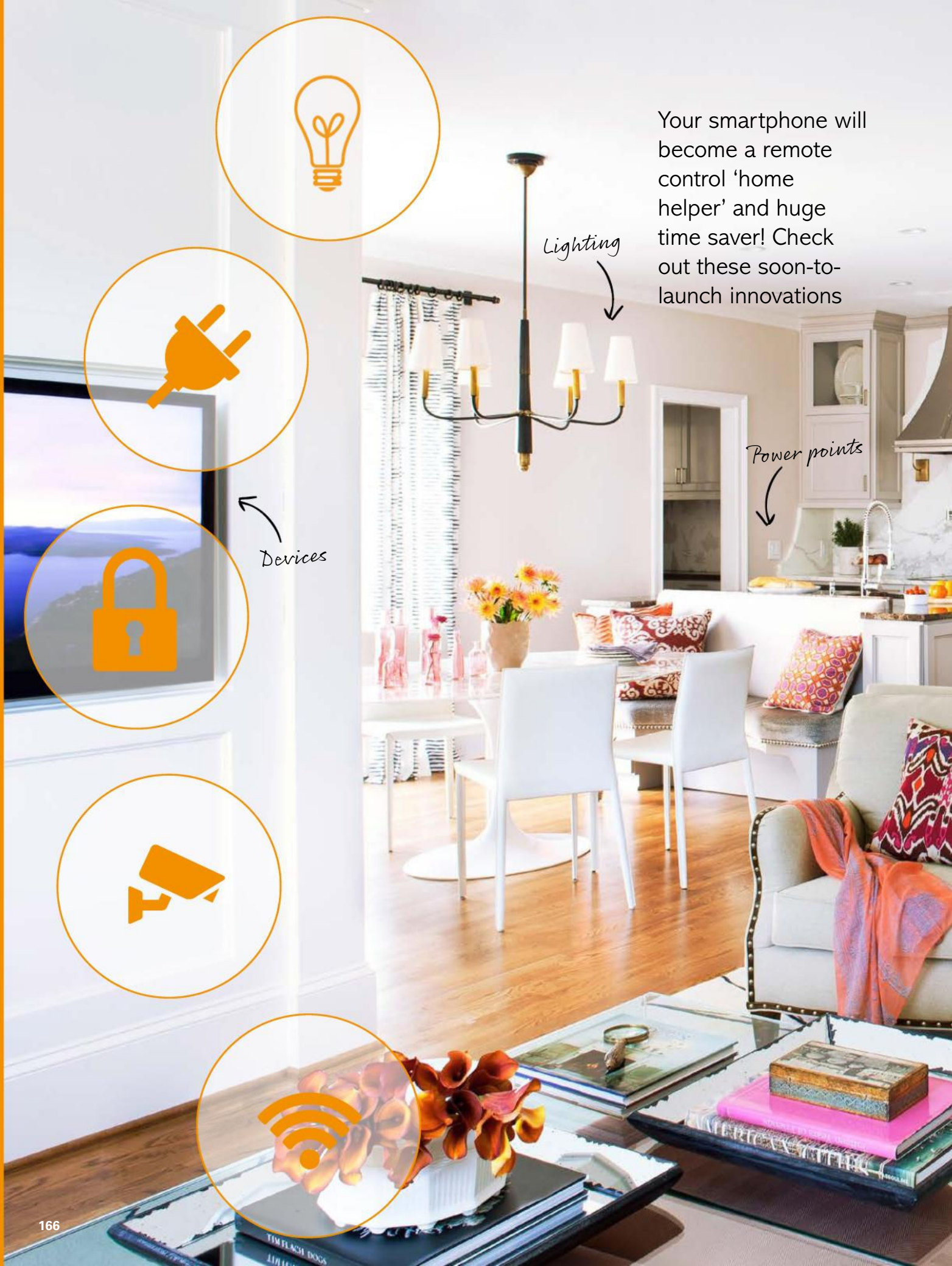

Your smartphone will become a remote control ‘home helper’ and huge time saver! Check out these soon-to-launch innovations

home *smart home*

What a great idea, having complete control over everything that opens and shuts in your home – even when you're not there! With a new Telstra Smart Home package (coming soon), you'll have the cleverest, safest, most efficient house on the block (not to mention the peace of mind to go with it). Now you're keeping up with the Jetsons! ▶

Forgot your keys? No worries, just unlock the door with your smartphone

Home as your HQ

Dorothy was right; there really is no place like home. Much more than just bricks and mortar, home is where you live, love, laugh and make memories to cherish through generations. It's your safe space in an uncertain world, a place to retreat, kick back in your trackies and eat peanut butter off a spoon if you dang well please. (After all, home is a judgement-free zone!)

It's where you can showcase your personal style, plan for the future, dream, create, decorate, cook, feed, entertain and get your hands dirty in the garden. In other words, it's where you can be uniquely you.

Home is also mission control – the very heartbeat – of your busy family. Chances are you're also running a full service shuttle between home, work, school and a raft of extra curricular activities. You may be a master event coordinator and schedule juggler but no doubt there are times you wish you could be in two (three, four?) places at once.

Welcome to the future

We haven't quite got the human cloning thing down yet, but what if there were a way to make your home so smart it could literally help lighten your load? What if you could 'be' at home, even when you're not? Crazy talk? Nope, it's the future, knocking on your front door!

Enter Telstra Smart Home – a way to bring your home to life by connecting a range of smart devices via an easy-to-navigate app on your smartphone, tablet or desktop computer.

These smart devices, including power plugs, door locks, indoor and outdoor HD cameras, motion sensors, light bulbs and thermostats, can be programmed to 'talk' to each other, allowing you the freedom to customise them any way you like to suit the needs of your family. Bonus, it's a great way to cut energy costs, too.

How exactly?

You'll be able to use it for simple, everyday things like switching on lights or turning appliances on or off remotely.

Forgot to power off your curling iron? Flick it off while you're stopped at the lights! Think you've left the iron on? No more running back home to check! Forgot your keys? Unlock the door with your smartphone. Team smart power plugs with motion sensors to automatically turn off lights and appliances, or lock

Save your time for the important things

Photography Adobe Stock, Getty Images

You'll be able to see who's at your front door from wherever you are

the back door when the last person leaves for the day. (They're pet-friendly so your four-legged family members won't set them off.) Set a light in the hallway to come on automatically if little ones (or you!) get up in the night.

If you have kids who'd rather play video games than get on with their homework, set the PlayStation to power off during certain hours. You're only limited by your imagination here!

Smart and safe

Telstra Smart Home will also help you keep an eye on your home. With smart door locks and indoor and outdoor wi-fi HD cameras, you'll be able to see who's at the door and even let them in (if you like the look of them!) from wherever you are.

Motion sensors and cameras can be programmed to send alerts and even photos to your smartphone, to inform you about unusual activity inside or outside your house.

How about this – you can receive alerts each time the front door is opened. What an easy way to check the kids have arrived home safely. Other ways to use the systems may be to look in on an elderly parent or discover whether the puppy has found your shoes!

You'll be able to let in a trusted tradesperson or your regular cleaning crew or give them a unique code to let themselves in (talk about a time saver!)

OK, sign me up!

Telstra Smart Home is expected to launch later this year. To begin, you'll be able to choose from two starter kits: the Smart Home 'Watch and Monitor' kit or the 'Automation and Energy' kit. Both provide the basics to get you up and running. You can then purchase additional devices such as cameras, smart plugs, remote door locks, light bulbs and thermostats from Telstra's range of certified additional devices.

Then, simply download the Smart Home app to your smartphone, tablet or desktop and follow the easy, step-by-step instructions to sync your devices and customise your automation.

For more information and pricing, visit telstra.com.au/smart-home. Produced in partnership with Telstra.

Enter Telstra Smart Home – a way to connect smart devices via an app

Motion sensors and cameras can be programmed to message you with alerts and even photos

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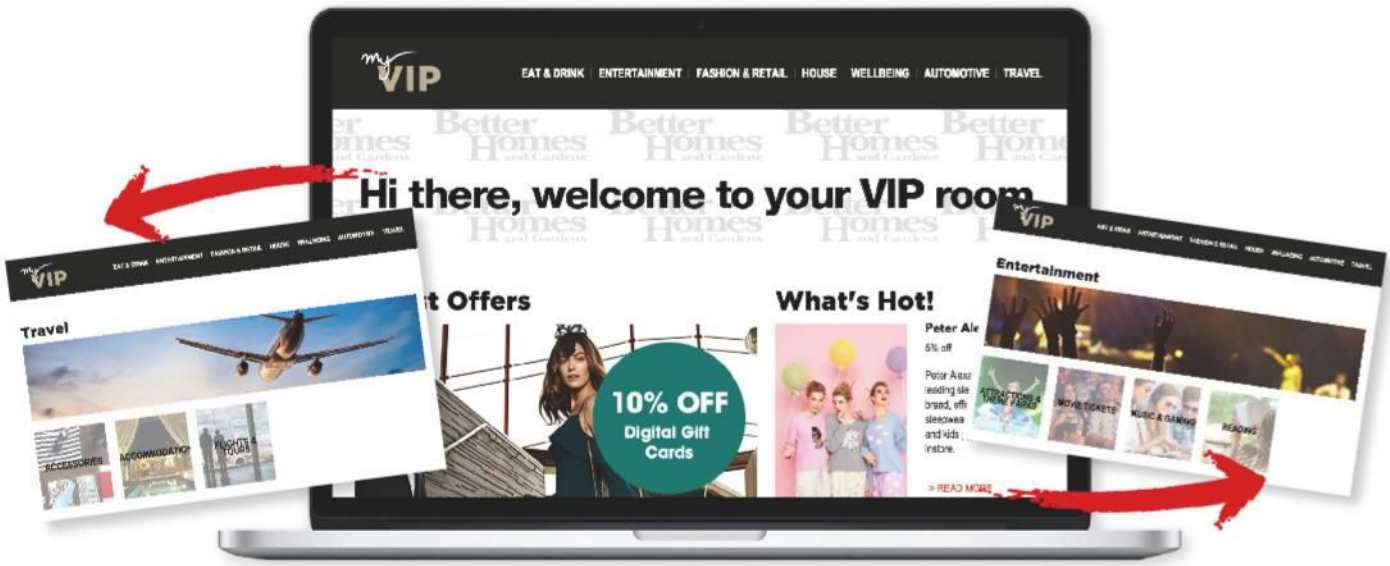

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The kids' bedroom makeover starts on page 174...

When it comes to renovating an old home, it's sound advice to prioritise the rooms requiring most attention. This first-time homeowner's kitchen needed an update – wait until you see the before shot – and their two kids needed a room to share. Be inspired by this ripper reno, then whip out the tools and have a go! PS, turn to page 174 for your chance to win a toolkit to help get you started! ▶

1. First up – the kitchen! Decide on a layout to suit your available space, then pick up the Kaboodle Kitchen flat-pack units you need to get the job done. Here, the icing on the cake is the homeowners' collection of convict bricks, displayed in the simple painted-timber frame of the breakfast bar.

dynamic duo!

Re-imagine your kitchen and kids' bedroom in one go

2

Fill the gaps

Update your door…

2. Is your pad rocking an 80s amber glass panel door? If this relic doesn't work with your new scheme, update it without copping the cost of a new door. Remove any trim covering the glass, such as an arch, then cut, prime and paint squares of MDF to fit over glass panels. Stick MDF to glass with silicone sealant and hold in position with masking tape. Let dry. Remove tape and fill gaps around MDF squares with Selleys No More Gaps. Let dry then touch up paint. Repeat for other side of door.

3

Level the tiles

… and the floor!

3. Yep, you can lay a new timber-look plank floor straight over the top of old tiles – you beauty! First, apply self-levelling floor compound following product directions. When dry, install underlay and a click-together system of flooring in a natural-looking finish you love.

4

5

4. Contemporary with a dash of character – choose a mix of finishes for the benchtops and flooring in similar beech-inspired timber tones. Then seal the deal with all-white cabinetry.

5. Wrap a gorgeous glossy white acrylic splashback around the perimeter of your benchtops, then install a stainless steel panel between the cooktop and range hood to meet regulations. Allow for handy bench space on each side of the cooker, too.

6. The collection of convict bricks anchors the brekkie bar as the star attraction in this kitchen. Pinch the idea and host any kind of unique collection under your benchtop. You can pull up a few stools to make best use of this prime possie.

7. Welcome a little indoor plant goodness to your neck of the woods with a potted arrowhead (*Syngonium* sp.). The best news? This beauty is tough-as!

8. Style your kitchen like a well-seasoned pro with an armful of olive branches in a vase set among countertop goodies. It doesn't get any easier than this!

FOR SHOPPING DETAILS AND PROJECT SUPPLIES, SEE STOCKISTS PAGE

6

KITCHEN

7

8

steps

A bedtime yarn!

Brighten the walls behind your kids' beds with a garland of plush pompoms made from colourful yarn. Make a mix of littlies (see below) and bigger pompoms (instructions on page 220). Once you've made a bunch, tie them to a long length of yarn, about 15cm apart. Then hang your completed garland using clear self-adhesive wall hooks.

HOW TO MAKE A LITTLE POMPOM

STEP 1 Cut a 15cm-long piece of yarn and thread through middle prong of a fork.
STEP 2 Wrap fork with yarn from ball until covered (about 80 times). Tightly tie first piece of yarn around work.
STEP 3 Slide yarn off fork and snip through loops.
STEP 4 Trim pompom into a sphere.

WIN!

A $500 TOOLKIT FROM IRWIN TOOLS

Feeling inspired to renovate? First up, you'll need tools! For your chance to win one of two toolkits from Irwin Tools, valued at $500 each, tell us in 25 words or less what you'd be getting up to in your shed if you won. Write your answer, name and address on the back of an envelope and post it to: *BHG* Irwin Tools Competition, GPO Box 7812, Sydney, NSW, 2001.

Visit bhg.com.au for full terms and conditions. Entrants must be 18+. Competition opens 15/09/16 09:00 AEST and closes 28/10/16 17:00 AEST. Winners judged at Promoter's premises 04/11/16 11:00 AEST. Winners notified by mail and published at bhg.com.au on 11/11/16. Total prize value up to $1000. The Promoter is Pacific Magazines Pty Ltd, 8 Central Ave, Eveleigh NSW 2015 (ABN 16 097 410 896).

9. Now to the kids' room! Choose a cute bedside light and accessories in kid-friendly brights.

10. Ask your sparky to install individual pendant night-lights with dimmers. PS, make sure light switches are within arm's reach of the beds!

11. When choosing a colour for the kids' room, pick hues with a bit of longevity – lovin' this aqua blue and crisp white combo!

12. Create a study corner with a triangular desk of painted timber affixed to battens.

13. Recess single beds in the footprint of old wardrobes to create cosy sleeping nooks on each side of the doorway (see the before shot, above).

FOR SHOPPING DETAILS AND PROJECT SUPPLIES, SEE STOCKISTS PAGE

Photography Greg Fahey, Chris Jones, Benito Martin; styling Jacqui Pix; project John Rae, Hannah St John

11

BEDROOM

12

13

Designer finish

Designing your perfect bathroom is easy with the choice of stylish bathroom products from Mondella

Quality fittings and fixtures are the details that bring a stylish bathroom together. But how do you choose? Mondella has made it easy with coordinated and affordable bathrooms that are built to last. With seven different ranges to choose from, you simply select the range that suits your style, and the pieces work seamlessly together. Go online to choose contemporary or classic, matt black or gold from Mondella's impressive collection.

Resonance
Basin Set
$106

THE **RESONANCE** RANGE

The Resonance range is timeless. Complete the look with everything from showerheads, taps and mixers to towel rails and soap baskets.

Resonance
250mm
Round
Shower Head
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Resonance
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Resonance
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THE **RUMBA** RANGE

Step into minimalist style every day with the clean lines of the distinctive Rumba range in your bathroom.

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and Holder
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Rumba 600mm
Double Towel Rail
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Rumba
Soap
Holder
$45.89

Rumba
Chrome
Basin Mixer
$156

THE **ROCOCO** RANGE

Create a sleek, modern bathroom with the distinct, geometric style of the Rococo collection.

Rococo Toilet Suite
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Rococo
Robe Hook
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Rococo
Shower Set
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FOR MORE DETAILS AND TO SEE THE FULL RANGE VISIT **MONDELLA.COM.AU**

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MET4698 - 08/16

Hit refresh with natural beauties to restore a radiant complexion, discover the healing benefits of salt and move to the wellbeing groove with low-impact exercise you'll love

better *you*

Photography Abode Stock

brightening products

Want to refresh your complexion post-winter? Try one of these natural beauties!

glow getters

Chances are, winter's chill has taken its toll on your skin. But fear not! With a little help, radiance can soon be restored. Here's a selection of hardworking anti-ageing products designed to tackle a lacklustre and dull complexion, head on. Then check out the line-up of tinted moisturisers (over page). They're a great option for the coming rising temps and are perfect for mature skin. Take your pick and add to your beauty regime – you'll be enjoying a more luminous complexion in no time!

1

Applied topically, vitamin C helps to regenerate skin cells, protect against free-radical damage and promote radiant-looking skin. Vitamin C Glow Boosting Moisturiser, $34.95, The Body Shop.

Spend 15 minutes wearing one of these masks and your skin will feel firmer, more toned and luminous. Timexpert C+ A.G.E. Flash C Radiance Multi-Correction Mask, $20, Germaine de Capuccini.

2

Give your complexion a healthy boost with all-natural skincare

FACE SPRING WITH BRIGHT SKIN

3

Enjoy a glowing complexion with the help of this lightweight cream. It nourishes your skin during the day, aiding in its defence against the elements. Renew Radiance Day Cream, $18.95, Natio.

Especially suited to oily skin, this contains brightening antioxidants and manuka honey, which has natural antibacterial properties. Manuka Honey Skin-Brightening Light Day Cream, $59.95, Antipodes.

5

4

Freshen up with a non-greasy combination of nourishing collagen and skin-brightening natural oils. Brightening Rosehip Oil with Vitamin C, $29.95, A'kin.

6

Enliven dull, tired-looking skin with a luxurious concentration of nine lightweight dry oils. They'll give your skin a youthful glow. Superseed Radiant Energy Organic Face Oil, $75, Mádara.

FOR SHOPPING DETAILS, SEE STOCKISTS PAGE ▶

as the weather warms up, keep skin looking natural with a subtle veil of colour

To achieve more even-looking skin tone, try these fabulously lightweight alternatives to foundation. You can use them on their own or, if you have dry skin, apply over your day cream for extra protection.

3

Enjoy a hint of colour while the moisturiser's hydrating formula goes to work to make your skin look radiant. Off Duty Tinted Moisturizer, $50, Napoleon Perdis.

2

Look visibly younger with a cream specially formulated with light-reflective pigments that adapt to your natural skin tone, Daily Essentials Tinted Moisturising Day Cream, $9.99, Nivea.

1

Give dry, dehydrated skin a healthy glow with this ultra-rich yet light-coverage formula. Extra SPF25 Tinted Moisturizing Balm, $84, Bobbi Brown.

4

Apply a veil of colour, soften the appearance of fine lines and add a luminous glow – all at once. Pure Finish Mineral Tinted Moisturizer SPF15, $60, Elizabeth Arden.

5

Deliver your skin an instant touch of natural-looking colour, without the heaviness of foundation. Protective Tinted Moisturiser SPF15, $10.52, Dove.

Improve your skin's hydration with this lightweight, oil-free product containing mineral-derived sunscreen. Inner Light Mineral Tinted Moisture SPF15, $59.95, Aveda.

6

Try tinted moisturiser instead of foundation for a natural finish

tinted moisturisers

FOR SHOPPING DETAILS, SEE STOCKISTS PAGE

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NIVEA.com.au

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betterbeauty

Boost your skincare arsenal with these powerful products

Build from a solid foundation

This oil-free foundation from Danné Montague-King creates a smooth, beautiful finish and the buildable coverage works for even the most delicate skin conditions. There are 25 shades and, unlike other cosmetics that soften with body heat, its melting point is 110°C. DMK Foundation, $72, DMK Cosmetics.

Make smooth work of skincare

If you don't have a bottle of this wonder oil in your beauty regime already, you need one! With key ingredients vitamins A and E, calendula, lavender, rosemary and chamomile, it's formulated to improve the appearance of scars, stretch marks and uneven skin tone. Bio-Oil, $14.95 (60ml), $24.95 (125ml), available from Big W, Target, Kmart, supermarkets and pharmacies nationally.

Stay in touch with nature

The makers of Raw Kaya Organics skincare believe what you put onto your skin is just as important as what you put into your body and, as such, make products only from all-natural, plant-based ingredients. This beautiful moisturiser targets mature and ageing skin by helping improve elasticity and collagen production, assist cell renewal and improve fine lines. Rose & Cinnamon Moisturiser, $34, Raw Kaya Organics.

'Beauty begins the moment you decide to be yourself.' Coco Chanel, fashion designer

Love the magic touch

Legendary among celebrities and make-up artists, Egyptian Magic All-Purpose Skin Cream is possibly one of the most popular all-natural multipurpose skincare products in the world. It has powerful moisturising and nourishing properties and helps in the treatment of eczema, scars, burns and rashes. Egyptian Magic All-Purpose Skin Cream, $34.99, available from Priceline.

Photography Getty Images. Prices are approximate and a guide only

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SKIN EXPERT/PARIS

Salt therapy is enjoying a modern-day revival. Here's what it can do for you

gettin' salty

Much in the same way a salty sea breeze lifts your spirits and bestows a sense of wellbeing, salt rooms offer an all-natural way to relax and rejuvenate your body. Whether you're feeling under the weather or just need to chill out, a session cocooned in a salt room could be just the tonic.

How does it work?

You simply sit in a spa-like room surrounded by pure mineral salt and breathe normally. The walls are generally constructed from salt blocks and the floor is covered in the mineral. Some centres dispense salt into the air.

It's believed that inhaling particles of the negatively charged ions in salt can help boost immunity, reduce inflammation and ease or improve a number of respiratory conditions.

Wow, what else?

Devotees report that breathing in the misty salt vapours also helps relieve stress and headaches as well as improve sleep. Exposing skin to salt particles in the air may help alleviate conditions such as psoriasis, acne and eczema as it's antibacterial and supports moisture balance in the skin.

What do I have to do?

Just sit, settle back and relax – that's it! Each session lasts around 45 minutes. You can meditate, sleep, read or listen to music. Go alone or bring a friend. Some centres have salt rooms for kids, too.

How much does it cost?

It varies, but expect to pay around $25–50 for a single session. Most centres offer package deals.

Where?

Many day spas and wellness centres have salt therapy rooms and dedicated salt centres are cropping up all over Australia. Google 'salt therapy near me' for a list of local places.

Note
If you have pre-existing health conditions such as asthma, high blood pressure or are pregnant, check with your doc to make sure salt therapy is OK for you.

DID YOU KNOW? Salt therapy is also known as 'halotherapy' or 'speleotherapy'.

CHECK IT OUT saltuary.com.au; saltrooms.com.au; drsalt.com.au.

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Joggers full of cobwebs? It's time to dust off those babies and move!

low impact *REAL RESULTS*

What's stopping you from being more active? Too stressed or tired? Hate the thought of all that sweaty huffing and puffing? Feel like it's all too much for your old bones to handle? Phooey! Your booty was made for movin' and groovin', but it doesn't have to be a full-on workout. There's plenty to be gained from low-impact exercise. Here's the lowdown…

Regular exercise is the key to total wellbeing. Becoming more active will make you feel like a million bucks (#truestory). Just to be clear, it doesn't mean you have to sign up for the nearest marathon or bust your foo-foo valve in a CrossFit class. You don't need to leap, jump, hop, skip, fly or be otherwise airborne to reap the many, often surprising, benefits of physical activity.

How low can you go?

Low-impact exercise is much kinder on your joints and bones. Basically, it means you're not jumping or bouncing, which can cause damage to joints. Think stair climbing, walking, dancing, swimming, cycling, weightlifting and, yes, water aerobics (don't knock it till you've tried it) – pretty much anything where your weight is supported by the ground or such aids as a bench, chair, bike or water.

Deep impact

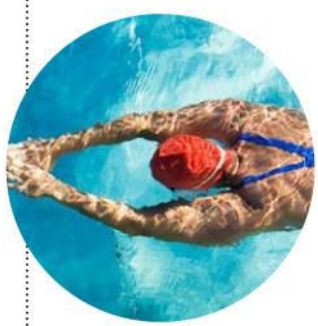
Don't be fooled – low impact doesn't have to mean low intensity. By increasing distance, pace, incline, reps, resistance, pumping your arms a little harder as you walk or kicking your legs faster in the water, you can have a heart-pumping workout! Raising the intensity will help increase kilojoule and fat burn.

Who can do it?

You! Even if you're no spring chicken, are in rehab from injury, have physical limitations due to arthritis or back pain, are overweight or have never exercised a day in your life, there's a low-impact activity with your name on it!

Low-impact workouts to try

- Free (or hand) weights such as dumbbells
- Machine weights
- Dancing (Zumba, line or basic cha-cha)
- Elliptical trainer
- Swimming
- Aqua aerobics
- Cycling (regular or stationary bike)
- Hiking
- Stair climbing (at the gym, home or train station!)
- Yoga
- Pilates



Photography Adobe Stock

Go for a super stroll

Is jogging too tough but walking not enough? Welcome to 'Nordic walking'. With the help of trekking poles (not just any old sticks!), you'll work all the major muscle groups (including your heart). It provides a fun and effective low-impact walking workout. The poles help you keep correct posture and reduce the load on lower joints so there's less risk of injury to hips, knees and ankles. Try nordicwalkingaustralia.com.au as a start.

Take a hike

Walking is the number one low-impact exercise. It engages almost every muscle, it's free and you can do it practically anywhere for as long or short a time as you like. You can take it easy or rev it up, keep it on the straight and narrow or find a big ol' hill to climb. It doesn't matter if you're young, old, big, small, fit or not-so-fit, a daily walk could be just what the doctor ordered to boost general health.

Tips for a top tour

- **Commit to walking more in general.** Find incidental ways to put it into your day. Strategies like parking further away or taking the stairs really do work.
- **Wear a fitness tracker** or switch on your phone's health app – type 'health' into your phone's search tool to find it – to keep you motivated to reach your daily step goal.
- **Grab your partner,** child, bestie, neighbour or colleague and head out for a morning, lunchtime or evening walk. Consider it quality time together.
- **Alone?** Bring your tunes, but keep your wits about you.
- **Vary your routes** to keep things interesting.
- **Bad weather?** Walk the shopping mall, hit the treadmill or try 'house walking'. You'd be surprised how many steps you'll tally up just moving from room to room!
- **Stay hydrated.**
- **Invest in quality walking shoes.** Have yourself fitted by a shoe specialist. The right shoes help prevent injury and keep your feet happy.

Why it's wonderful to walk

- **Helps minimise the risk of injury** because much less force is exerted on your joints and bones than if you come down hard with every step, jump or bounce.
- **Helps with pain management.** It seems counterintuitive but the aches and pains associated with conditions such as arthritis respond well to regular physical activity. Ever noticed how the longer you sit around not moving a muscle, the stiffer and more uncomfortable you become? Exercise helps keep you mobile.
- **Improves coordination,** balance, strength, flexibility and endurance, and all are necessary for quality of life.
- **Great for cardiovascular health.** Getting the blood pumping increases the elasticity of the arterial wall!
- **Helps boost immunity** to protect against illness and disease such as type 2 diabetes, high cholesterol, high blood pressure and obesity.
- **Aids fat burning** to help you achieve or maintain a healthy weight.
- **Tones and tightens** where you need it most.
- **Increases energy** – you've got to expend energy to get it!
- **Improves mood,** self-esteem and confidence. With those happy hormones flooding your system, you'll be able to take on the world!

better health

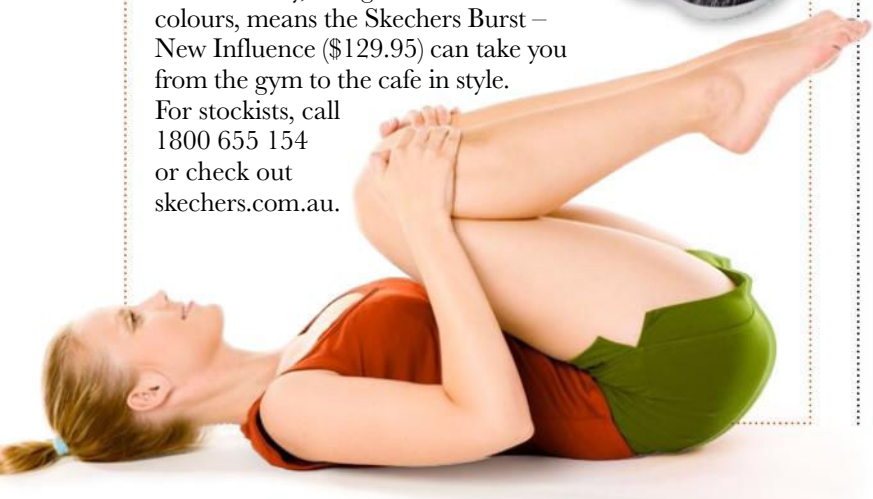
These simple steps will aid you on your path to wellbeing

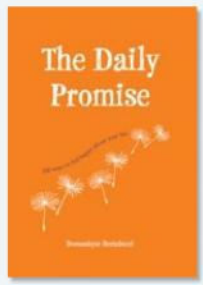
FOCUS ON COMFORT

There's no need to tie yourself up in knots to discover the benefits of meditation. While switching off your body can be difficult when sitting in the lotus position, the Chi Meditation Seat allows you to focus on more important things. Designed to relieve pressure on knees, ankles and the lower back, the seat allows you to meditate without distractions. Place it wherever you want, inside or out, and take a seat – you won't want to move. Introductory offer $399 (usually $499) with a choice of lotus white, grey and black. For more information, go to chimeditationseat.com.au.

Fancy this footwork?

Step into a pair of these lightweight trainers and you'll be ready for anything, from a weight session in the gym to a power walk with a friend. Superior impact cushioning, protection and flexibility, along with fashionable colours, means the Skechers Burst – New Influence ($129.95) can take you from the gym to the cafe in style. For stockists, call 1800 655 154 or check out skechers.com.au.





Love your self-time

Being kind to yourself is not often at the top of your to-do list, but that's where it really needs to be. The inspirational messages in this new book encourage you to make small daily changes that will help nurture your self-esteem, build your confidence, and allow you to be the person you want to be. *The Daily Promise:100 Ways to Feel Happy about Your Life* by Domonique Bertolucci ($19.99, Hardie Grant Books). Visit hardiegrant.com.au.

FROM OUR ADVERTISERS

The sisterhood

It all started in 2010 when Priceline conducted Australia's Biggest Health Check and over 25,000 women shared their health concerns. The company made the commitment to support five charity partners that help women who are affected by serious illness, donating 100 per cent of the proceeds raised via the Priceline Sisterhood. Since its inception, $2 million has been raised! To find out how you can help women around Australia, go to priceline.com.au/sisterhood.

Fight pain

Everything in the body is connected. So when you are feeling a headache, it may be caused by the muscles in your head and neck. Try Nurofen Zavance* to target your headache at the source of pain fast.
ASMI 124434-0115

*Always read the label. Use only as directed. Incorrect use could be harmful. If symptoms persist consult your healthcare professional. For temporary relief of pain and/or inflammation. Bendtsen 2011, Curr Pain Headache Rep, pgs 451. Headache Classif'n Committee of HIS, Cephalgia 2013, pg 659. Bendtsen 2009, pg 527. Fernandez-de-las-Penas C et al Cephalgia 2007, pgs 383, 386, 387. Photography Adobe Stock. Prices are approximate and a guide only

The product most recommended by doctors for scars & stretch marks.*

*ACA Research HCP Study, July 2015

"I never wrote a testimonial before for any sort of product. But then, I have never been impressed or happy with any of the results until now! I saw a Bio-Oil ad in a magazine and I have to admit I was totally sceptical but decided to give it a go. It has been over a month that I've been using Bio-Oil twice a day and the stretch marks on my stomach have started to look so much better! So I just wanted to let you know that this product is working for me and I will continue using it. And the price tag is an extreme plus!"
Alexandria Pelletier

Bio-Oil® is a specialist skincare product formulated to help improve the appearance of scars, stretch marks and uneven skin tone. Its unique formulation, which contains the breakthrough ingredient PurCellin Oil™, is also highly effective for ageing and dehydrated skin. For comprehensive product information and results of clinical trials, please visit bio-oil.com. Bio-Oil is available at pharmacies and selected retailers at the recommended selling price of $14.95 (60ml), $24.95 (125ml) and $34.95 (200ml). Individual results will vary.

bettertech

Home is where the smart is – or it will be once you've filled yours with these handy devices!

FEEL THE RUSH

If you fancy yourself the next Vettel or Ricciardo, test out your driving skills on the G29 Driving Force Racing Wheel. Designed for PlayStation 3 and 4, you'll never go back to a regular controller again! It has foot pedals and dual-motor feedback so you'll feel every bump and turn. And if you want to kit out the ultimate man cave, there's a range of accessories including gear shift and racing seat. Ladies and gentlemen, start your engines!
$499.95 from JB Hi-Fi and Harvey Norman, logitech.com/au.

THE KEY TO HOME SECURITY

Putting your possessions under lock and key used to be the best way to keep them secure. Now you can have the same peace of mind without a key! The Lockwood Keyless Digital Deadbolt can unlock your home using a weatherproof keypad. Plus, you can integrate the device wirelessly into your broader security system. For added protection, it's possible to disable the keypad so no one can access your property while you're at home or asleep, even if they know the code. Safe as houses!
$249 from Bunnings and most locksmiths, lockweb.com.au.

Futureproof your home

Soon, you'll be able to keep an eye on your place, even when you're far away. The Telstra Smart Home system allows you to control windows, doors, appliances and cameras anytime, from anywhere. The 'Watch and Monitor' kit includes an outdoor wi-fi HD camera and motion sensors, which send instant alerts to your phone or tablet. You can also remotely turn off appliances or the thermostat, saving you money on energy bills. The system will be available later this year. Register your interest to receive updates at **telstra.com.au/smart-home.** Turn to page 166 to find out more.

FOR PROJECT SUPPLIES, SEE STOCKISTS PAGE

THE CONTROLLER TO RULE THEM ALL!

With so many different devices at home, controlling all of them can be tricky. Streamline your life with an advanced universal remote control. Easy to use, the Logitech Harmony Elite works on everything from your TV and sound systems, through to lights and air-conditioning, all without leaving the comfort of your couch! You can also turn your smartphone into a controller using the app.
$549.95 from JB Hi-Fi and Harvey Norman, logitech.com/au.

YOU LIGHT UP MY LIFE

Don't be fooled, these high-tech light bulbs do much more than just illuminate your home! The Sengled light bulb range can act as stereo speakers to stream music around the house and monitor what's going on via an in-built HD camera streamed straight to your smartphone via an app. Annoying internet dead spots will be a thing of the past, too – the Boost globe extends your wi-fi signal up to 30 metres! Plus, you can control your lighting from your phone.
From $129 at Bunnings Warehouse, Harvey Norman, Bing Lee and most electrical suppliers, sengled.com.au.

Words Damian Madden. Prices are approximate and a guide only

What if you could make your guests feel at home when you're not?
We're developing Telstra Smart Home™ so you can.
You can't always be there to welcome your guests, but what if your home could? A Telstra Smart Home™ will make life easy. It will let you unlock doors remotely for guests, tradespeople or deliveries, light the house up as you walk in and magically turn things off when you leave. It will even be able to tell you when the kids are home, so you can feel close when you're far away. Discover the wonder of technology at telstra.com/thriveon
Thrive On

BETTER INSPIRATION

THIS MONTH
KIDS' PLAY EQUIPMENT

Swing Slide Climb Shangri La Multiplay Timber Playhouse
$1449

PLAYTIME AT YOUR *place*

KIDS' DIY VIDEOS

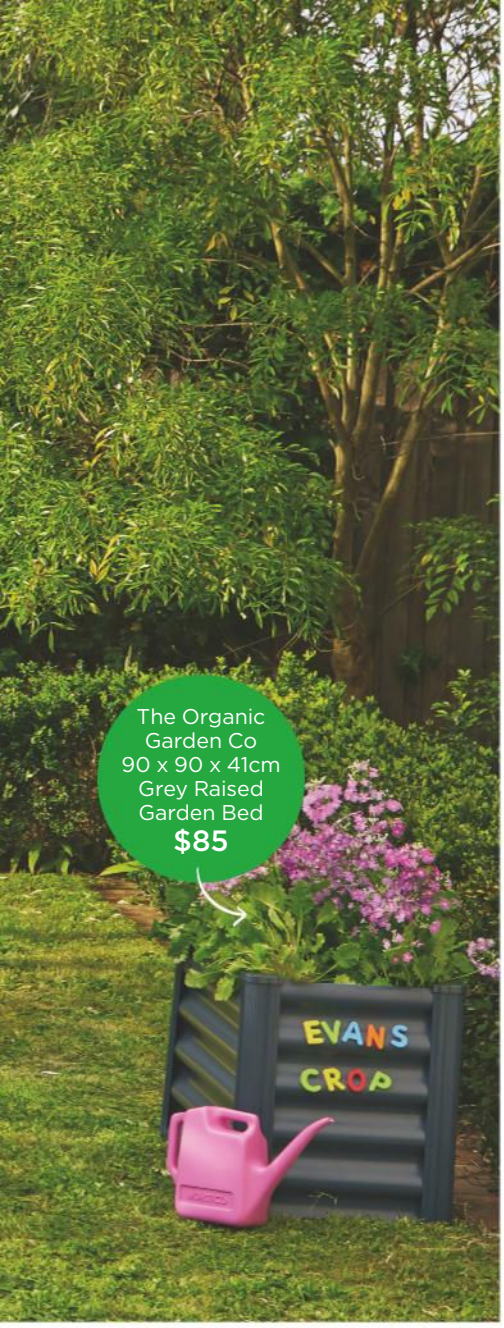
Make sure you check out **bunnings.com.au/kids** for plenty of fun project ideas to keep the kids busy on weekends. There's helpful videos on everything from how to build a play tent to how to make a soccer goal and more.

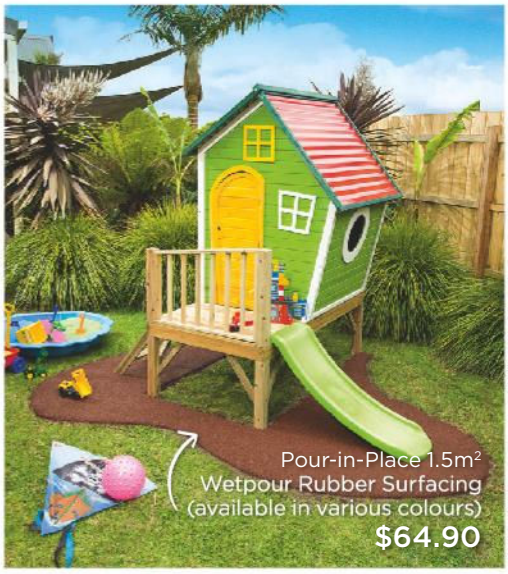
Keep the kids entertained outdoors with cool play equipment they'll use for years to come

The cubby is your children's castle, so if it's time to update your kids' play equipment, now's the time to head into Bunnings. Whatever the size of your outdoor area, you'll find everything you need to get the little ones outside for hours of serious fun. From DIY cubbyhouse kits to swings and slides, you can do it right with fantastic safety features, like pour-in-place rubber surfacing to give them a soft landing. Or maybe a new sandpit is more their style, so surprise them with coloured sand! There are pint-sized tables and chairs for little tea parties, grow-your-own vegie patches and so much more.

Sommersault Assorted Kids Sling Chair
$16.98

Mojo Blue Outdoor Mini Chair
$99.98





HOW TO CREATE THE ULTIMATE PLAYGROUND

1. PLAY EQUIPMENT

Every kid loves a swing! The Camelot Multi Play Playground set features a tandem toddler swing, plus a single swing with adjustable cables that can grow with your kids. Cubbies are also a favourite, and these cool playhouses will make youngsters feel like kings and queens of their backyard palace.

2. KIDS' FURNITURE

When it's time to relax or stop for a snack, nothing beats a cool chair! Kids won't be able to resist the squishy, super comfy Mojo Blue Outdoor Mini Chair and they'll love the Sommersault Sling Chair with its bright colours, too.

3. VEGIE GARDEN

Encourage little green thumbs and help develop a hobby they'll love for a lifetime. Suitable for all ages, garden bed kits from The Organic Garden Co make it extra simple to get started.

4. SAND PIT

Impress your kids with the ultimate sandpit! The Fountain Products Clam Shell Sandpit is portable and with the addition of sand in a rainbow of colours it will bring many happy hours.

5. SAFETY

When it comes to playtime, safety is a priority, so make sure your kids are always under adult supervision. It's also a good idea to soften hard surfaces around equipment. Artificial turf or non-slip pour-in-place rubber surfacing, which is available in a variety of colours, are perfect for helping to lessen the impact of any falls.

Swing Slide Climb 10kg Coloured Rainbow Sand (colours sold separately)
$17.90

Fountain Products Clam Shell Sandpit
$13.45

Available at BUNNINGS warehouse

Bunnings.com.au/playequipment

Aechmea flower

Silver lace fern (*Pteris* sp.)

Aechmea 'Lucky Stripe'

project 1 Sit and swing

The fun begins with your own swing set! It's here you can sit back and chill out on a comfy woven rope seat, keeping watch over your patch. The *BHG* TV team set the magical scene with dry ice!

WHERE dragons roam

project 2 Garden wall

project 3 Dragon eggs

Playing dragons requires dragon eggs! You can carve these from lightweight concrete blocks, then paint them to look the part.

Bring a fire-breathing adventure into your very own backyard!

Hey kids! Ever wanted your own magical play area? Inspired by the new Disney film Pete's Dragon, in cinemas 15 September, here's everything you need to have stacks of fun in your backyard – a swing, awesome hiding spots, mystical dragon eggs and wings (just like Elliott's from the movie).

project 4 Dragon wings

project 5 Dragon's den

Take a dragon selfie!

When you need to duck for cover, retreat to your den, underneath a grassy bridge. And beyond, in the distance, a set of wings attached to the shed allows you to be a dragon for the day!

project 6 Dragon footsteps

Tiptoe through your garden – from the swing to a secret hiding spot – on DIY stepping stones.

DRAGON FOOTSTEPS

Gather your supplies

- Builder's cement
- River sand
- White brickie's sand

You'll also need

Plastic bucket; trowel; formply board, 600 x 600mm or larger; rubber gloves; coloured oxide powder in Black; large sponge

Here's how

STEP 1 Mix 1 part cement, 2 parts river sand and 2 parts brickie's sand in bucket. Add water and stir until you have a firm mixture.

STEP 2 Use trowel to transfer cement mixture to the smooth surface of the formply board.

Wearing rubber gloves, shape mixture into a dragon foot with 3 toes, measuring about 500 x 350mm and 60mm thick.

STEP 3 Tap underside of board with handle of trowel to remove air bubbles. Use trowel to smooth out surface of stepping stone.

Tip Because the formply surface has a smooth coating, once set, the stepping stone won't stick.

STEP 4 Sprinkle a small amount of oxide powder over top surface of stepping stone. Rub in oxide with dry sponge (or your gloves) until whole top surface is coloured. Leave to set.

STEP 5 Remove stepping stone from board.

STEP 6 Repeat Steps 1–5 to make additional dragon footsteps.

steps

free PROJECT SHEET

So it's easy for you to follow, we've put the step-by-step instructions for all these projects on a project sheet, which includes easy-to-follow diagrams, extra images and a complete list of the supplies you'll need to finish the job.

To get your project sheet, visit bhgshop.com.au/projectsheets and download it, or post a stamped ($2), self-addressed C5 (162 x 229mm) envelope to *Better Homes and Gardens*, Where Dragons Roam, GPO Box 7812, Sydney NSW 2001. Please allow up to 10 days for postal delivery.

FOR PROJECT SUPPLIES, SEE STOCKISTS PAGE

Photography Phil Aynsley; projects Katie Budd, Paul Wells

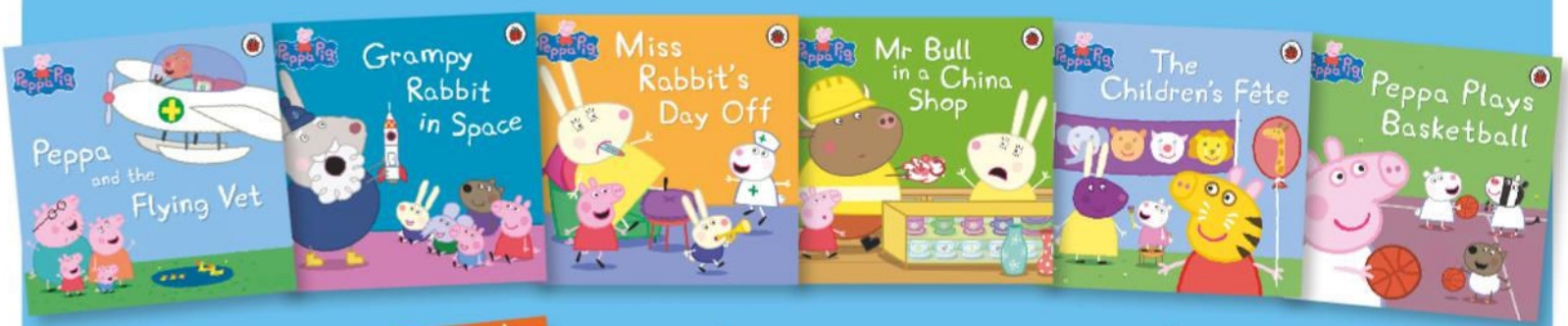
Only at Woolworths

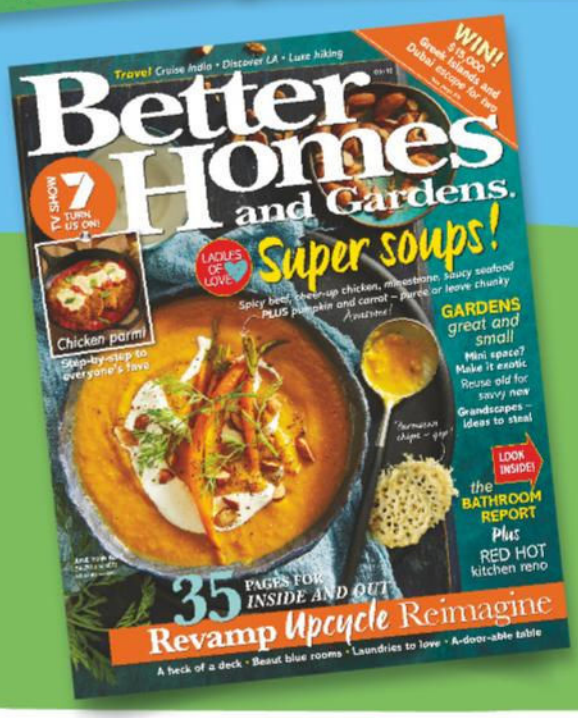
Peppa Pig™

6 to collect
Collect them all

Peppa Pig storybook

for only $2





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Peppa Pig © Astley Baker Davies Ltd/Entertainment One UK Ltd 2003.

Woolworths Approval Code 13936-16.10.16. Offer valid from 5th September to 16th October, 2016. Subject to availability while stocks last in participating stores only. All items must be purchased in the same transaction. Not in conjunction with any other offer.

In stores from 5th September to 16th October, 2016

surf's up baby!

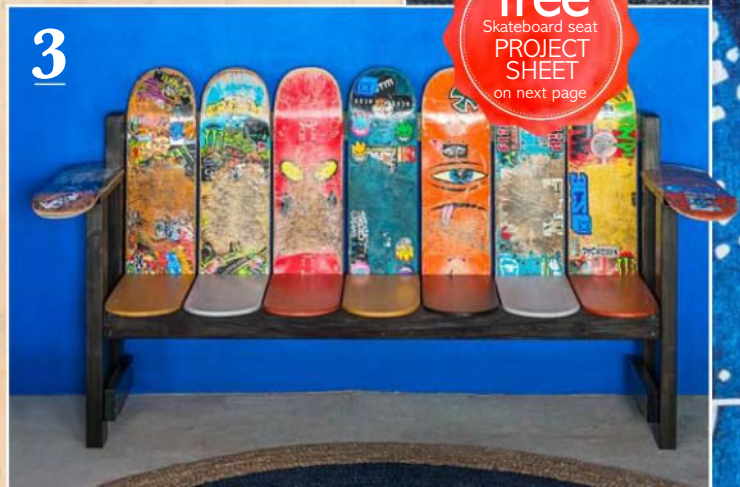
Turn your garage into a chill-out zone with a cool beach theme for the most gnarly family members

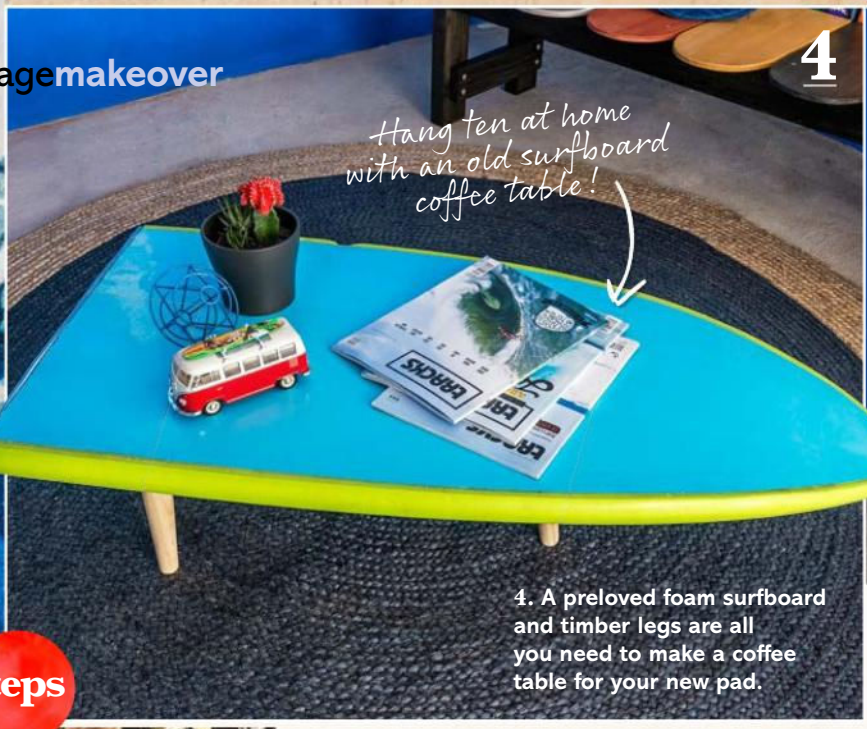
After a skating or surfing sesh, your gang needs a place to hang. Got disused space in the garage? It's ripe for a makeover! First, clear out any clutter, then decorate the walls with a wave mural and record covers – vinyl will always be awesome. Add a few bean bags and DIY furniture made from old surfboards and skateboards and you'll be ready to chillax. Later, skater! ▸

1. Pay homage to your favourite albums with a musical feature wall. Mount album covers in square frames, arrange and hang. Rock on!

2. Make a coffee table from an old surfboard. Turn the page for how-to.

3. With no complex carpentry, you can make this seat from 'teen trash' (old skate decks).





4. A preloved foam surfboard and timber legs are all you need to make a coffee table for your new pad.

5. Throw quirky shapes into the mix, like these paper sculptures in bold colours.

steps

SURFBOARD COFFEE TABLE

Your old surfboard may have seen its last wave, but there's life in it yet! Three well-placed legs turn it into a coffee table fit for your chill-out zone. Grab the latest surfing mag, sit back and relax…

Gather your supplies

- Old fibreglass surfboard
- 5/16 inch angle leg plates (3)
- 230mm round tapered timber legs (3)

You'll also need

Old handsaw; 12mm plywood offcuts; drill; 50mm screws; jigsaw; construction adhesive; masking tape; file; fine sandpaper

Note When using power tools, always wear all the safety gear required. For more information, refer to your equipment pack instructions.

Here's how

STEP 1 Use handsaw to cut fibreglass surfboard in half.
STEP 2 Cut 300 x 50mm block from plywood offcut. Screw across top of board near cut end so middle of block is in centre of board. Screw angle leg plates to each end of block, ensuring angle on plate is facing towards sides of board.
STEP 3 Repeat Step 2 to attach 150 x 50mm block near other end of board and remaining leg plate, ensuring angle on plate is facing towards end of board.
STEP 4 Screw tapered legs into angle leg plates.
STEP 5 Sit cut end of board table on other half of board. Trace around to mark out shape on board. Cut out shape with jigsaw, scrape off foam and apply construction adhesive to back. Press to end of surfboard table. Use masking tape to keep in place. When dry, remove tape then file and sand edges to make flush with table edge.

FOR SHOPPING DETAILS AND PROJECT SUPPLIES, SEE STOCKISTS PAGE

free PROJECT SHEET

So it's easy for you to follow, we've put the step-by-step instructions for the skateboard seat on a project sheet. It also includes a list of the materials and tools you'll need to do the job.

To get your project sheet, visit bhgshop.com.au/projectsheets and download it, or post a stamped ($2), self-addressed C5 (162 x 229mm) envelope to *Better Homes and Gardens*, Surf's up baby! November 2016, GPO Box 7812, Sydney NSW 2001. Please allow at least 10 days for postal delivery.

Photography Greg Fahey, John Halfhide, Chris Jones; styling Vanessa Tidy; project John Rae, Paul Wells

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WIN ME & hop on in!

VALUED AT $17,990

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WHAT YOU CAN WIN:

Banff Mt Sawback Spa valued at $17,990

HOW TO ENTER:

1. Visit **bhg-win.com.au**
2. Complete the entry form
3. Tell us in 25 words or less how you would enjoy your spa?

For growing families, the Mt Sawback provides no compromise. Six comfortable and generous seats including two recliners make the Mt Sawback the perfect large family spa. Seat placement has been thoughtfully considered to maximise space and in-spa usability while providing maximum hydrotherapy. Each seat provides a unique massage for extreme relaxation.

For more information visit poolwerx.com.au

Visit bhg.com.au for full terms and conditions. Entrants must be 18+. Competition opens 15/09/16 10:00 AEST and closes 12/10/16 17:00 AEDT. Winners judged at Promoter's premises 13/10/16 11:00 AEDT. Winners notified by mail. Total prize value up to $17,990. The Promoter is Pacific Magazines Pty Ltd 8 Central Ave, Eveleigh NSW 2015 (ABN 16 097 410 896).

*Prize delivery to any location up to 50km from any Poolwerx location only. Installation not included.

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City guide

Downtown Ho Chi Minh City

Binh Dong Port

Vietnam's biggest city offers a dizzying array of cuisine, culture and shopping

1 Reunification Palace

This imposing 60s-era palace was home to South Vietnam's president until communist tanks crashed through its gates in 1975, resulting in Saigon's surrender to the North. Take a guided tour and marvel at the 70s decor and amazing amount of military hardware left behind by the US, from rooms of vintage radio equipment to a helicopter on the rooftop helipad. Those after a deeper look at the era can visit the nearby War Remnants Museum.

Find out more dinhdoclap.gov.vn, warremnantsmuseum.com

2 The shopping

While Ben Thanh Market is good for souvenirs, there's more to shopping in Saigon than haggling. You can have stylish clothes made to order at Kin Boutique on Le Thanh Ton Street. For lacquerware try Minh Phuong Lacquer Gallery or for a modern twist, check out Gaya in District 2. Want to poke around piles of war-era objects? Then head to Le Cong Kieu Street. Big central shopping centres like the revamped Saigon Centre are also good for a retail fix.

Find out more
vietnamtourism.com

3 Rooftop bars

A long day of sightseeing should be rewarded with a trip to the 26th floor of the futuristic AB Tower for a cocktail at the lavish Chill Skybar and unmissable vistas of Saigon's urban sprawl and the delta beyond. To feel like a foreign correspondent, head to the rooftop garden of the Rex where old-world charm is accompanied by fantastic service. It's considered by many to be the best bar in South-East Asia.

Find out more
rexhotelvietnam.com, chillsaigon.com

4 The cuisine

You can spend as much or as little as you like on food and always leave smiling. A bowl of pho (pronounced fuh) is mandatory. A great place to try this famous noodle and beef broth is Pho 2000 (made famous by a visit from Bill Clinton) or Pho Hoa on Pasteur Street. Thanh Binh, right near Ben Thanh Market, has delicious crab claw vermicelli.

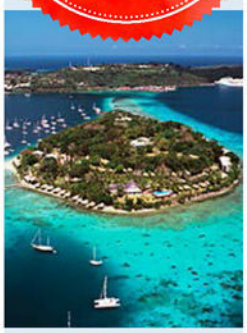
Pho noodles

5 The Delta

Saigon is your starting point for a Mekong adventure such as the excellent tours offered by Cruiseco on their luxurious riverboat, the Cruiseco Adventurer. Your starting point is the river port of My Tho, 90 minutes drive through Delta country from the city. You sail towards Cambodia along the fascinating Mekong River, experiencing the many different people who live and work along its banks.

Find out more
cruising.com.au

exclusive to BHG READERS



Live it up in Vanuatu

An island favourite but newly renovated and refurbished, Iririki Island Resort and Spa is set among spectacular tropical landscapes of Port Vila Harbour and Mele Bay. Expect five-star comfort with the convenience of being a three-minute ferry ride from Port Vila. Quote *Better Homes and Gardens* and receive a welcome drink on arrival, a complimentary fruit platter and a 25 per cent discount on Iririki Day Spa massages and treatments. Priced from $330* per room per night.

How to book
Call (03) 9326 6579 or email hello@iririki.com.

*Terms and conditions apply, Rate based on Island Fare, subject to availability at time of booking. Valid for stays until 31 March 2017. Book by 30 November 2016. Not valid in conjunction with any other offer or package promotion. Pacific Magazines Pty Ltd is not liable or responsible for any third party promotion offered to *BHG* readers.

Golden Gate Bridge

8 fabulous reasons to visit San Francisco

This west coast lady knows how to charm her guests

1 SEE THE NEW MUSEUM OF MODERN ART

After an expansion and refurbishment that took three years, the San Francisco Museum of Modern Art reopened earlier this year. It's a stunning piece of architectural genius – from the impressive living garden wall to the use of cutting-edge technologies to guide you through the whole experience. It houses what some might call the 'greatest hits' of the modern-art world, including pieces by Warhol, Lichtenstein and Diane Arbus, and Richard Serra's awe-inspiring *Sequence* sculpture, a giant steel maze. In between viewing art, visit the array of amazing cafes and restaurants. Plan to explore over a couple of days.

Find out more sfmoma.org

Fisherman's Wharf

2 TRY THE FOOD

San Francisco is a foodie's dream and all across town you'll find amazing cuisine. Try the seafood at Alioto's on Fisherman's Wharf, a local favourite combining old-world service with a stunning view. Be sure to sample the *cioppino*, an Italian-American seafood stew. Other great options include Fogo de Chao, a classic Brazilian steakhouse, and Boudin Bakery for their renowned sourdough. Those in the mood for browsing should head over to the Ferry Plaza Farmers' Market for a delicious array of organic produce and artisanal wares.

Find out more aliotos.com, fogodechao.com, boudinbakery.com, ferrybuildingmarketplace.com

3 CYCLE THE GOLDEN GATE

The city is a cyclist's paradise with an abundance of bike paths right around the city. Blazing Saddles offer a range of bikes for hire (including electric for those wanting a more leisurely experience) starting at $US32 a day. For a speccy day trip, ride across the iconic Golden Gate Bridge. The views of the Bay Area are nothing short of stunning and if you're tired you can hop on the ferry with your bike and head back to home base.

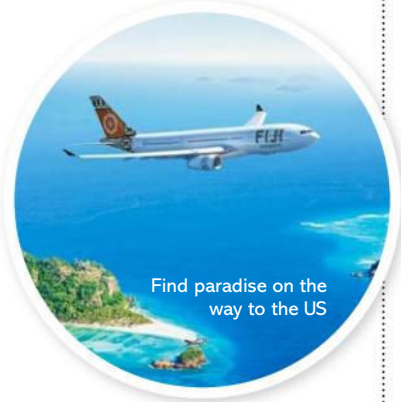
Find out more blazingsaddles.com

Joseph Kenworthy, *BHG*'s production editor, had a fabulous time in The Golden City.

The Painted Ladies

4 EXPLORE ON FOOT

Despite the hills, San Fran is a town best seen from the streets so put on your walking shoes! You'll want a photo of the Painted Ladies (a famous row of colourful Victorian houses with a backdrop of the city) and Mrs Doubtfire's house. Funky neighbourhoods like Mission District are worth exploring, as are the twists and turns of iconic Lombard Street. Tired feet? Jump on a cable car, if the line isn't too long!



Find paradise on the way to the US

5 FLY VIA FIJI

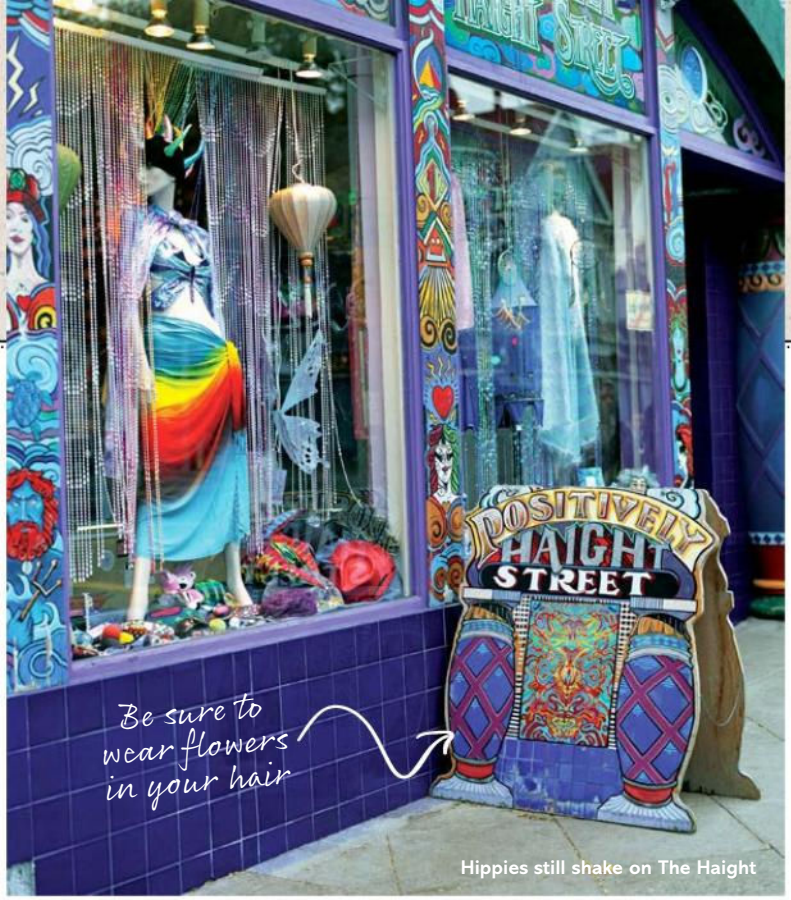
Here's a new way to get there. How about a 'pre-holiday' to get you in the mood? Fiji Airways offer twice-weekly Sydney-Nadi-San Francisco flights, so you can break up your journey with a couple of days in paradise before hitting the West Coast. Fiji Airways' planes are modern, the service wonderful and celebrity chef Lance Seeto has created the sensational menu inspired by the cuisine of this island nation.

Find out more fijiairways.com

6 SHOP

Famous for its music venue, The Fillmore District is also home to a great range of shopping including notable brands Marc by Marc Jacobs, Jonathan Adler, L'Occitane, Ralph Lauren and Betsey Johnson among smaller boutiques. Delish dining options include Woodhouse Fish Co. and La Mediteranee. Want more shopping? Those looking for a bargain should head downtown to Market Street to spend time browsing the racks at the newly opened department store outlets Off Saks and Nordstrom Rack. The famous jazz festival is on 1–2 July 2017.

Find out more fillmoreshop.com



Be sure to wear flowers in your hair

Hippies still shake on The Haight

7 VISIT ALCATRAZ

As one of the city's great tourist attractions, Alcatraz is host to bustling crowds but it's more than worth the ferry ride to visit it. For many years this island prison/fortress was home to some of the most notorious criminals in US history including Al Capone, George 'Machine Gun' Kelly and the legendary 'Birdman of Alcatraz', Robert Stroud. The fantastic Cellhouse Audio Tour uses actual inmate and prison officers' voices to create an absorbing and immersive guided experience.

Find out more nps.gov/alca

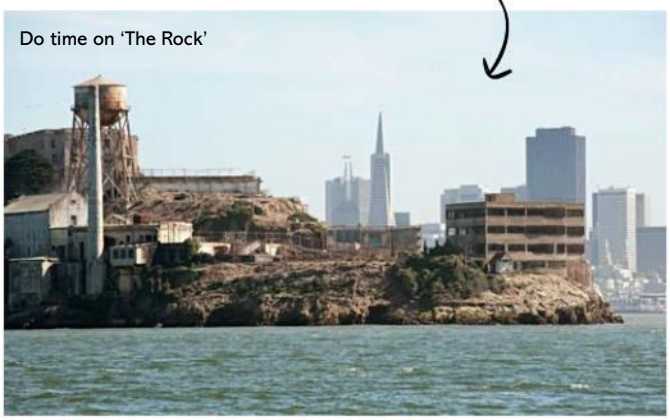
8 TOUR THE HAIGHT

An integral part of San Fran's heritage is the hippie culture of the 60s. The Haight (at the junction of Haight and Ashbury streets) was the epicentre; psychedelic groups such as Moby Grape and The Thirteenth Floor Elevators crashed in grand old houses. The Haight is still a stronghold of hippie culture and borders Buena Vista Park. Music nuts should visit Amoeba Records, in an old bowling alley.

Find out more haightshop.com

Insider tip

Want more ideas for your San Francisco holiday? Check out the funky and informative official city website, sanfrancisco.travel.



Do time on 'The Rock'

Stay

The city has always done boutique well. The Kimpton Buchanan in Japan Town (bordering Fillmore and Pacific Heights) is a modern hotel but with retro charm. It has all the modern conveniences, including the all-important in-room coffee machine to help kickstart your day, **thebuchananhotel.com**.

DESTINATION OF THE MONTH

marvel at Maroochydore

The entire *BHG* TV team travelled to Maroochydore for a special episode. Check your TV guide for details.

Dine by the Maroochy River

The hub of Queensland's spectacular Sunshine Coast, Maroochydore is a marine-lover's paradise, with stand-up paddleboard and kayak hire as well as sunset cruises along the Maroochy River.

The city has an array of restaurants and cafes to discover. Start with a meal by the river's edge at Ebb Waterfront Restaurant then take a leisurely stroll, spotting pelicans along the way, to the seaside neighbourhood of Cotton Tree and enjoy the parklands and views. Also worth exploring is the impressive Underwater World Sea Life Mooloolaba, where you can even be a seal trainer for a day.

After a full schedule of adventuring, head to one of the many bars for a cocktail and live music. Try Solbar at the Big Top Market Fresh on Ocean Street.

Maroochydore is the gateway to world-renowned Noosa as well as the Eumundi Markets and Steve Irwin's legacy, Australia Zoo.

Where? Maroochydore is 100km north of Brisbane but has its own airport, which Virgin, Qantas and Jetstar all fly to.

When? Year-round, though expect crowds in summer.

Find out more
visitsunshinecoast.com

exclusive to *BHG* READERS

Cruise Japan
Cruise Express is offering solo travellers and couples a free upgrade worth $500 per person from an inside cabin to an ocean-view (obstructed) cabin on its 17-night escorted 'Springtime in Japan' land and sea tour. Departing 13 April 2017, the tour is timed to see Japan's famous cherry trees in full bloom. It includes a six-night overland tour taking in Tokyo, Kyoto, bullet trains and ornate castles and palaces. A nine-night cruise around Japan to South Korea is also included aboard *Diamond Princess*.

How much is it? Including return flights from Australia, the package is from $8490 per person, twin-share, or $11,990 for solo travellers.

How to book Call Cruise Express on 1300 764 509 and quote 'BHG'.

For more info Visit cruiseexpress.com.au.

*Conditions apply and is subject to availability. Terms and conditions apply. Pacific Magazines Pty Ltd is not liable or responsible for any third party promotion offered to *BHG* readers.

APP OF THE MONTH

Hotel Tonight

Are you one of those travellers who's happy to leave everything to the last minute? Well, this could be the app for you! Hotel Tonight allows you to search cities for the best deals in last-minute hotel bookings from Palm Springs to Perth. The app, available for iPhone, Android and also on a mobile-friendly website, sorts hotels into categories such as basic, hip or luxe. Find out more at **hoteltonight.com**.

Insider tips on saving overseas

The experts at Escape Travel (escapetravel.com.au) reveal secrets to save when you head abroad.

✔ SHOULD I BUY DUTY FREE?
Duty-free liquor and cigarettes offer big savings, but for anything else, it can vary, so do your research first.

✔ SHOULD I PAY IN AUSTRALIAN DOLLARS?
When you're overseas and making a purchase on your credit card, it's usually best to pay in local currency as paying in Australian dollars comes with a dynamic currency conversion, which can add on up to five per cent to your purchase.

✔ WHEN RENTING A CAR SHOULD I EVER CHOOSE TO BUY THE FULL TANK OF PETROL?
It's always a good idea to fill up the tank before returning your hire car to avoid hefty fuel surcharges. Opting for a refueling service will often only work out cheaper if the tank is completely empty (which is near impossible to judge in a new destination).

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Rock the rock at Bald Rock

where to camp *now!*

These Aussie national parks are set to be explored

Bald Rock National Park, NSW

Pack your swag and put on your walking shoes, any month of the year is a great time to head to northern NSW to conquer the granite behemoth known as Bald Rock. The 750m tall lump of granite is the centrepiece of the Bald Rock National Park, 25 minutes from Tenterfield. It's the largest granite rock in Australia. The Bald Rock Camping Site features barbecues, showers, drinking water and toilets; a night's camping will cost a family of four $35 but there's no bookings.

Find out more nationalparks.nsw.gov.au

Salmon Beach, D'Entrecasteaux, WA

D'Entrecasteaux National Park, WA

This untamed wilderness takes in 130km of WA's southern coast, from Augusta to Walpole. The park is an ever-changing tableau of white beaches, sand dunes, coastal cliffs, karri forests and freshwater lakes. Really get off the beaten track by staying at the Banksia Campsite – it's only accessible by 4WD. It costs less than $20 a night for a family of four and has a communal fire pit (check for restrictions), toilet, shelter and is close to Mandalay Beach. It's a beautiful spot for swimming, fishing and fossicking. Be aware though, you can't book a campsite, so it's first in, best dressed and space is limited.

Find out more parkstay.dpaw.wa.gov.au

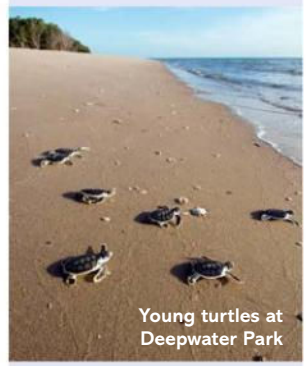
INSIDER TIP

One of the most handy inventions made for the camper is the Dolphin LED lantern (and it's Australian!). It can handle bumps, is waterproof and, best of all, it's super-bright so you can see your way at night. $19.99, visit dolphintorches.com.

Deepwater National Park, Qld

Gazetted as a national park in 1988, Deepwater, about 100km north of Bundaberg, has pristine freshwater ecosystems and sandy beaches. Camping is $24.50 a night for a family and you can book online. Go there for fishing and bushwalking, and between November and March sea turtles return to their nesting sites.

Find out more
nprsr.qld.gov.au



Young turtles at Deepwater Park

A GREAT FAMILY TENT

This camping essential is open, airy and light-to-carry, yet strong. Made for four, it's easy to set up and has sturdy steel poles. It also has a strong built-in floor with high seam-line to help prevent water getting in. **Buy now from bhgshop.com.au.**

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Photography Getty Images

THE NEW DOLPHIN LED LANTERN.
NOW TWICE AS BRIGHT*.

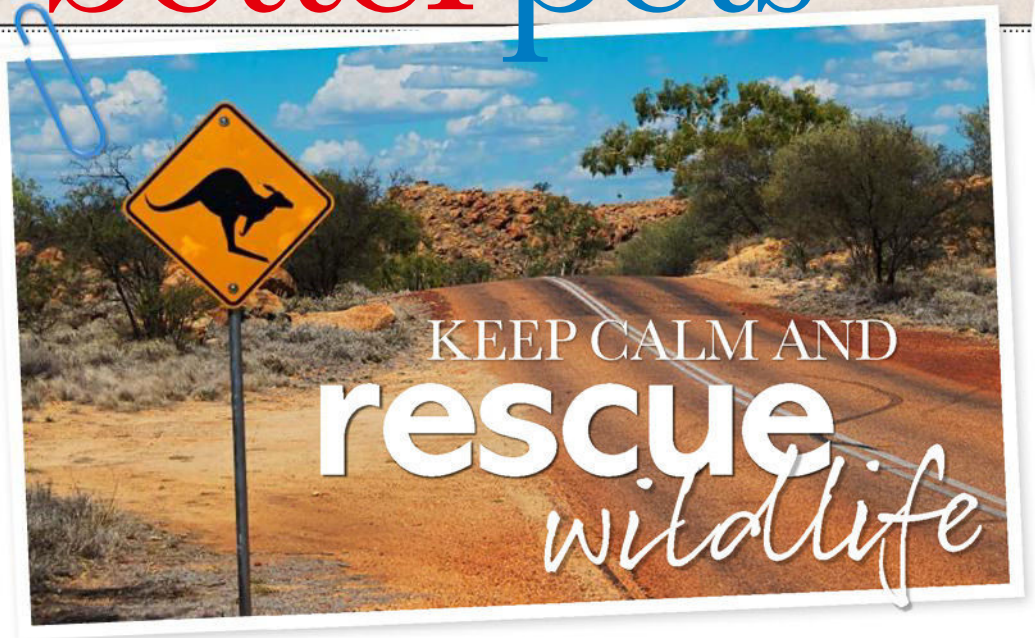
Dolphin
EVEREADY

TOUGH
WATERPROOF
FLOATS

Turn night into day with the new Dolphin lantern.

*vs. previous Dolphin LED lantern with 100 lumens.

betterpets



Seen an animal in need of assistance? Here's how to help

At this time of year there's lots of wildlife with babies venturing out onto the road. With more cars too, the result is thousands of injured animals – from reptiles to birds of all shapes and sizes, including pelicans! Follow these tips from WIRES (Wildlife Information, Rescue and Education Service) if you find a furry friend in need…

You to the rescue!

1. Keep a box (or rescue basket), a torch and a towel in your car just in case you come across any animals in need.

2. Always use caution when handling wildlife.

3. Don't give any food or water until you speak to a vet.

4. Remove any threat to the animal, such as your own pets, to minimise stress.

5. If catching an injured seabird, control the head (by holding its beak) and the wings first before covering its head with a towel or shirt. Stay calm!

6. If rescuing any sick or injured bird, contain it in a warm, dark and quiet place. If you see a chick on the ground, don't assume it needs assistance. Magpies and noisy miners, for instance, learn to fly from the ground.

7. If you find a severely injured animal, take it straight to your nearest wildlife-friendly vet.

SEEN ON BHG TV 7

PELICANS *need a hand too!*

The most common seabird emergencies include entanglements and injuries. You can help rescue groups like Queensland's Twinnies Pelican and Seabird Rescue save seabirds. Check out their Pelican Adoption Program on twinnies.com.au.

Check out wires.org.au and download the WIRES Wildlife Rescue App for wildlife advice and rescue assistance.

It's pet playtime!

Stimulating pets mentally and physically can help them be well-adjusted, avoid behavioural problems and learn obedience. Try these tricks, they're the cat's meow!

- Play scent games with your pooch by hiding Fido's favourite treat in your home or yard and letting him sniff it out!
- Cats love hide-and-seek. Hide behind doors and furniture and it'll be hello kitty in no time!
- Teach your dogs to sit together and take turns grabbing a treat when you call their names.
- You can 'target train' your pet – including rabbits, guinea pigs, birds and even fish! – to 'touch' a target like your palm using treats or a clicker. Works wonders when Rover refuses to walk forward, too.
- If you're away, leave your furry friend – bunnies and guinea pigs included – an interactive puzzle food feeder.
- Place empty cardboard boxes around the house for your playful pussycat to jump in and out of. Or build a feline fun centre with cat-friendly toys, scratching post, puzzle feeder and pockets to hide in.
- For advice on pet training, see apdt.com.au.

Words Caroline Zambrano; photography Getty Images

I'm not really naughty, just a bit stressed.

For more information on Vetalogica's complete range call 1300 881 730 or visit www.vetalogica.com.au

Destructive behaviour patterns, fear of thunderstorms/fireworks, separation anxiety, uncontrolled barking and whining are often all the result of high stress and anxiety levels in your pet.

Vetalogica's Canine Tranquil Formula for dogs and Feline Tranquil Formula for cats are scientifically formulated with natural ingredients into a great tasting 'Non-Drowsy' chewable tablet.

Use daily to help maintain an emotional balance and calmness in your pet.

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"For a complete Stress and Anxiety management plan, I recommend using Tranquil Formula as a daily supplement in combination with the world's first fast-acting treats for pets - VitaRapid Tranquil Dog Treats or VitaRapid Tranquil Cat Treats for immediate results."

Dr. Barry (Veterinarian)

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Boy scout elf Code: EOTS001

Girl scout elf Code: EOTS004

start a new Christmas tradition!

Adopt your magical scout elf and let the hide-and-seek fun begin

Capturing the hearts of children everywhere – and parents, too – are these magical, and a little bit mischievous, scout elves. They watch the kids during the day and report to Santa at night, helping him manage his naughty and nice lists. When they get back from the North Pole, they find a new place to sit and wait for the kids to find them. Oh, the excitement!

Every day you'll find me hiding in a different spot!

Each boxed set includes:
- A beautifully illustrated children's book
- 1 scout elf (of your choice)
- Keepsake gift box

$69.95 each set plus P&H
Shipping commences 1 October 2016

To adopt your boxed *The Elf on the Shelf: A Christmas Tradition*, only $69.95 plus P&H, visit bhgshop.com.au

Boy scout elf Code: EOTS003

Girl scout elf Code: EOTS002

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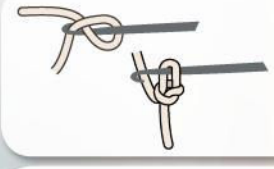
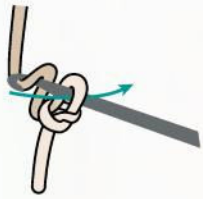


Slip knot

Make a loop, then hook another loop through it. Tighten gently and slide the knot up the hook.



Chain (ch)

Yarn over hook (yoh) and draw yarn through the loop on the hook to form a new loop. Repeat to form as many chains as required. Do not count the starting slip knot as a chain.

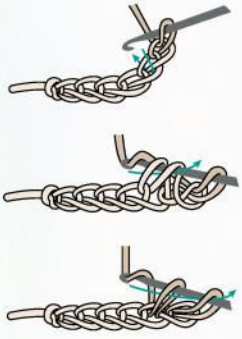
Slip stitch

Slip stitch to make a ring

Slip stitch (sl st)

Insert hook into the work (here, second chain from the hook), yarn over hook, draw yarn through both the work and the loop on the hook.

To join chains into a ring with a slip stitch, insert hook into the first chain, yarn over hook, draw yarn through both the work and the loop on the hook.



Double crochet (dc)

* Insert hook into work (or the second chain from the hook on starting chain).

Yarn over hook and draw yarn through work only. Yarn over hook again and draw the yarn through both loops on the hook.

This is one double crochet stitch. To continue, repeat from *.

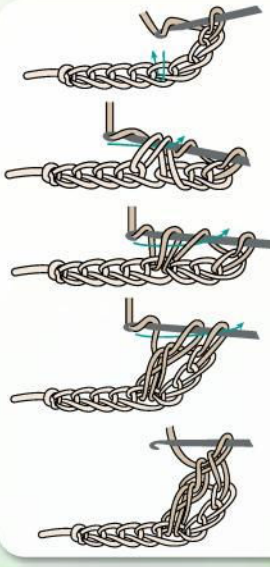
Double treble (dtr)

Wrap yarn twice around hook and insert hook into the work, yarn over hook and draw yarn through work only. Then yoh and draw through first 2 loops on hook, yoh and draw through next 2 loops, then yoh and draw through last 2 loops.

Abbreviations

Australian and UK crochet terms used throughout

approx = approximately
beg = begin/ning
ch = chain
cont = continue
dc = double crochet
dtr = double treble
htr = half treble
lp/s = loop/s
rep = repeat
sl st = slip stitch
sp/s = space/s
st/s = stitch/es
tr = treble



Treble (tr)

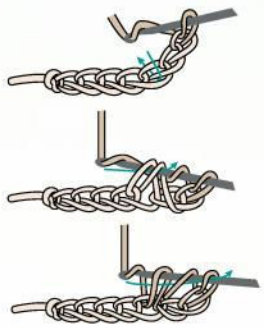
* Yarn over hook and insert the hook into the work (or fourth chain from the hook on the starting chain).

Yarn over hook and draw through the work only.

Yarn over hook and draw through the first 2 loops on the hook only.

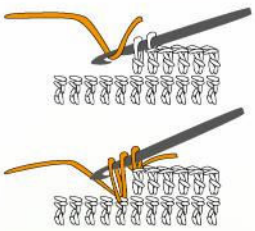
Yarn over hook and draw through the last 2 loops on the hook.

This is one treble stitch. To continue, repeat from *.



Half treble (htr)

* Yarn over hook and insert the hook into the work (or third chain from the hook on the starting chain). Yarn over hook and draw through the work only. Yarn over hook and draw through all 3 loops on hook. This is one half treble stitch. To continue, repeat from *.

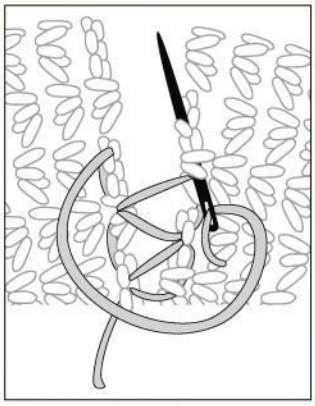


Changing colour in crochet (treble fabric)

When changing colour of yarn, use a new colour to work the final loop of the last stitch of the old colour.

Half mattress stitch seam

1. Put pieces next to each other, right side up, edges together.
2. Bring needle up through centre of first edge stitch on 1 piece.
3. Insert needle in centre of first edge stitch on other piece, then out at centre of next edge stitch on that side. Insert needle in centre of edge stitch from Step 2, then out again at centre of next edge stitch. Swap from side to side, always going into centre of stitch that the last stitch on that side came out of. Don't pull yarn too tightly.



now for the fun part...

Cont. from page 42

Here are all of the instructions you need to crochet a cool collection!

Making floral motifs

Easy crochet

Tension: Floral motifs measure 17cm across, using 4mm hook. Check your tension carefully as quoted measurements and quantities for items are based on this tension. If motif measures more than 17cm across, use a smaller hook; if it measures less, use a larger hook.

FLORAL MOTIF (see diagram, right) Using 4mm hook and first colour (see colour chart, right), make 6ch and join with a sl st in first ch to form a ring.

1st round: 1ch, 12dc in ring, sl st in first dc.

2nd round: 4ch, 1dtr in same st as sl st, 1ch, * 2dtr in next dc, 1ch, rep from * to end, sl st in 4th ch at beg, fasten off.

3rd round: Join second colour with a sl st in any 1ch sp, 1ch, 1dc in same sp as sl st, * 4ch, 1dtr in same ch sp, 3ch, 8tr in lp formed by last dtr, 1dc in next ch sp, rep from * to last ch sp, 4ch, 1dtr in same ch sp, 3ch, 8tr in lp formed by last dtr, sl st in first dc, fasten off … 12 petals.

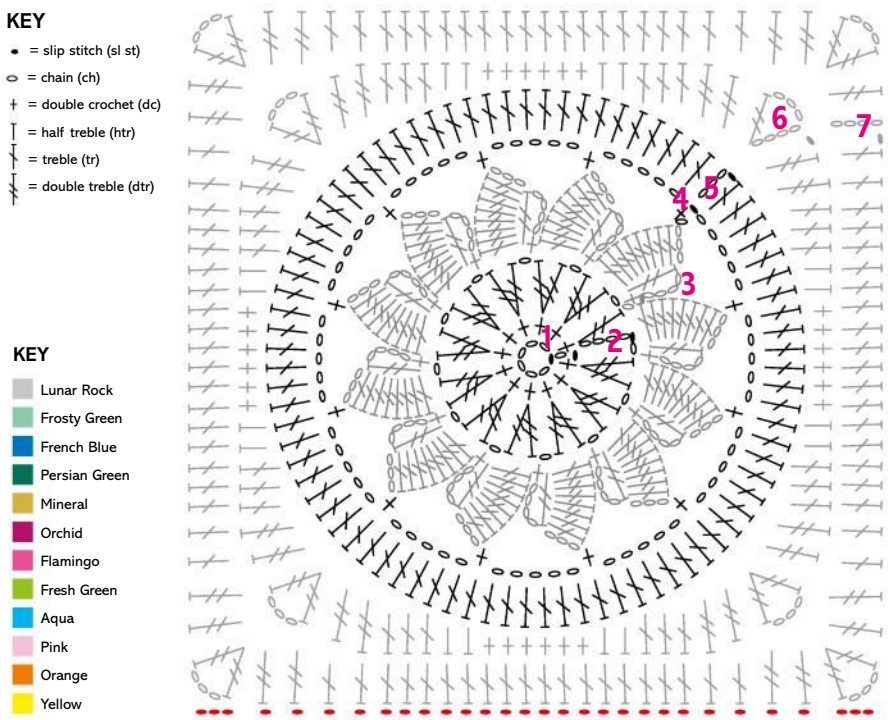
4th round: Join third colour with a sl st in first tr at top of any petal, 1ch, 1dc in same st as sl st, * 5ch, 1dc in first tr at top of next petal, rep from * to end, 5ch, sl st in first dc.

5th round: 3ch, * 6tr in next 5ch lp, 1tr in next dc, rep from * to last 5ch lp, 6tr in last 5ch lp, using Lunar Rock, sl st in 3rd ch at beg … 84 sts.

6th round: 7ch, 1dtr in same st as sl st, * 1dtr in each of next 2tr, 1tr in each of next 3tr, 1htr in each of next 2tr, 1dc in each of next 6tr, 1htr in each of next 2tr, 1tr in each of next 3tr, 1dtr in each of next 2tr, (1dtr, 3ch, 1dtr) in next tr, rep from * 3 times, omitting final (1dtr, 3ch, 1dtr), sl st in 4th of 7ch at beg.

7th round: 4ch, * (2dtr, 3ch, 2dtr) in next 3ch sp, 1dtr in next dtr, 1tr in each of next 20 sts, 1dtr in next dtr, rep from * 3 times, omitting final dtr, sl st in 4th ch at beg. Fasten off.

Floral motif diagram



A
Flamingo
Mineral
Persian Green

B
Pink
Persian Green
Orange

C
Persian Green
Flamingo
Aqua

D
French Blue
Frosty Green
Fresh Green

E
Orchid
Pink
Yellow

F
Orange
Orchid
French Blue

G
Orange
French Blue
Frosty Green

H
Yellow
Fresh Green
Flamingo

I
Fresh Green
Yellow
Aqua

J
French Blue
Orange
Frosty Green

K
Yellow
Aqua
Fresh Green

L
Persian Green
Orchid
Pink

M
Mineral
Persian Green
French Blue

N
Orchid
French Blue
Flamingo

O
Aqua
Fresh Green
Frosty Green

P
Flamingo
Yellow
Orchid

Q
Aqua
Orange
Orchid

R
Frosty Green
Mineral
Pink

S
Frosty Green
Flamingo
Orange

T
Mineral
Frosty Green
Yellow

U
Fresh Green
Pink
Persian Green

V
Pink
Aqua
Mineral

From little things throw

Soft spot cushion

FROM LITTLE THINGS THROW (IN 2 SIZES)

Easy crochet

Finished size

Small throw 140 x 170cm (approx)
Large throw 190 x 240cm (approx)

Gather your supplies

Small throw: Patons Cotton Blend 8 ply (50g): 23 balls Lunar Rock Shade 37; 3 balls each: Frosty Green Shade 36, Persian Green Shade 30, Orchid Shade 28, Pink Shade 15 and Orange Shade 7; 2 balls each: French Blue Shade 35, Mineral Shade 29, Flamingo Shade 25, Fresh Green Shade 24, Aqua Shade 17 and Yellow Shade 6

Large throw: Patons Cotton Blend 8 ply (50g): 43 balls Lunar Rock Shade 37; 5 balls each: Frosty Green Shade 36, Orchid Shade 28 and Pink Shade 15; 4 balls each: French Blue Shade 35, Persian Green Shade 30, Mineral Shade 29, Flamingo Shade 25, Fresh Green Shade 24, Aqua Shade 17, Orange Shade 7 and Yellow Shade 6

Both: 4mm crochet hook; yarn needle

Throw assembly diagram

R	F	T	B	N	S	J	P	U	O	R
I	S	V	Q	M	G	L	D	V	F	H
N	M	H	E	A	I	Q	K	T	U	G
V	L	J	K	S	T	U	O	R	C	P
C	P	M	N	O	B	L	A	Q	D	E
R	O	U	P	J	S	N	B	T	F	R
H	F	V	D	L	G	M	Q	V	S	I
G	U	T	K	Q	I	A	E	H	M	N
P	C	R	O	U	T	S	K	J	L	V
E	D	Q	A	L	B	O	N	M	P	C
R	F	T	B	N	S	J	P	U	O	R
I	S	V	Q	M	G	L	D	V	F	H
N	M	H	E	A	I	Q	K	T	U	G
V	L	J	K	S	T	U	O	R	C	P

Area inside red outline is Small throw size

Here's how

Small throw

Following written instructions or diagram for Floral motif (see page 217), make 2 each of motifs C, F and H; 3 each of motifs D, E, G, I, J, R and V; 4 each of motifs A, B, K, M, P, T and U; 5 each of motifs L, N, O, Q and S … 80 motifs.

Large throw

Following written instructions or diagram for Floral motif (see page 217), make 5 each of motifs A, B, C, D and E; 6 each of motifs F, G, H, I, J and K; 8 each of motifs L, M, N, O, P and Q; and 9 each of motifs R, S, T, U and V … 154 motifs.

To make up

Following Throw assembly diagram (see left), with wrong sides together, using 4mm hook and Lunar Rock, loosely sl st motifs together working through both thicknesses. Sew in ends.

Border

Using 4mm hook and Lunar Rock, work 3 rounds of tr evenly around 4 edges, increasing or decreasing as necessary to keep work flat. Fasten off.

SOFT SPOT CUSHION

Easy crochet

Finished size 70 x 70cm

Gather your supplies

Colourway 1: Patons Cotton Blend 8 ply (50g): 8 balls Lunar Rock Shade 37; 3 balls French Blue Shade 35; 2 balls each: Frosty Green Shade 36, Flamingo Shade 25 and Yellow Shade 6; 1 ball each: Persian Green Shade 30, Mineral Shade 29, Orchid Shade 28, Fresh Green Shade 24, Aqua Shade 17, Pink Shade 15 and Orange Shade 7

Colourway 2: Patons Cotton Blend 8 ply (50g): 8 balls Lunar Rock Shade 37; 3 balls Orchid Shade 28; 2 balls each: Frosty Green Shade 36, Flamingo Shade 25 and Yellow Shade 6; 1 ball each: French Blue Shade 35, Persian Green Shade 30, Mineral Shade 29, Fresh Green Shade 24, Aqua Shade 17, Pink Shade 15 and Orange Shade 7

Both: 4mm crochet hook; yarn needle; 65 x 65cm cushion insert

Here's how

Following written instructions or diagram for Floral motif (see page 217), make 2 each of motifs B, F, J, K, O and U; and 4 each of motifs C, N, P, R and T … 32 motifs.

To make up

Following Cushion assembly diagram (see below), with wrong sides together, using 4mm hook and Lunar Rock, loosely sl st all 16 motifs together working through both thicknesses. Make 2 pieces alike.

Join sides

With wrong sides of both pieces together, using 4mm hook and working through both thicknesses together, join Lunar Rock with a sl st in any corner then loosely sl st all edges, placing Cushion insert before working final edge. Using 4mm hook and French Blue for Colourway 1, OR Orchid for Colourway 2, work 3 rounds of tr around all sides, working extra 3tr in each corner of every round. Fasten off. Sew in ends.

COOL HOLDER FOR HOT POTS

Beginner crochet

Finished size 23 x 23cm

Gather your supplies

Colourway 1: Patons Cotton Blend 8 ply (50g): 1 ball each:

Cushion assembly diagram

R	P	T	C
U	J	K	N
C	N	P	O
T	B	R	F

Cool holder for hot pots

Mandala magic

1st Colour (C1) Flamingo Shade 25, 2nd Colour (C2) Pink Shade 15, 3rd Colour (C3) Mineral Shade 29, 4th Colour (C4) Yellow Shade 6 and 5th Colour (C5) Orange Shade 7
Colourway 2: Patons Cotton Blend 8 ply (50g): 1 ball each: 1st Colour (C1) French Blue Shade 35, 2nd Colour (C2) Aqua Shade 17, 3rd Colour (C3) Persian Green Shade 30, 4th Colour (C4) Fresh Green Shade 24 and 5th Colour (C5) Frosty Green Shade 36
Colourway 3: Patons Cotton Blend 8 ply (50g): 1 ball each: 1st Colour (C1) Mineral Shade 29, 2nd Colour (C2) Frosty Green Shade 36, 3rd Colour (C3) Lunar Rock Shade 37, 4th Colour (C4) Flamingo Shade 25 and 5th Colour (C5) French Blue Shade 35
All colourways: 4mm crochet hook; yarn needle

Here's how
Tension: Correct tension is not essential for this project.

Using 4mm hook and C1, make 41ch.
1st row: Miss 1ch, 1dc in each ch to end … 40dc.
2nd row: 1ch, 1dc in each dc to end.
Last row forms dc fabric.
Work a further 8 rows.

Note When changing colour, use new colour to work final lp of last st in old colour (see page 216). Break off old colour.

Change to C2 and work 10 rows.
Change to C3 and work 10 rows.
Change to C4 and work 10 rows.
Change to C5 and work 10 rows.
Change to C3 for rem.

Begin edging
Make 15ch, sl st in first ch (to form loop), work 1 round dc evenly around all edges, working 3dc in each corner, sl st in first ch. Fasten off.

To make up
Do not press. Sew in ends.

MANDALA MAGIC

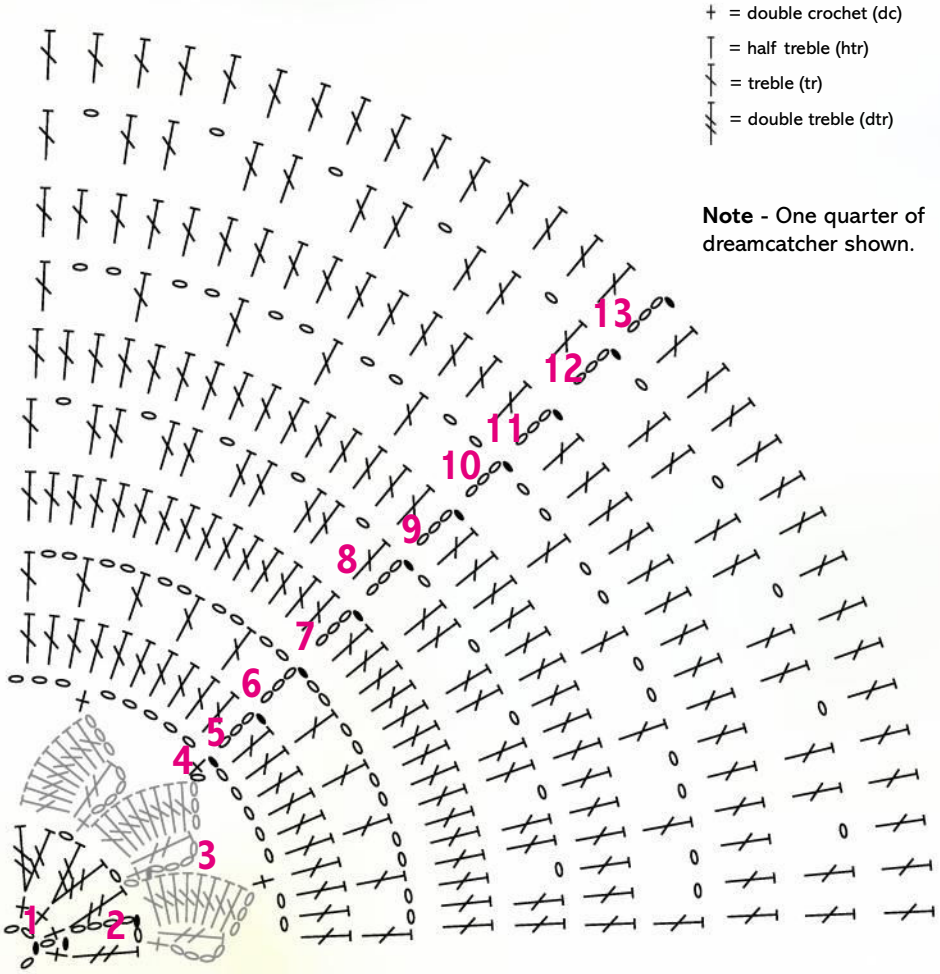
Easy crochet
Finished size 30cm dia., excluding trims

Gather your supplies
Patons Cotton Blend 8 ply (50g): 1 ball each: Frosty Green Shade 36, Persian Green Shade 30, Mineral Shade 29, Orchid Shade 28, Flamingo Shade 25, Aqua Shade 17, Pink Shade 15 and Yellow Shade 6; 3.5mm crochet hook; yarn needle; pompom maker or piece of cardboard; 30cm-dia. embroidery hoop

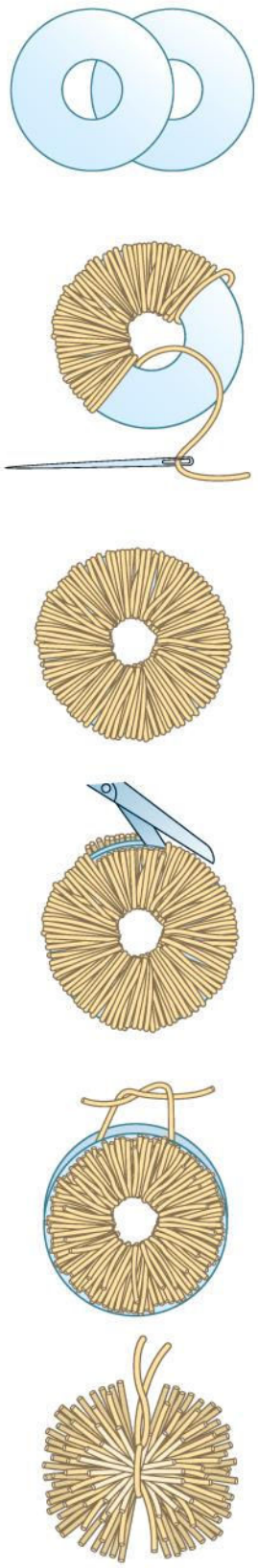
Here's how
Tension: Correct tension is not essential for this project.

Using 3.5mm hook and following written instructions or diagram for Floral motif (see page 217), work rounds 1 to 4 inclusive of ▶

Mandala magic diagram



Pompom diagram



motif P (see diagram on page 217 for colour order).
5th round: 3ch, * 6tr in next 5ch lp, 1tr in next dc, rep from * to last 5ch lp, 6tr in last 5ch lp, using Pink, sl st in 3rd ch at beg … 84 sts.
6th round: 5ch, * miss 1tr, 1tr in next tr, 2ch, rep from * to last tr, miss last tr, using Frosty Green sl st in 3rd of 5ch at beg.
7th round: 3ch, * 2tr in next 2ch sp, 1tr in next tr, rep from * to last 2ch sp, 2tr in last 2ch sp, using Persian Green sl st in 3rd ch at beg … 126 sts.
8th round: 3ch, 1tr in next tr, * miss 1tr, 1ch, 1tr in each of next 2tr, rep from * to last tr, miss last tr, 1ch, using Mineral sl st in 3rd ch at beg.
9th round: 3ch, 1tr in next tr, * 1tr in next 1ch sp, 1tr in each of next 2tr, rep from * to last 1ch sp, 1tr in last 1ch sp, using Flamingo sl st in 3rd ch at beg.
10th round: 4ch, * miss 1tr, 2ch, 1tr in next tr, rep from * to last tr, miss last tr, 2ch, using Yellow sl st in 3rd ch at beg.
11th round: 3ch, 2tr in next 2ch sp, * 1tr in next tr, 2tr in next 2ch sp, rep from * to end, using Orchid sl st in 3rd ch at beg … 168 sts.

Note When work fits the embroidery hoop, slightly stretched, fasten off without joining any more colours.

12th round: 3ch, 1tr in next tr, * 1ch, miss 1tr, 1tr in each of next 2tr, rep from * to last tr, 1ch, miss last tr, using Aqua sl st in 3rd ch at beg.
13th round: 3ch, 1tr in next tr, * 1tr in next ch sp, 1tr in each of next 2tr, rep from * to last ch sp, 1tr in last ch sp, using Frosty Green sl st in 3rd ch at beg.
14th round: 3ch, 1tr in each tr to end, using Persian Green sl st in 3rd ch at beg. Rep last round using Persian Green, then any remaining colours, increasing if necessary to keep work flat, until work fits embroidery hoop, slightly stretched. Fasten off.

To make up
Do not press. Insert work into hoop. Sew in ends. Cut 8 lengths of each colour 200cm long and attach to screw edge of hoop by folding 4 lengths of same colour in half then, using crochet hook, draw ends through loop and pull to tighten. Repeat with remaining lengths across edge as pictured. Using pompom maker or 2 circles of cardboard, 9cm in diameter with 4cm centre holes, make a pompom (see Pompom diagram, left) in each colour. Tie at random or as pictured.

THE GREAT SHOPPER TOTE

Easy crochet
Finished size 50 x 50cm, excluding handles

Gather your supplies
Patons Cotton Blend 8 ply (50g): 5 balls Lunar Rock Shade 37; 1 ball each: Frosty Green Shade 36, French Blue Shade 35, Persian Green Shade 30, Mineral Shade 29, Orchid Shade 28, Flamingo Shade 25, Fresh Green Shade 24, Aqua Shade 17, Pink Shade 15, Orange Shade 7 and Yellow Shade 6; 4mm crochet hook; yarn needle

Here's how
Following written instructions or diagram for Floral motif (see page 217) make 2 each of motifs B, C, F, J, K, P, R, T and U … 18 motifs.

To make up
Following Tote assembly diagram (see below), with

The great shopper tote

wrong sides together, using 4mm hook and Lunar Rock, loosely sl st the motifs together working through both of the thicknesses. Join side edges to form a tube. Flatten with final join on right-hand side and sl st lower edges together. Fasten off.

Handle
Using 4mm hook, join Lunar Rock with a sl st in corner of motif F indicated on diagram.
1st round: 1ch, 1dc in same st as sl st, * (1dc in next motif corner, 1dc in each of next 26 sts, 1dc in corner of motif) twice, 1dc in next motif corner, 28ch, 1dc in next corner of same motif, rep from * once, omitting final dc, sl st in first dc.
2nd round: 1ch, 1dc in same st as sl st, * 1dc in each dc to ch lp, 30dc in ch lp, rep from * once, using Frosty Green sl st in first dc.
3rd round: 1ch, 1dc in same st as sl st, 1dc in each dc to end. Rep last round once, changing to Lunar Rock for final sl st. Rep 3rd round twice. Fasten off. ▶

Tote assembly diagram

Begin handle here

R	F	J	R	F	J
K	T	C	K	T	C
P	B	U	P	B	U

Join right-hand edge to left-hand edge to form a tube.

Life feels better in colour

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For Vanessa, 40, a routine health check resulted in the worst kind of surprise – a breast cancer diagnosis. The career-driven Sydney mother of three boys sought out a Look Good Feel Better workshop in the hope that it would help her regain control and a sense of positivity. "I would absolutely recommend Look Good Feel Better to others going through treatment," says Vanessa. "It's informative, it's fun – what have you got to lose?"

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"I wanted to feel good about myself, particularly around the hair loss – and learn how to draw on eyebrows! It was also a good chance to be in a room with other women who are going through similar experiences."

VANESSA - LGFB WORKSHOP PARTICIPANT

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Cover star

Start with stripes

COVER STAR

Easy crochet

Finished size To fit 25.5cm-dia. stool

Gather your supplies

Colourway 1: Patons Cotton Blend 8 ply (50g): 1 ball each: Frosty Green Shade 36, Mineral Shade 29, Fresh Green Shade 24, Aqua Shade 17 and Pink Shade 15

Colourway 2: Patons Cotton Blend 8 ply (50g): 1 ball each: Orchid Shade 28, Flamingo Shade 25, Pink Shade 15, Orange Shade 7 and Yellow Shade 6

Both: 3.5mm crochet hook; yarn needle; approx 80cm round hat elastic; stool with 25.5cm-dia. top (from Kmart)

Here's how

Tension: Correct tension is not essential for this project.

Sequence for colourway 1

Pink, Fresh Green, Frosty Green, Aqua, Frosty Green, Mineral, Fresh Green, Aqua.

Sequence for colourway 2

Flamingo, Yellow, Orange, Pink, Orange, Orchid, Yellow, Pink.

Using 3.5mm hook and following written instructions or diagram for Floral motif (see page 217), work rounds 1 to 3 inclusive of motif R for Colourway 1 OR motif F for Colourway 2 (see diagram on page 217 for colour order). Working in colour sequence as listed above for chosen colourway, continue working as follows:

4th round: Join first colour with a sl st in first tr at top of any petal, 1ch, 1dc in same st as sl st, * 5ch, 1dc in first tr at top of next petal, rep from * to end, 5ch, sl st in first dc.

5th round: 3ch, * 6tr in next 5ch lp, 1tr in next dc, rep from * to last 5ch lp, 6tr in last 5ch lp, using next colour from sequence, sl st in 3rd ch at beg ... 84 sts.

6th round: 3ch, 1tr in same st as sl st, * 1tr in each of next 6tr, 2tr in next tr, rep from * 10 times, 1tr in each of last 6tr, using next colour, sl st in 3rd ch at beg.

7th round: 3ch, 1tr in same st as sl st, * 1tr in each of next 7tr, 2tr in next tr, rep from * 10 times, 1tr in each of last 7tr, using next colour, sl st in 3rd ch at beg.

8th round: 3ch, 1tr in same st as sl st, * 1tr in each of next 8tr, 2tr in next tr, rep from * 10 times, 1tr in each of last 8tr, using next colour, sl st in 3rd ch at beg.

9th round: 3ch, 1tr in same st as sl st, * 1tr in each of next 9tr, 2tr in next tr, rep from * 10 times, 1tr in each of last 9tr, using next colour, sl st in 3rd ch at beg.

10th round: 3ch, 1tr in same st as sl st, * 1tr in each of next 10tr, 2tr in next tr, rep from * 10 times, 1tr in each of last 10tr, using next colour, sl st in 3rd ch at beg. Work further rounds in last colour from sequence without further increasing until size to fit stool. Fasten off.

To make up

Thread elastic through final round of tr, place over top of the stool, draw up to fit, then tie firmly to secure.

START WITH STRIPES

Beginner crochet

Finished size 45 x 45cm

Gather your supplies

Colourway 1: Patons Cotton Blend 8 ply (50g): 4 balls Main Colour (M) French Blue Shade 35 and 1 ball each: 1st Colour (C1) Orchid Shade 28, 2nd Colour (C2) Yellow Shade 6, 3rd Colour (C3) Orange Shade 7, 4th Colour (C4) Mineral Shade 29, 5th Colour (C5) Pink Shade 15 and 6th Colour (C6) Frosty Green Shade 36

Colourway 2: Patons Cotton Blend 8 ply (50g): 4 balls Main Colour (M) Frosty Green Shade 36 and 1 ball each: 1st Colour (C1) Orchid Shade 28, 2nd Colour (C2) Yellow Shade 6, 3rd Colour (C3) Orange Shade 7, 4th Colour (C4) Mineral Shade 29, 5th Colour (C5) Pink Shade 15 and 6th Colour (C6) French Blue Shade 35

Colourway 3: Patons Cotton Blend 8 ply (50g): 4 balls Main Colour (M) Mineral Shade 29 and 1 ball each: 1st Colour (C1) Orchid Shade 28, 2nd Colour (C2) Yellow Shade 6, 3rd Colour (C3) Orange Shade 7, 4th Colour (C4) Frosty Green Shade 36, 5th Colour (C5) Pink Shade 15 and 6th Colour (C6) French Blue Shade 35

All colourways: 4mm crochet hook or size needed for correct tension; 45 x 45cm cushion insert; yarn needle

Here's how

Tension: 16tr and 9 rows to 10cm over treble fabric, using 4mm hook. To work a tension square, using 4mm hook, make 26ch. Work 14 rows treble fabric. Fasten off. Check your tension carefully. If more tr to 10cm, use a larger hook; if less tr use a smaller hook.

Cushion cover (make 2)

Using 4mm hook and M, make 72ch.

1st row: Miss 3ch (counts as first tr), 1tr in each ch to end ... 70tr.

2nd row: (1dc, 1ch) in first tr, 1tr in each of next 68tr, 1tr in turning ch.

Note When changing colour, use new colour to work final lp of last st in old colour (see page 216). Do not break off colours until instructed. Carry any colours not in use loosely along side edge of work until needed.

Begin pattern

Change to C1.

1st row: 1ch, 1dc in each st to end.

Rep last row once.

Change to M.

3rd row: (1dc, 1ch) in first st, 1tr in each st to end.

Rep last row once.

Change to C1 and rep 1st row twice.

Break off C1.

Change to M.

7th row: (1dc, 1ch) in first st, 1tr in each st to end.

Rep last row once.

Last 8 rows form patt.

Work 8 rows using C2 in place of C1. Break off C2.

Work 8 rows using C3 in place of C1. Break off C3.

Work 8 rows using C4 in place of C1. Break off C4.

Work 8 rows using C5 in place of C1. Break off C5.

Work 8 rows using C6 in place of C1. Fasten off.

To make up

Do not press. Using half mattress stitch (see page 216), join sides together matching stripes. Add cushion insert (stretching the cover to fit) before completing final seam.

WHERE TO BUY THE yarn

STOCKISTS
For all pattern enquiries, and to find your nearest Patons stockist, call **1800 337 032**

Photography Andre Martin; styling Lisa Hilton; projects Australian Country Spinners; diagrams Stephen Pollitt

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Happy reading!

Julia Zaetta,
Editor

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Power through your DIY to-do list this weekend with the help of the Power X Change Cordless 2 Piece Kit, just $169 at Bunnings Warehouse. With a drill driver, impact driver, 2 x 1.5Ah batteries, fast charger and tool bag, you'll always be ready to tackle those projects around the home.

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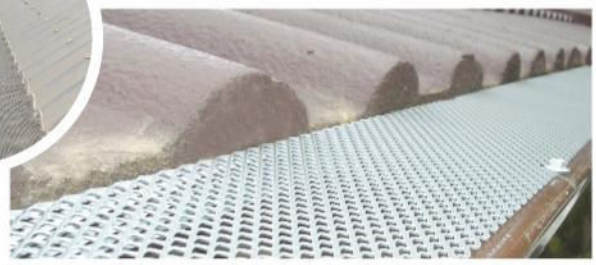

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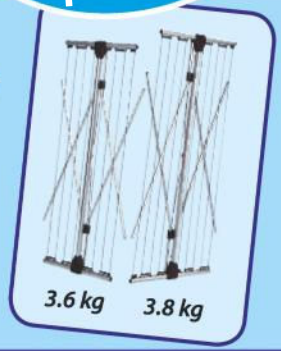

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35-Year-old millionaire helps everyday Australians to secure their own financial future through property.

The great Australian dream of owning a home is slipping further and further out of the reach of hardworking mums and dads. Or is it? Pauline Longdon reports on how one man is helping everyday Australians safely build their own multimillion dollar property portfolio in 3-5 years or less.

One powerful seed of home ownership was planted deep within us all. So much so, it became the great Australian dream.

However, as the dream slowly slips from the grasp of most Australians, one man is swimming against the tide.

Meet Jatinder Kumar, or Jack as he prefers to be called. He has been helping everyday Australians to lock in their future fortune through properties before its too late.

TO BE SUCCESSFUL YOU NEED TO THINK DIFFERENTLY

"I was told to work hard for everything in life. And although its not completely incorrect, being a property investor, you don't exactly work hard for the money you make." Said Mr Kumar.

"I was told that all debt is bad debt, but honestly that held me back. You see, when you use debt to purchase assets, which grow in value, debt is your best friend." People just don't know how to use debt to build wealth.

With the equity in your home and right financial guidance and strategy you can start building your property portfolio.

IT IS NOT ABOUT HOW MUCH MONEY YOU MAKE, IT IS ALL ABOUT WHAT YOU DO WITH IT

"People want to live in particular areas and because they can't afford to buy a house, they need to rent a property. It might as well be one you own. There will always be demand for homes in the right areas."

It is because of this demand, property prices continue to be consistent performers.

"There is over 150 years' worth of data to know how property performs, so there is no guessing."

WHEN YOU DO THE SAME THING AS EVERYONE ELSE, YOU GET THE SAME RESULTS

According to the Australian Bureau of Statistics 70% of households own their own homes (or are paying them off). But only 8% of all Australians (according to the Australian Tax Office) have an investment property. Two out of every three investors were negatively geared and making a loss on their property.

This is what most people think property investing is all about.

THE REWARDS OF YEARS OF LEARNING AND EXPERIENCE

"Investing in property is about making money, not losing money. Negative gearing is a good tactic, but you don't make money when you use it all by itself. I customise complete strategies for my clients. I have spent years learning what I know from the best people in the industry who are multimillionaires through property"

Currently Mr Kumar owns a multimillion dollar property portfolio and has plans to buy property every year until he retires.

"I know what is possible because I have done it myself. I would never recommend a strategy to a client that I wouldn't be prepared to do myself."

Jack Kumar has kindly offered our readers a complimentary copy of "The 7 Misleading Myths Unfairly Keeping Everyday Australians Out of the Property Market" (valued at $47). To receive your copy of this report call:

1800 794 884

or visit his website: SmartPropertyDeals.com.au for a copy to be sent to you.

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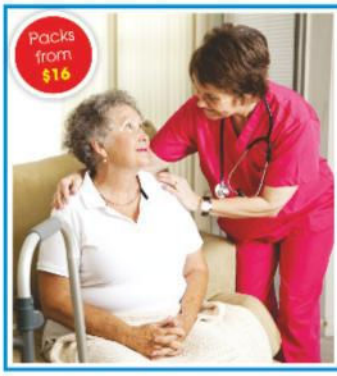

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Crochet your way to cool, page 42

Project supplies: ● **Australian Country Spinners:** Patons Cotton Blend 8 ply 50g in assorted colours. ● **Kmart:** 25.5cm diameter pink dipped stool, $12. Shopping details: ● **Armchair Collective:** Linen turquoise cushion with fringe, $59. Linen yellow cushion, $45. Two tone grey & red pot plant (small), $22. Wooden yellow breadboard, $37. ● **F.O.C! On Consignment:** Enamel tray, $39.95. Beachwood: Pastel pot high, $45. Yasawa lantern, $77.30. ● **Haven and Sarah:** Flowers. ● **Home on Darley:** Craft cushions (on Acapulco armchairs and daybed), $25. Mint jute trim cushion, $39.95. Pink ceramic jug/vase, $49. Cotton floor rug, $99. Kantha quilt, $99.

Bring on the blooms, page 50

● **Aussie Winners:** *Calibrachoa* Superbells 'Holy Moly', *Tecoma* 'Bells of Fire'. ● **Australian Perennial Growers:** *Nepeta* 'Blue Wonder', *Perovskia* Spires Series. ● **Ball Australia:** *Echinacea* 'Double Scoop', *Osteospermum* 3D Blueberry, *Petunia* 'Night Sky'. ● **Plant Growers Australia:** *Convolvulus* 'New Blue Moon', *Salvia microphylla* So Cool. ● **Plants Management Australia:** *Lavandula* 'Ghostly Princess', *Malus* 'Wychwood Ruby'. ● **Ramm Botanicals:** *Anigozanthos* Bush Crystal, *Argyranthemum* Super Chameleon, *Disphyllum* Sunpeach.

Flower on ahead, page 62

● **Australian Native Landscapes:** Organic Garden Mix (enough for 5.25sqm x 150mm depth), $58.00/m3. Professional potting mix, $9.80/30L. Eucalyptus mulch, $8.50/60L. Sandstone sawn 50mm thick in organic shapes, four 300 x 300/400mm and four 200 x 200/300mm (made to order). River Sand, $71/tonne. ● **Northcote Pottery:** Stone Urbanlite Botanica Egg 29 x 34cm, $30.98; 37 x 42cm, $52.98; 44 x 51cm, $76.98. ● **Seasol:** Powerfeed for Flowers, Fruit and Citrus, $13.34/1.2L. Powerfeed for Tomatoes and Vegetables, $13.34/1.2L. Powerfeed with Troforte, $12.86/1.5kg.

Add an orchid house and more!, page 68

Project supplies: ● **Bosch Australia:** Power tools. ● **Bunnings Warehouse:** 90 x 90mm H4 treated pine, $15.27/m. 150 x 25mm sawn treated pine, $6.70/2.4m. 140 x 45mm H3 treated pine, $7.72/m. Suntuf Sunlite polycarbonate sheeting, $95.64. Sunlite accessories via Special Orders. 90 x 45mm treated pine, $5.15/m. 200 x 50mm treated pine sleepers, $11.40/2.4m. 50 x 50 x 450mm hardwood stakes, $16.20/pk6. 20mm blue metal, $8.25/20kg. Strike Back Neutrog fertiliser for orchids, 1.5kg, $15.13. Sphagnum moss, 150g, $9.96. ● **Cabot's:** Deck and exterior stain, $89/4L. ● **Dats Skip Bins:** Rubbish removal. ● **Kawana Nursery:** Wooden plant hangers, $10 (small), $20 (large). Cork panel, $60. ● **Stanley:** Hand tools. Shopping details: **Bunnings Warehouse:** Galvanised steel potting benches. Table top cafe marquee round, $27.55. Chair aluminium bistro, $39.90. Cushions, $19.98.

Build your dream screen, page 80

● **Australian Native Landscapes:** Road base, $61/tonne. Paving blend, $67/tonne. Sand and cement mix, $7.50/20kg. Washed sand, $7.50/20kg. Concrete mix, $7.50/20kg. ● **Bosch Australia:** Power tools. ● **Bunnings Warehouse:** 200 x 75mm treated pine sleepers, $21.90/3m. 135 x 19mm spotted gum decking. Screen Up products: base plates, $12.90; anchor plates, $21.75; corner post, $129. 90 x 19mm spotted gum decking. 400 x 400 x 40mm Brighton masonry pavers in Charcoal, $8.89 each. Whites Montage screen panel. 200mm treated pine batten screws, $32/pk20. 50mm decking screws, $21.80/pk50. 85mm galvanised batten screws, $12.50/pk25. 15mm button head screws, $6.85/pk100. ● **Cabot's:** Natural decking oil, $31.20/1L. ● **Coates Hire:** Demolition hammer. Plate compactor. Brick saw. ● **Dats Skip Bins:** Rubbish removal. ● **Dulux:** Weathershield Low Sheen, $216/15L. ● **Stanley:** Hand tools.

Hello gazebo, page 86

Project supplies: ● **Bosch Australia:** Power Tools. ● **Bunnings Warehouse:** 5.4m x 5.4m Softwoods pergola, POA (from Special Orders). Ekodeck Plus 137 x 23mm Highland Oak composite decking, $69.66/5.4m. Ekodeck Plus Quickfix concealed Fix Kit, $99/pk20. Hartman Pacific White Aluminium Exterior Shutter, $379 each. Hartman Pacific White Aluminium Exterior Shutter Track Kit, $90.85. Euro Reed Screening 1.8 x 3m, $16.39. Euro design 28 x 30cm rattan pot, $26.98. Euro design 46 x 45cm rattan pot, $74.98. Travertine paver 305 x 305mm, $5.35 each. 2100 x 600 x 26mm Alpine Oak Hardwood Panel $119. 25 x 25 x 1.6mm SHS steel, $18.08/2.16m. Carinya 250 x 300mm Stronghold bracket, $7.88. 45mm hex head screws, $18.90/pk50. 40mm nails, $4.77/pk90. ● **Dulux:** Duramax metal primer, $11.45/340g. Duramax Satin Black, $11.45/340g. ● **Intergrain:** NaturalStain in Teak, $46.50/1L. ● **Stanley:** Hand Tools. Shopping details: ● **Bunnings Warehouse:** BBQ Titan 6 burner kitchen. Matador 118L bar fridge. Mimosa Corsica timber bar set. Mimosa Seville teak timber table, $1599. Mimosa Corsica wicker chair, $229 each. Aztec Cream pot, $350. Mimosa Coral 5-piece corner lounge. Cast-iron fire pit, $429. Mimosa Mareeba timber bench, $129.

Now it's time to shack up! page 90

● **Bunnings Warehouse:** Cedar Shed Industries Highton cedar shed (without louvre window), 1.9 x 1.8m, $1399 (available through Special Orders Counter). Glow 87 x 87 x 38cm cement Grey and Black Petra fire pit, $359. Two Trees 390cm universal hammock frame, $149. Two Trees 140 x 220cm Torquay double red hammock, $64.98. Poolscape Eden soar outdoor shower, $275. Marquee Verna Acapulco-style chairs in White, $38 each. Boyle MDF craft letters, from $1.45 each ● **Dulux:** Weathershield Low Sheen in Noble Tone, Sea Cliff half and Vivid White (used on North Shore Boardriders Club shed), Black, Mondrian Blue and Natural White (used on Maroochydore SLSC shed).

The veg of glory, page 100

● **Birdies Garden Products:** Raised Veg Container OVB 291508 PE, 3.5m x 900mm x 820mm in Pale Eucalypt.

Dynamic duo, page 171

Project supplies: ● **Bunnings Warehouse:** Senso Flooring Senso Lock Planks in Rosebud Natural, 14 planks/box, POA. Kaboodle Kitchen modern profile doors and panels in Macaroon, POA. Kaboodle Kitchen bar handle, 192mm, brushed stainless steel, POA. Kaboodle Kitchen benchtops in Frosted Oak, cut-to-measure, POA (Special Orders Counter). Riva Campania roller blind, made-to-measure, $198 (Special Orders). Everhard Squareline sink 980 x 480mm 1.5 LHB 1 TH, $209. Sink mixer 40mm Iconic, $46.46. Multi-store wardrobe organiser, $272.65 each. Brilliant Lighting Hugo pendant light in Charcoal, 23cm, $33.25 each. Brilliant Lighting Hugo pendant light in Charcoal, 47cm, $108.30 each. Verve Design Argo pendant light in White, 40cm, $169 (used above dining table). Bellini Appliances dishwasher, cooktop, rangehood and oven, POA. ● **Dulux:** 1 Step Acrylic Primer, Sealer & Undercoat. Wash & Wear Low Sheen in Celestine (used on kids' bedroom walls). Wash & Wear Kitchen and Bathroom Low Sheen in Natural White (kitchen walls). Aquanamel Semi Gloss in Vivid White (trim, doors and bedroom cabinetry). ● **Godfrey Hirst Carpets:** Penny Lane carpet in Pebble Bay (used in kids' bedroom). ● **Spotlight:** Assorted yarn, from $2.69. Pompom loom, $3.99. Pompom maker dual, $4.99. Shopping details: Kids' bedroom: ● **Bed Bath N' Table:** Paradiso flamingo, $34.95. Oli book box, $19.95/small; $24.95/large. Scottie owl in Orange, $29.95. Birger vase, $34.95. Mexi sculpture, $19.95. Koil throw in Grey, Pink and Green, $69.95. ● **Bunnings Warehouse:** Assorted ferns, from $4-6. ● **DWBH:** Pink Cushion, POA. Mini jute braided pouf, POA. Round jute braided rug 60 x 60cm, POA. Round jute braided rug, 90 x 90cm, POA. ● **Fantastic Furniture:** Willow single bed in Black, $149. ● **Kmart:** Tee pee, $25. Various children's novels, from $5-20. Various plush toys, from $5-15. Cork board speech bubble, $5. Skipping rope, $5. ● **Spotlight:** Various canvas artworks, from $15-30 each. ● **Target:** Alphabet canvas artwork, $20. The kitchen: ● **Country Road:** Scope jug, $39.95. Tapas wine glass, $12.95 each. Arlo canister in Black, $24.95/small; $29.95/medium. Scope platter, $59.95. Slate round board in Black, $29.95. Eli oak spreader, $9.95. Concrete clock, $129. Mali marble bowl, $69.95/small. Sigmar platter, $49.95. Sigmar bowl, $14.95. ● **Fantastic Furniture:** Havana 6-seater table, $249. Bistro dining chair in White, $19 each. ● **Freedom:** Tunisia pitcher, $27.89. Eliot serving board, $79.95/large. Eliot serving board, $59.95/small. Bow bowl, $48.89. Marble splice serving board in Black, $49.95. Rustic serving board, $24.95, Jodhpur cow bell, $49.95. Jodhpur vintage round iron vessel, $79.95. ● **Kitchen Aid:** Artisan stand mixer in Black, $829. ● **Kmart:** Round marble board, $15. Fibre clay cinder pot, $15. ● **Wheel and Barrow:** Hand scrub, $29.95. Black and Cream striped runner, $34.95. Round jute basket, $24.95. Black mortar and pestle, $69.95.

Where dragons roam, page 198

● **Australian Native Landscapes:** Boral builders cement, 20kg bag. White brickie's sand, 20kg bag. Greenlife river sand, 20kg bag. ● **Bunnings Warehouse:** 17mm formply. Australian Builders oxide powder in Black, 1.5kg.

Surf's up, baby, page 201

Project supplies: ● **Bosch Australia:** Power tools. ● **Bunnings Warehouse:** 90 x 45mm dressed pine, $24.70. 90 x 30mm dressed pine, $8.33/1.2m and $16.67/2.4m. 1220 x 610 x 12mm AA grade plywood, $34 each. 100mm batten screws, $16/pk25. 65mm batten screws, $7.30/pk25. Legzz 5/16 inch angled leg plate, $3.20. Legzz 230mm round tapered leg, $7.15. ● **Cabot's:** Stain and Varnish, $22.25/250ml. ● **DATS Skip Bins:** Rubbish removal. ● **Stanley:** Hand tools. Shopping details: ● **Bunnings Warehouse:** Fiddle leaf fig tree, $80.30. Northcote moon pot in black, $51.98. Indoor glazed pot in graphite, $8.48. Cactus, $22.45. Euphorbia cactus, $12.28. ● **Castle and Things**: Cobalt Velvet Blue penny cushion. Big Apple paper sculpture, $69. Little Blue paper sculpture, $59. ● **Cotton On + Mark Tuckey:** MT Large bean bag in Soot, $69.95 each. MT velvet cushion in Caton, $34.95. MT Circus tassel cushion in Milk, $20. ● **Spotlight:** Mel contrast jute rug in Navy or Natural, $249 each.

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