

# *Living by the Season* review

Lesa Bell and Glenbo Craig

All I have been hearing lately is 'Have you read it?' 'You should, it's a peach of a book!'

Everywhere I look, this book is on tables and counters in shops, cafés, fitness centres, little nooks and offices. People can be seen dipping into the sample copies and visibly salivating.

Written by self-confessed 'food addict', Lesa Bell, and 'registered opportunist', Glenbo Craig, *Living by the Season* (in its first edition) is jam-packed with info about food grown locally in the Gympie region.

I wondered: wouldn't that narrow the field?

Not according to Lyndon Davis, a Kabi Kabi community leader – the Gympie region includes mountains, rainforest, river mouths, sand dunes, swamp and flood plains – and all can yield edibles.

Because the region contains temperate and subtropical zones, potentially there is an immense range of food that can be grown and harvested right here.

The region has historically been known as a bean, banana, corn, pineapple and pumpkin growing region. But the picture is severely limiting as the book shows – in morsels of text and through abundant illustrations.

Would you know what to do with feijoas, wax jambu, cassava, daikons or grumichama cherries? You will now.

Most pages have recipes for the crops – ranging from bunya pesto to '80s avocado fool' and from beef jerky to strawberry cream liqueur crepes.

Designed, photographed and overseen by Glenbo Craig and edited and researched by Lesa Bell – the book is a sweet feast for the eyes and funny bone.

Puns abound and so do puzzles if you 'dig deep'. Can you find Pika Chu anywhere? Why is there a random picture of celery in the index? Why can't we use words to describe food like 'orgasmic' or 'a party in your mouth'?

But on a serious note: the project here is to encourage people to decrease food miles and 'get local'. Go to the growers' markets or plant your own because it tastes better and the 'time is ripe'.

This is a book that will be savoured and I am not 'taking the pith' here. Grab one, experiment with our culinary abundance ...