



Our homes, our communities, your Quilpie Shire Council.

Your Outback Adventure.

## MAYOR'S MESSAGE

### Promising Times Ahead?

I am not one to count my chickens too early but there are some really promising signs that, finally, the slow decline in our economic environment and, due to that, the decline in our population may have come to an end and we are now seeing an economic resurgence. There would be no arguments that rural Australia has been in decline since, probably, the eighties (or possibly earlier). We have seen properties amalgamated, homesteads become vacant, town businesses close and a consistent leaking of population away from the bush.

Council has always had an overarching goal to arrest this decline and so many things we do is really about trying to achieve this but it can be an incredibly slow process and, in fact, not actually be successful at all. Of course, councils can't achieve macro changes on their own and you need other influences to work in your favour but you can try and create an environment where the community can prosper if the right external factors are present. We just may be at that point in time.

In the last decade we have tried to be positive at all times. This

means when you are at the decision point of major projects – i.e. new works depot, Eromanga Natural History Museum – we generally went with the positive option – just do it! There is always some risk but, so far, most things have worked out. A couple of projects that didn't were the geothermal power plant and Wellspring. In these cases we felt the risk outweighed the potential return so we didn't go forward. I think those decisions have been proven correct.

We have tried to encourage and support our businesses at every opportunity because it is our businesses that drive our economy. Programs like our exclusion fence and shopfront subsidies are probably unique to the Quilpie Shire. I don't know of any other shires that are directly subsidising, from our own source revenue, business enhancement programs like these.

While this positive approach is incredibly important you can't drive macroeconomic improvement on your own – you need the bigger picture environment to change and I believe that is what we are seeing taking place now. Covid has definitely changed people's priorities and perceptions in many ways but, in particular, the pref-

erence for city living. As Covid was declining, increasing cost of living, cost of housing and crime rates started to intensify the change in people's perceptions in where they want to live and what they want out of life. A mini boom in our rural sector (may be over for a while now) and solid improvement in our tourism and resource industries has contributed to the formation of an economic landscape that is attracting people to seriously consider moving to places like Quilpie.

Critically, council has been proactive in the housing space, moving eight new homes into Quilpie and four in to Eromanga over the last few years. We are building six townhouses in Quilpie in the next year and planning for potentially more townhouses and/or houses. There is a real shortage of housing to buy or rent in Quilpie at the moment and this is a blockage for those who do wish to move here. We are expecting a builder family to set up their business in town early in 2024, joining many other people who have moved or are planning to. This is what is so exciting!

In the years of economic decline town businesses have been historically difficult to sell at anywhere near their true value.



## MAYOR'S MESSAGE (CONT.)

A long-term, successful business has recently sold and the really encouraging aspect is that there was genuine interest at good sale levels from at least three would be purchasers. The broker who listed the sale noted that there was great interest and claimed that Quilpie seemed to have something "good" going compared to other towns in regional Queensland. This is a great

development as one of the critical components of a thriving economy is the "liquidity" of assets. In other words, if you buy, build or develop an asset, whether it's a house or business, you need to have confidence that you can sell it relatively easily and get your money back or, ideally, make a capital gain.

It is early days but there are certainly some encouraging signs that our local economy may just

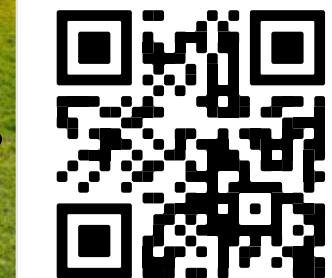
be starting to go through one of those transformational periods we only see every thirty or forty years. If so, it will bolster our population and provide the positive and attractive environment required to set this community up for the next generation!



Kind Regards,  
Stuart Mackenzie  
Mayor

# Quilpie Show Feedback Survey

Have your say for 2024!



*Complete the survey online!*



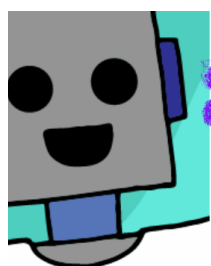


## Wriggle & Rhyme

Join us at Quilpie Shire Library for stories, songs and play every Tuesday at 10:30

Contact Quilpie Library on 4656 0550 for more information

First 5 Forever is a family literacy program funded by State Library of Queensland in partnership with the Queensland Government for children 0-5.

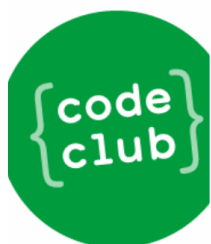


## CODE CLUB @ Quilpie Library

At Code Club you'll learn how to program games & animations. You'll put your coding skills into practice with various robots on loan to Quilpie Library from the State Library of Queensland.

When? Every Thursday 3.30 to 4.30 PM  
in Term 4 (starts October 5)  
Who? Ages 8 to 12

To sign up or for more information, contact Annie-Jo on 4656 0550 or pop into the library during opening hours



## INVITE FOR TENDERS



### Eromanga Swimming Pool Construction

OPENS 14/09/2023

CLOSES 2:00PM 11/10/2023

Quilpie Shire Council invites tenders from suitably qualified suppliers for the construction of the new Eromanga Swimming Pool.

FOR MORE INFO, HEAD TO:  
[QUILPIE.QLD.GOV.AU/TENDER-AND-QUOTES/](https://quilpie.qld.gov.au/tender-and-quotes/)

TO SUBMIT AN APPLICATION HEAD TO:  
[TINYURL.COM/QUILPOOL](https://tinyurl.com/quilpool)



7-15 October 2023



Awareness



Belonging



Connection

## GET THE MOST OUT OF YOUR VEG

NATIONAL NUTRITION WEEK  
16 - 22 OCTOBER, 2022

[TRYFOR5.ORG.AU](https://tryfor5.org.au)





## 2023 RURAL MANAGEMENT CHALLENGE

The Quilpie Shire Council is proud to announce its participation in the upcoming Rural Management Challenge, a dynamic and immersive development program designed to enhance team skills and provide real-world problem-solving experiences. This initiative, modelled after the successful Australasian Management Challenge, will see a diverse team of four individuals representing Quilpie Shire Council competing against other regional teams.

The Rural Management Challenge

offers a unique platform for participants to navigate a series of tasks that mirror the diverse range of responsibilities managed by the council on a day-to-day basis. These tasks can often stretch beyond the participants' usual roles, fostering a deeper appreciation for the multifaceted nature of council operations and encouraging cross-functional collaboration.

Council's team is named the Red Dirt Renegades, in honour of the Shire's red tinged soil. The Renegades have stated that "Participating in the Rural Management Challenge is an opportunity for our team to strengthen our communi-

cation, negotiation, and time-management skills within a supportive and enjoyable environment. Through this experience, we will not only gain valuable insights into the diverse aspects of council management but also forge stronger bonds that will contribute to our collective success."

The benefits of the challenge extend beyond the competition day, with participants returning to their roles at Quilpie Shire Council with enhanced skills, a broader understanding of council functions, and a renewed commitment to excellence in their work.

# RURAL MANAGEMENT CHALLENGE





**10/16yrs**

**QUILPIE SHIRE COUNCIL**  
**YOUTH**  
**ACTIVITIES**

**CWA HALL**  
17 BROLGA ST

**INDOOR & OUTDOOR ACTIVITIES**  
WEDNESDAYS 3:15PM - 4:45PM  
AFTERNOON TEA PROVIDED

CONTACT : MICHELLE DONOHUE  
MOB 0427 243 055

Sessions will not be held during School Holidays



**5/9yrs**

**QUILPIE SHIRE COUNCIL**  
**AFTERSCHOOL**  
**CRAFT**  
**ACTIVITIES**

**CWA Hall**  
17 Brolga St

COME AND HAVE SOME FUN AND BE CREATIVE  
MONDAYS 3:30PM - 4:30PM  
FRUIT SNACK PROVIDED

CONTACT: MICHELLE DONOHUE  
MOB 0427 243 055

Sessions will not be held during School Holidays





**It's the fastest, safest, most efficient way to get the help you need.**

Always call **Triple Zero (000)** if someone is seriously injured or in need of urgent medical help, even if you know the first responder in your area.

Calling **Triple Zero (000)** helps us get you the best and most appropriate care. If it's not an emergency, you can phone 13 HEALTH (13 43 25 84) and talk to a registered nurse for qualified health advice.

 **Queensland Government**

YOU'RE INVITED TO THE

**2023**

**BULLOO BUSH**

**BALL**

**SEPTEMBER 30TH, 2023**

6.00 PM - 12.00 AM  
QUILPIE SHIRE HALL

BEER & WINE INCLUDED  
WOODFIRED PIZZA  
LIVE AUCTION  
CASH BAR FOR SPIRITS  
BLACK TIE ATTIRE  
18+ EVENT

WITH LIVE MUSIC BY  
*Radio Club Band*

Raising funds for  
 **DROUGHT ANGELS**



## Council Meeting Wrap Up



The Unconfirmed Minutes of the Ordinary Council meeting held on Tuesday the 19th of September 2023 are available in full on Council's website: <https://quilpie.qld.gov.au/council-meetings/>

### ORDINARY MEETING OF COUNCIL, HELD 19 SEPTEMBER, 2023:

- Council extended its condolences to the families of Chubb Hennessy, Amy Costello, Eva Douglas and George Turner.
- The Minutes of the Council Meeting held on 15 August 2023 were received and the recommendations therein were adopted.
- Council resolved to make a \$500 cash contribution to St Finbarr's Myster Holiday fund raising raffle.
- Supported an application to the Queensland Remembers Grants Program – Round 3, Community Grants Program for \$50,000 ex GST for the upgrade of RSL Park in accordance with the Brolga Street Masterplan recommendation and commits \$32,000 towards the total cost of the project, comprising of cash and in-kind contributions.
- Approved a \$1000 cash contribution to assist All About Aquatics Halloween Disco and Movie night.
- Council received the Monthly Finance Report for the period ending 31 August 2023.
- Council received and noted the audited Financial Statements for 2022/23.
- Approved a second request to supply staff housing to the Mulga Mates Early Learning Centre.
- Council adopted a change to the Homeowner grant policy to include a Queensland Government Owner-builder cost summary annexure as a means to define the value of a relocated home, and applicable procedure change to accommodate.
- Council issued a decision notice to the applicant approving the Development Application for a Material Change of Use to establish a "Warehouse" (Rural Storage) and "Animal Keeping" (Temporary Spelling Yards and Horse Stables) on land situated at Diamantina Development Road, Quilpie, formally described as Lot 14 on SP273738, subject to conditions.
- Endorsed the 2023 Shop Local Campaign to the total prize pool (in vouchers) provided by Quilpie Shire Council to be \$3000.
- Council wrote off \$1,714.24 of outstanding rates and interest on assessment 0084591500-000.
- The Proposal from The Tourism Group (TTG) for the Quilpie Shire Council to partner with the group and two other Councils – Balonne and Paroo – in the South West Region to create a regional car hire service was accepted.



## YOUR COUNCILLORS



Cr Stuart Mackenzie  
Mayor  
P: 4656 4771  
M: 0429 069 314  
E: [mayor@quilpie.qld.gov.au](mailto:mayor@quilpie.qld.gov.au)



Cr Jenny Hewson  
Deputy Mayor  
P: 4656 1311  
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E: [jhewson@quilpie.qld.gov.au](mailto:jhewson@quilpie.qld.gov.au)



Cr Roger Volz  
Portfolios - Arts, Culture & Tourism  
M: 0428 561 468  
E: [rvolz@quilpie.qld.gov.au](mailto:rvolz@quilpie.qld.gov.au)




Cr Bruce Paulsen  
Portfolios - Sport, Recreation & Youth  
P: 4656 1421  
M: 0476 166 378  
E: [bpaulsen@quilpie.qld.gov.au](mailto:bpaulsen@quilpie.qld.gov.au)



Cr Lyn Barnes  
Portfolios - Business Development  
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E: [lbarnes@quilpie.qld.gov.au](mailto:lbarnes@quilpie.qld.gov.au)



**Follow us on Facebook to keep up with Council activity!**



**RATES ARE DUE @  
5PM FRIDAY 29  
SEPTEMBER**

pay now to ensure you are  
eligible for discounted  
rates!

[https://quilpie.qld.gov.au/  
quilpie-services/make-  
payment/](https://quilpie.qld.gov.au/quilpie-services/make-payment/)



# SO YOU WANT TO BE A COUNCILLOR?

Represent your community by nominating  
in the 2024 Local Government elections.

[statedevelopment.qld.gov.au](https://statedevelopment.qld.gov.au)

TAKE THE  
90-MINUTE  
ONLINE TRAINING  
COURSE NOW





## Bring Your Device & Learn a New Digital Skill!

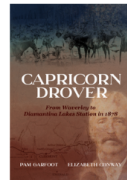
Where? Quilpie Shire Library  
When? Tuesday October 17, 10-11 AM

Join this free session for tips & tricks on using your tablet, phone or computer. If you have a question about your phone, tablet or computer, get friendly help to improve your technology skills.

For more information contact  
Quilpie Shire Library on 4656 0550.



## New Books at the Library!



*Capricorn Drover* is the true story of a trek across Western Queensland in 1878 through the eyes of an ordinary drover, Edward Talbot.



Perfect for the beginning sewer, *Sew It Yourself* helps you create patterns for simple garments & accessories tailored to suit your measurements.



Make use of your slow cooker all year around with everyday, healthy recipes from the Australian Women's Weekly test kitchen.



Learn how to grow, dry and arrange over 50 species of native Australian flowers with insight from experienced florists.

Quilpie Shire Library is open Monday to Friday 10:00am to 4:30pm. You can also reserve these titles on the QLDLibraries App or by calling the library on 4656 0550.

# FREE JEWELLERY WORKSHOPS

In this class you can create and design your own pair of silver earrings and a gorgeous pendant



**Quilpie Shire Hall:**  
Saturday,  
21 October  
**Class 1 - 9.00am**  
**Class 2 - 2.30pm**

**Eromanga Hall:**  
Sunday,  
22 October,  
10am

Places are **strictly limited** & are available to people aged **16 years +**

**To secure your place, email:**  
[kelly.harms@health.qld.gov.au](mailto:kelly.harms@health.qld.gov.au)





## Engineering Works Update



Eromanga and Quilpie are witnessing significant developments this month. From playground renovations to roadworks and housing projects, the engineering Services department is hard at work

In Eromanga, Opalopolis Park is undergoing a transformation with the construction of a new playground. The old playground has been demolished to make way for this exciting addition, providing a modern and safe space for families while reflecting the town's ancient natural history.

Infrastructure upgrades are taking place at the Grey Range on the Diamantina Developmental Road, with all grader gang works now finished. The concrete crew is back at the Grey Range, working on concrete headwalls, margins, and rock protection, improving road infrastructure.

Efforts are underway to expedite work at the Grey Range site, with lobbying aimed at ensuring timely completion.

Meanwhile, in Quilpie, multiple infrastructure projects are in progress. The Quilpie truck park and the area adjacent to Mural Park are being sealed, enhancing parking spaces for large trucks.

Several housing projects are underway:

4 Bedroom Boobook Place: The garage and front fence are pending completion.

5 Bedroom Boobook Place: Pending tasks include the garage, shed, fencing, turf, and gardens.

4 Bedroom Dukamurra Street: Work continues on paving and the front fence.

5 Bedroom Jabiru Street: Ongoing tasks include some fencing, turf, garage, and paving work.

Additional developments include:

- The median strip upgrade in Brolga Street, which is nearing completion, enhancing the area's appearance.
- Most staff in the region have completed a two-day Mental Health First Aid training program, contributing to their overall well-being.
- Equipment upgrades, such as the replacement engine for the new Caterpillar Grader, are underway, with no cost to the council.
- Completion of flood damage works on several roads, but challenges with water availability for roadworks is causing delays in some projects.
- Planning is underway to complete the water main renewals in Quarrion Street between Buln Buln and Gyrica Streets.
- Works have commenced on

the TIDS project on the Quilpie Adavale Red Road at the northern end of Beltram Park Road.

- Service Stream began under-road boring of lines for the NBN installation. They are also storing some equipment in the Council depot for security reasons.
- Keeroongooloo Road Grid has been completed.

Council uses Facebook to update the community on road conditions, local events, service disruptions and more. If you are not a Facebook user, you can still see the information without being logged in. Just head to:

[www.facebook.com/CouncilQuilpieShire](https://www.facebook.com/CouncilQuilpieShire)

You can also see the state-wide road condition reports by clicking on the Emergency Event Dashboard on Council's web page:

<https://quilpie.qld.gov.au/>



## AUXILIARY FIREFIGHTER

SOUTH WEST REGION  
INFORMATION KIT

### APPLY NOW

Charleville Area Ph: 4656 5832  
QFES.QLD.GOV.AU

ALL IN.  
ALL FRONTS.



## DRIVEN TO LEND A HAND IN TIMES OF CRISIS?

### WHAT IS AN AUXILIARY FIREFIGHTER?

Auxiliary Firefighters are casual, station-based firefighters who respond to emergency situations when the demand arises. As a member of the QFES team, you will be an integral part of the front-line emergency and disaster response in Queensland. Whether you're called to help handle a bushfire emergency, or to assist in recovery after a major flooding event, your role is crucial to protecting Queensland's people, property and environment from harm. You'll have the opportunity to give back to your community and earn a respected place amongst your peers.

### WHAT WE EXPECT

The role of Auxiliary Firefighter requires outstanding physical, mental and emotional strength

In responding to an emergency, your job may require:

- periods of intense and sustained physical activity
- work in confined spaces and with poor visibility
- hot and humid working environments
- wearing of breathing apparatus and protective clothing
- challenging situations, including dealing with casualties, both injured and deceased

### PREREQUISITES

Before you apply to become a QFES Auxiliary Firefighter, you MUST meet the following criteria:

- Manual C class driver licence held for at least 1 year OR manual medium rigid driver licence
- Minimum of 18 years of age at the commencement of paid employment
- Australian/New Zealand citizen or permanent residence status
- Employer's written consent to attend incidents and emergencies

To be considered for a role, you must live and work within a reasonable distance to an Auxiliary Fire Station to ensure compliance with response time targets. Auxiliary stations are at different locations to Urban Fire Stations, and Auxiliary positions are limited.

RESPECT - INTEGRITY - COURAGE - LOYALTY - TRUST



RESPECT - INTEGRITY - COURAGE - LOYALTY - TRUST



## Seniors Legal & Support Service

### How can we help?

ADA Law's Seniors Legal & Support Service provides free advocacy and legal services for older people at risk of or concerned about elder abuse including financial matters.

Our outreach service can help older people with:

- conflicts with family and friends
- family agreements
- family or friends using money
- how they are taken care of at home.

### What can we do?

Our Seniors Legal & Support Service team can provide:

- information, legal advice and support regarding concerns about money, family property, and care arrangements
- information on future planning documents and your legal rights
- referrals to other legal, consumer and support services
- representation before tribunals.

We also provide information sessions for community groups and organisations on rights in decision making and elder abuse awareness and prevention.

### Who are we?

Our Seniors Legal & Support Service is part of ADA Australia, an advocacy organisation and registered Queensland Community Legal Service (ADA Law).

### How do we work?

Our Seniors Legal & Support Service team consists of a solicitor and a social worker, who will be your first point of contact. We will work hand in hand with a client until the matter is resolved. Support can be provided via phone and video link but we will also make in-person visits where possible.

### What are we unable to assist with?

ADA Law's Seniors Legal & Support Service does not provide legal support for criminal matters or general civil matters such as neighbourhood disputes or injury claims. However, we will refer people to the right legal support.

### Where can we help?



## KEEP QUILPIE CLEAN SECURE YOUR LOAD



FREECALL: 1800 232 529 (1800 ADA LAW) e: info@adalaw.com.au

If you require an interpreter please phone: 131 450



www.adalaw.com.au

RESPECT | COMMUNICATION | FUN & HUMOUR | PRIDE | TRUST | TEAMWORK





YOU ARE INVITED TO ATTEND

# **COMBINED SCHOOLS EXHIBITION OPENING**

**QUILPIE SHIRE GALLERY**   
**TUESDAY 10TH OCTOBER 2023,**  
**11AM - 12PM**

**COME ALONG AND SEE ALL THE  
BEAUTIFUL ARTWORK ON DISPLAY  
FROM ALL THE CHILDREN OF THE  
QUILPIE SHIRE.**



**CAKE, FRUIT & CORDIAL PROVIDED**

**FOR MORE INFORMATION CONTACT:  
46 560 540 OR [TOURISM@QUILPIE.QLD.GOV.AU](mailto:TOURISM@QUILPIE.QLD.GOV.AU)**



**QUILPIE SHIRE**  
YOUR OUTBACK ADVENTURE





**QUILPIE SHIRE COUNCIL**  
YOUTH CENTRE at CWA HALL  
10 - 16 Years



**WEDNESDAYS 3.15 - 4.15pm**  
**AFTERNOON TEA**  
**INDOOR AND OUTDOOR GAMES**

**Contact: Michelle Donohue Mob 0427 243 055**  
Sessions will not be held during School Holidays

**QUILPIE SHIRE COUNCIL**  
AFTERSCHOOL CRAFT ACTIVITIES at CWA HALL  
5 - 9 Years



**MONDAYS 3.30 - 4.30pm**  
**Fruit Snack Provided**  
**CRAFTS AND FUN**

**Contact: Michelle Donohue Mob 0427 243 055**  
Sessions will not be held during School Holidays

# REMINDER

Animal registrations renewal for the period of  
1st October 2023 to 30th September 2024  
will be sent out in the coming weeks.

If you have an unregistered animal please contact us to  
organise registration.

If you no longer have your registered animal, please  
contact us so we can amend our records.

If you have any queries please contact Councils  
Administration office on 07 46560500.





Please join us  
at the

# QUILPIE WOMEN'S BREAKFAST

## Guest Speakers:

### Rebecca Bradshaw -

Winner of the 2022 Queensland AgriFutures  
Rural Women's Award, Founder of Rural Child Health

### Sharene Duncan -

South West Hospital & Health Service  
Perinatal Wellbeing Team Clinical Nurse Consultant

**When:** Wednesday, 18 October at 6.30am

**Where:** The Brick Hotel, Quilpie

**Cost:** FREE

**RSVP:** By 16 October at  
<https://www.trybooking.com/CLMVQ>



## Quilpie Shire Council Presents

*Dirty Fame*  
*Flash Candles*  
CLUB



Calling all Dirty Dancing devotees and Footloose fanatics! A wild, new 80s inspired cabaret-style comedy quasi-musical with dance routines and strange rituals is set to take Quilpie by storm

**Quilpie Shire Hall**

**Friday 20 October 2023**

**Show Starts 7:00pm**

**Lucky Door**

**Prize**

**for the best  
80's Outfit**

Free  
Entry

BYO  
DRINKS  
& NIBBLES

**Book your FREE  
ticket now**



<https://tickets.outbacktickets.com.au/outlet/event/5c66fe0d-787a-403e-977e-a05d7659a01c>

# South West Hospital and Health Service

## Do you need a Dental Appointment?

Please give us call for an appointment or to be placed on our wait list.

Appointments can be made for dental emergencies and check ups.

We provide full dental services throughout the South West Hospital and Health Service district.

To be eligible you will need one of the following:

- Health Care Card
- Pension Concession Card
- Commonwealth Seniors Health Card
- Queensland Seniors Card or a Veterans Affairs Card

**Call us on 1300 215 659 or 07 4621 2280**

South West Oral Health Service





# nbn® construction commencing soon

Service Stream is working on behalf of **nbn®** to help improve Australia's digital backbone in your area, by rolling out more fibre deeper into the **nbn®** network. This project is supported with funding from the Australian Government.



**ServiceStream**

## What's involved?

Service Stream will commence work in your street shortly. This may include:

- Installing cable through new and existing underground pipes or on existing overhead poles
- Digging and/or drilling on public property such as under footpaths or on nature strips
- Installing pits, similar to the telecommunication pits you may already see in your area

## Standard hours of work:

- Monday to Friday: 7am - 5pm
- Saturday: 7am - 1pm

\*hours may vary, if so, further information will be communicated

Thank you for your patience, please take care when near a construction zone and always follow pedestrian and traffic management instructions.

## How will this affect you?

Whilst all care will be taken to minimise disruption during construction, please be aware:

- There may be temporary footpath and/or road closures
- Temporary noise and dust associated with the work
- Limited street parking, where possible please park your vehicle(s) in private driveways
- We expect there will be no impact to your existing telecommunications network while work is being carried out.

Service Stream will take all reasonable steps to ensure that the land is restored to a condition similar to before the works began. Temporary restoration will be undertaken daily to keep work areas safe and final restoration will be done as soon as practicable after work is completed.

## Have you confirmed your detail with us?

To register your interest, provide your details or if you have an enquiry, please:

- Scan the code below
- Call 1800 716 226 or
- Email us on [enquiries.telco@servicestream.com.au](mailto:enquiries.telco@servicestream.com.au)



Construction partner of



For more information on the current rollout, visit: [nbn.com.au/areaconstruction](http://nbn.com.au/areaconstruction)

**nbn®** is upgrading infrastructure and providing more fibre connections to millions of homes and businesses across Australia to help them enjoy faster and more reliable **nbn®** connectivity.



## Spring Produce Guide

*What's in Season - September to November*



### FRUIT

|             |              |
|-------------|--------------|
| apples      | nectarines   |
| avocado     | peaches      |
| bananas     | pears        |
| blueberries | pineapples   |
| grapes      | raspberries  |
| kiwifruit   | rockmelon    |
| mandarins   | strawberries |
| mangoes     | watermelon   |

### VEGETABLES

|             |           |            |
|-------------|-----------|------------|
| artichokes  | eggplant  | peas       |
| asparagus   | kale      | pumpkin    |
| broccoli    | leek      | potato     |
| cabbage     | mushrooms | spinach    |
| capsicum    | onion     | sweet corn |
| carrots     | parsnip   | tomatoes   |
| cauliflower | radish    | swede      |
| cucumbers   | rhubarb   | zucchini   |

### HERBS

|           |
|-----------|
| basil     |
| chives    |
| coriander |
| dill      |
| garlic    |
| ginger    |
| parsley   |
| rosemary  |



## Eggplant Lasagne

**Serves:** 8

**Prep time:** 20 minutes

**Cook time:** 15-20 minutes

 2 serves per portion

### Ingredients

2 eggplants, sliced into thin circles  
1 tablespoon olive oil  
1 onion, finely diced  
2 garlic cloves, finely diced  
400g can diced tomatoes  
1 zucchini, grated  
2 teaspoons balsamic vinegar  
Cracked black pepper  
300g ricotta cheese, reduced fat  
1 teaspoon nutmeg  
½ cup basil leaves, finely chopped  
Olive oil spray  
½ cup grated cheese, reduced fat

### Method

PREHEAT oven to 180°C (160°C fan forced).

HEAT oil in saucepan over medium heat, add onion, cook until golden, then add garlic and stir.

ADD tomatoes and zucchini, bring to the boil and reduce heat to low, simmer for 10 minutes.

STIR in balsamic vinegar and pepper.

COMBINE ricotta, nutmeg and basil in a small bowl.

GREASE a medium sized baking tray with olive oil spray and arrange the eggplant rounds into a thin layer. Top with some of the tomato mixture. Keep layering the eggplant and tomato mixture.

TOP with ricotta mixture and sprinkle with cheese.

BAKE in oven for 40 minutes or until golden brown on top.



Everyday Food

*Recipe courtesy of the Rhonda Walton, Tully Branch*

OLD COUNTRY WOMEN'S ASSOCIATION  
**COUNTRY**  
*Kitchens*  
Recipe for good health



**health +**  
**wellbeing**  
Queensland



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