

**Ecovillage Design Education Intensive: 4 month Residential at Crystal Waters  
2008: The One Mile Food Challenge June 2008** *by Max Lindegger*



During the last month of our 4 month EDE (Ecovillage Design Education) one of our students, Hye-Jung, decided to attempt a "One Mile Diet" to see what life without a lot of imported food would look like. Hye-Jung comes from Korea and here at Crystal Waters in the South East of the state of Queensland, it is difficult to grow rice which would traditionally form a substantial part of her diet.

Considerable adjustments were necessary. All of the students had been planting and caring for a fairly large vegetable garden on about 110m<sup>2</sup> area and during June (our winter) there is a good variety of food to be harvested. We are also milking a cow and there was plenty of milk. She refused to eat Yoghurt as the starter is imported from beyond the mile limit but she made a soft cheese with the help of some lime juice.



The choice of fruit from our organic orchard is not too bad this time of the year with oranges, mandarines, pomelos as well as Brazilian cherries and loquats being available with plenty of pecan nuts. We keep bees and they provided the sweetener. Mushrooms are also grown, which add something extra. Sadly our olive trees are not mature enough and so Hye-Jung allowed for some imported olive oil. One protein source was meat from our

own, grass feed cattle. She even tried some wild food like "cobblers peg tea" and blue top.



Hye-Jung "survived" the week with ease, but she did look forward to some yoghurt, her rice and the homemade "muesli." This exercise was not only a valuable experience for Hye-Jung but also for her fellow students and all of us involved with the course. Hye

Jung's blog can be found here

[http://www.ohmynews.com/NWS\\_Web/view/at\\_pg.aspx?CNTN\\_CD=A0000933250&PAGE\\_CD=](http://www.ohmynews.com/NWS_Web/view/at_pg.aspx?CNTN_CD=A0000933250&PAGE_CD=)

Ecological Solutions P/L will be offering a similar course in 2009 with a strong focus on sustainability, localised action and design. For more information have a look at our website [www.ecologicalsolutions.com.au](http://www.ecologicalsolutions.com.au)