



## Weeds on the menu in the home garden

**DIANNE MATSSON**  
FOOD WRITER

DESIGNER weeds are being cultivated alongside garden herbs and vegetables to add some spice to fancy dishes.

Magill Estate chef Emma Shearer is helping Edon Abbot, 11, and her mum, Marge, forage for unusual foods in backyard gardens.

Chickweed, dandelions, pretty three-corner leeks (or wild garlic), which look like snowdrops, violet and nasturtium flowers and leaves, mallow, stinging nettles and milk thistle command respect in the Abbot family's backyard.

The family, the operators of AMJ Produce, has access to abundant leafy greens, but love the sense of adventure in foraging in their otherwise manicured Glenunga yard. "It's fun - and some of these weeds

are really hot items right now," explained Ms Abbot.

She regularly supplies baby weeds and wild greens - including nettles, chickweed and purslane - to various restaurants around Adelaide.

Ms Shearer is helping the Abbots identify the best garden "produce", using foraging experience gained at the Magill Estate fine dining restaurant, due to reopen in 2013 following renovations.

Ms Abbot said: "It's incredible how many weeds we usually pull and dump can actually go into summer dishes for lovely new flavours."

Her research also shows most of these weeds carry significant health benefits. "Make sure no fertiliser or spray has been used in the area and check online to make sure they are edible."

For more details, go to the website [www.iewf.org](http://www.iewf.org)

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ON WEDNESDAYS

**WILD FLAVOUR:** Edon Abbot, with edible weeds she has foraged from her Glenunga garden for use in the kitchen.

Picture: CALUM ROBERTSON

## Cost restructure to hit peak times

# Plan to slash power usage

HOUSEHOLDS could get bill discounts for cutting power use on hot days and win more control over their electricity data under a federal energy plan.

And new technology should be fast-tracked so consumers can cut bills further by allowing companies to switch off appliances remotely at peak times.

In its new Energy White Paper, the Government concedes that skyrocketing power bills must be tackled.

Part of a solution would be to change electricity pricing rules to drive a reduction in "peak" energy use, caused by air-conditioners and big TVs, so that expensive network upgrades can be deferred.

The release of the White Paper yesterday was almost derailed by serial anti-coal protesters who mocked and manhandled Energy Minister Martin Ferguson.



Dominic O'Dwyer and Fregmont Stokes, from the Quit Coal Group, infiltrated a business lunch in Melbourne where Mr Ferguson was speaking.

The White Paper points to the continued strength of coal in the short term, but says that within four decades most energy will be from gas and renewables.

On reducing people's bills, the paper strongly backs new types of tariffs that would offer customers cheaper power at certain times of the day or year but hit them with hefty charges at other periods.

States, except for Victoria, would need to deregulate retail pricing to allow this to happen.

Despite warnings from the Queensland and NSW governments that federal Labor's Energy White Paper would force up prices, Prime Minister Julia Gillard said she was confident of securing their support at a meeting of the Council of Australian Governments (COAG) next month.

Ms Gillard singled out over-investment in poles and wires and high dividend payments from power companies to state governments as areas that needed to be changed to cut energy prices.

Premier Jay Weatherill said any discussions about the deregulation of prices would be entered into only if they achieved lower electricity prices for South Australians.

- with Alexandra Economou

## ROADSIDE BOMB

### Aussie trio wounded

THREE Australian soldiers are in a satisfactory condition after being wounded in Afghanistan when their armoured truck hit a roadside bomb.

The soldiers from the 3rd Battalion, Royal Australian Regiment Task Group, were moving between bases when their Bushmaster hit the device on Tuesday. They were evacuated to Tarin Kowt with minor wounds, said Captain Michael Spruce, acting director-general of operations.

## FILTER PLAN DUMPED

### Child abuse sites blocked

THE world's worst child abuse websites will be blocked by internet providers under a plan that will see Labor formally dump its controversial 2007 election pledge to introduce a mandatory filter for all computers.

Communications Minister Stephen Conroy today will announce moves to require Australia's internet service providers to block already illegal child abuse websites which are on Interpol's "worst-of" list.

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