



News ...

from the Sun Country on the Murray Region

Keep Healthy This Winter With Hot Tips from the Sun Country on the Murray Producers

Winter is certainly here. There is nothing worse than planning a holiday and then coming down sick right before you head off. We want to make sure you keep in good health on your next trip to Sun Country on the Murray. Check out these ideas for super healthy products;

Add Garlic To Your Cooking

Keep those runny noses and sniffles away and boost your immune system with Premium Quality Australian Garlic. A visit to Katamatite Garlic's farm gate store will ensure that you are stocked with all your garlic needs this winter.

Katamatite Garlic's product is chemical free, organically grown with no chemical fertilizers, pesticides, herbicides or soil conditioners. Only when you see that garden are you able to appreciate that all the garlic is hand planted, harvested, cleaned and prepared. Take the extra time to wander the gardens or join the Katamatite Garlic team at one of their upcoming seminars.

This garden is a must see as you venture around Sun Country on the Murray this winter. The gardens are designed using permaculture principles and use natural organic methods that gradually improve the soil rather than deplete it.

One taste and you will be hooked. Enjoy samples of their unique range of garlic pickles, jellies, solar dried garlic flakes, garlic salts and seasonal jams and jellies.

Katamatite Garlic

Address: 1307 Chapel Road Katamatite
Phone: 0438 983 718
Email: info@katamatitegarlic.com.au
Web: www.katamatitegarlic.com.au
Open: Friday, Saturday, Sunday and public holidays 10am-4pm

YARRAWONGA • MULWALA • COBRAM • BAROOGA • NUMURKAH • NATHALIA • BARMAH

For more details visit www.suncountryonthemurray.com.au