

# OBI OBI essentials

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## November Bulletin 2013

As we are speeding towards the end of the year and all things Christmas, reflection is in the air! This has truly been a remarkable year and as always they include the people that we meet through this business. Sarah and I went to an evening in September at the highly respected establishment



in Buderim, “Hungry Feel” Chris and Larissa were celebrating the birthday of their business with a menu that highlighted their use of local ingredients, hence our attendance. The food was truly amazing, our olive leaf and lemon myrtle tea as part of the dessert was sublime. But what was just as satisfying was the conversation and company that made the evening even more unforgettable. Both Chris and Larissa are a great team who truly understands the human perspective and the important part that good food and wine plays to create memories. Thank you to you both!

What a big part rain plays on our wellbeing. Irrigation has become a vital part of my life over the last month and a half and so it was with great joy that I was able to go to sleep the other night to the sound of rain on our tin roof. The morning afterwards was beautiful in its freshness and it is incredible how quickly everything looks green and vibrant again.

Finally, the broad beans, snow peas, leeks, beetroot, kale and this round of lettuce have done us proud.

From our place to yours,  
Alexina.