



PHOTO: JAYLAN NAUMOVSKI
KOULA COURTOT WITH VOLUNTEER LILA NAUMOVSKI AND HER DAUGHTER JAYLAN

An organic approach to health

Two Sunbury women are making healthy, organically grown produce more widely available this spring, and they want to spread the word. September is Australian Organic Awareness month, which celebrates all things organic, including food, skincare, textiles, cleaning and garden products. Koula Courtot and Christie McIntosh run the Sunbury Organic Food Co-operative, a non-profit group that aims to make organic products available that might otherwise be too expensive. Produce is purchased in bulk directly from growers and wholesalers and members pack the produce themselves when it's delivered to Sunbury Community Health Centre. Each co-op member pays a small fee and volunteers, once every six weeks. Information: sunburycopenquines@gmail.com

Esther Lauaki