

# nourish

PLANT-BASED LIVING

## COMPOST for CLIMATE CHANGE

CAN REDUCING FOOD WASTE SAVE THE WORLD?

## SCENT-SATIONAL

THE ALLURE OF NATURAL FRAGRANCES

## tiny house GETAWAY

A WEEKEND STAY AT EDGAR'S MISSION

25+ VEGAN RECIPES

are plant-based pregnancies

SAFE?

EVERYTHING YOU NEED TO KNOW

# the WORLD'S HEALTHIEST DIET

THE RISE OF WHOLE FOOD PLANT-BASED

AUD \$12.95 NZD \$14.95  
VOLUME 7 • NO. 6 • 2019



VEGAN • HEALTH • FOOD • MIND • EARTH • STYLE • CULTURE

# the good stuff



### BOKASHI ONE COMPOSTING SYSTEM

The Bokashi One Kitchen Composting system is comprised of a Bokashi One Bucket and Bokashi One Mix which work together to eliminate the odours and unpleasantness associated with putrefaction and decay. It reduces the need for an outside compost pile, stores neatly under the kitchen sink, and can hold approximately 19 litres of food waste. The Bokashi One kitchen composting system is a convenient and hygienic process which uses food waste to produce a nourishing compost and rich juice which injects life and vitality into your garden.

A single bucket is \$98 or a full kit is \$196. Available at [www.biobagworld.com.au](http://www.biobagworld.com.au)



### BIOBAG KITCHEN CADDIE

The ventilated BioBag Kitchen Caddie is now used in almost 6 million households worldwide and is the most popular system around the globe for pre-sorting food waste intended for the compost bin. The fully ventilated Max Air 2 is an aerobic system that reduces the weight of organic food waste by around 20% after 4 days. With ventilation on all 6 sides maximising air flow, the system 'dries' the food waste and keeps it 'fresher', reducing both moisture and odours. The system can be used with a BioBag compostable liner and the lid can stand open making it convenient to dispose of scraps.

Starting from \$5.53. Available at [www.biobagworld.com.au](http://www.biobagworld.com.au)



### SALT BY HENDRIX AMAZONIAN CACAO CANDLE

Take your senses on a journey without leaving the comfort of your home with the Amazonian Cacao Candle from Salt By Hendrix. Enjoy the luxurious scent of cacao and coconut with hints of sweet citrus, an exotic and delectable blend that is also vegan and environmentally conscious. Made from 100% soy wax, natural essential oils and certified organic cacao, this hand-crafted, cruelty-free candle has 60 hours of burn time that is sure to lift your spirits.

\$39.95. Available at [www.theguild.cc](http://www.theguild.cc)



### ACURE SIMPLY SMOOTHING SHAMPOO AND CONDITIONER

Acure's delicious smelling, vegan-friendly and cruelty-free Simply Smoothing Shampoo and Conditioner will bring back the moisture and shine to dry, damaged hair. It is infused with marula oil and coconut water to help strengthen and protect your tresses, and is enriched with nourishing superfruit extracts including acai, rosehip and pomegranate to help restore your mane's natural softness and shine. The shampoo and conditioner will nourish your hair and help restore moisture, while protecting against drying and styling.

\$16.95 each. Available at [www.theguild.cc](http://www.theguild.cc)