



## Farmsafe Australia – Cookbook Participation

**Theme: Recipes for Averting Disaster**

**Due Date: August 2, 2022**

This year's Farm Safety Week was based on the theme 'Recipes for Averting Disaster' and focussed on many of the intangible risks and hazards that we face every day on Australian farms and how we can work to reduce these risks through raising awareness of them and discussing their impacts on our daily working lives.

We want to create a long-lasting Cookbook that would be a celebration of Australian agriculture and the incredible food and fibre that we produce. We know that farmers prefer to hear from other farmers about what they do on farm and this offers a unique opportunity for other farmers to share their produce, family traditions and safe practices. Each farmer involved is being asked to stop and reflect on the reason that safety needs to be at the core of each and every farm business here in Australia; *because without our people remaining safe and healthy, we wouldn't have food on our tables or clothes on our backs.*

**What we require from you:** We are seeking farming families from across Australia, from all different commodity sectors, who would like an opportunity to promote their farm and one safety tip, thought or innovative solution that they are employing to reduce farm safety risks and hazards on their properties.

*250 – 300 words - Paddock to plate story:* tell us about your farm business – where do you farm, what do you produce and why do you love what you do?

*200 words - Safety tip, thought or innovative solution.* Aligning your safety contribution with reducing the impact of intangible risks and hazards such as combatting fatigue or complacency, increasing mental and physical wellbeing, increasing child safety strategies, or managing labour shortages.

*One Traditional Family Recipe:* Send us a recipe that features your amazing Aussie produce, but please make sure it is *your* recipe. **We cannot reprint a recipe from another cookbook or magazine.**

*3 High Resolution Photos (must be 2MB or higher when saved as a jpeg)* – landscape shots of a beautiful spot on your property, a second photo of you working on farm or enjoying the farm with your family, and a third shot of either the final product of the recipe that you provide, the produce that you are featuring, or you and your family enjoying the 'fruits' of your labour.

If you would like to be involved, please email Blake Hillier on [bhillier@farmsafe.org.au](mailto:bhillier@farmsafe.org.au) by **2 August 2022**. Please also find below an example from our Chair, Felicity Richards.

**The end product:** Each farmer that takes part in 'Recipes for Averting Disaster' will be sent a final printed copy of the Cookbook when the printed version is launched at our Conference in September.

## EXAMPLE - Farmsafe Cookbook Submission

### 3 Hi-res Photos



### Recipe - Mark's magnificent (medium rare) steak and roast veg

Cut veg into equal sized pieces, roughly 2cm squared. Pumpkin, potato (choose a great one like dutch cream, as not all potatoes are created equal), sweet potatoes, carrot, swede, parsnip (basically any root vegetable that tickles your fancy)

Place on tray, toss with lots of olive oil, salt and pepper, garlic powder, and a pinch of fennel seeds. Roast at 200 degrees celsius for about 30 minutes or until crispy on the outside and soft on the inside.

Meanwhile, prepare steak. Our favourite cut of steak is scotch fillet, sliced into 25mm thickness  
Prep by coating with a little bit of olive oil and salt and pepper (can use other seasonings if you wish)  
Heat BBQ (using a gas weber in our case), turn on for five minutes, lid down, on high  
Before putting steak on, turn heat down to medium  
Put steak on for 10 seconds, turn over, put lid down, leave for 3 and half minutes, turn, another 3 and a half minutes, remove and allow to stand for five minutes before consuming

Serve steak and veg with steamed greens like broccolini or a leafy salad.

### Safety Tip - The blurred lines between work/family:

- I want my kids to relish their farm upbringing the way I did, but I need to rethink what that might look like. I don't want to take away their joy, and the challenges and risks that I know will make them into stronger, more resilient human beings, but I want to keep them from some of the hazards which we've come to realise are all too commonly the cause of child deaths on farms.
- Some small behaviours we are trying to model for them, such as always wearing a helmet on the horses or bikes; never run out to the vehicle until it's switched off and the driver actually gets out; teaching them to keep away from water. These are all small things we hope will ensure they get every benefit from growing up on a farm, but they stay safe doing so.
- In the mental health space, the blurred lines can get even more blurry! It's easy to bring work home, because work *is* home. You can be working, or thinking, or talking about work *all day long*. We need to recognise that part of staying safe on farm is protecting our mental health, and deciding where the boundaries are. It's a very personal decision and everyone will have their own preference for how much they let work into their family time, but I think we need to be honest with ourselves and think about the impact it has on ourselves and on our families if we don't draw a line somewhere.

## **Paddock to Plate Story**

Mark and I run 6000 head of beef cattle, mostly Angus, across three Tasmanian properties.

One of those properties is Dinjerra, an amalgamation of four soldier settlement farms created in the 1950s and 60s. My grandfather, Max Mason, served in the Navy in the Second World War. In 1964, after a two year battle with TB, he brought his family, including my father, to one of those soldier settlement farms. My father, in turn, pursued farming on the Island with my Mum, and together they grew the original property to the 4200 acres it is today. My husband Mark and I began managing the property in 2017.

Our second property is Thurso and is located close to Launceston in the Tamar Valley. Our third location is Mount Hicks, traditionally a dairy area but currently running around 600 head of our beef herd. We have only been farming there since May 2022.

We run beef cattle because we love them and they're well-suited to our environment. They are relatively low-input, which is important because it can be difficult to access labour, and we have to do a lot of remote management. Our three locations, while adding some logistical challenges, gives us some mitigation against risks such as drought and bushfire.

We have two permanent staff, and three casuals, as well as a range of contractors. We aim for a work environment that is safe, friendly, efficient and productive. We try to make sure the people we work with, and their families, know that they are valued and respected.

Farming is a balancing act: environment, people, livestock. Every day we have to juggle the demands of each, to ensure that we are producing the highest quality beef from healthy, stress-free animals, while looking after our people and protecting our environment. We don't always get it right. But we're having a crack!