

GET A LITTLE COSY FOR CHARITY

Food Writers New Zealand releases *Cosy*, a new e-cookbook raising money for charity

Food Writers New Zealand has released its first electronic cookbook. *Cosy* is filled with warming winter recipes for Kiwi cooks and all profits go to Meat the Need, a national charity with a goal to supply much needed meat to City Missions and Food Banks throughout New Zealand.

The e-cook book contains 40 hearty, family-friendly recipes from NZ's best food writers. Sarah Tuck shares her Stormy Night Carrot, Cumin & Coriander Soup, Nadia Lim her wintery Turmeric & Ginger Chicken Soup, while Lucy Corry's Malaysian Braised Pork Belly and Annabel Langbein's Chicken & Ginger Noodle Bowl are impressive at any time of the year.

The heart and soul behind the project, renowned food writer Kathy Paterson, shares her inspiration for the cookbook. "During Covid-19 lockdown it became apparent that people were looking for recipes, so I rallied the troops. The call went out for recipe contributions and within the day we had enough recipes for an e-cookbook," she says.

"With the increasing number of Kiwis in need of support and nourishment through City Missions and Food Banks, choosing new charity Meat the Need was a no-brainer," Paterson says.

Cosy is \$10 per download and available for purchase from June 8. For more information or to purchase your copy, go to Foodwriters.org.nz

SHAKESPEARE ONLINE

Things being released online for free has to be the silver lining of this whole quarantine business. If you're enjoying that hermit life

FREE

more than most and you have no plans to let zero active cases get in the way of you spending the rest of 2020 at home then you might like to get your culture fix through streaming Shakespeare's Globe's London 2019 production of *The Merry Wives of Windsor*. Director Elle While sets the rom-com in 1930s posh-boy Britain and you can watch the whole hilarious romp on Shakespeare's Globe YouTube channel this weekend.

Until tomorrow. Shakespeare's Globe YouTube channel.

Emma Bass

The stunning floral works of Emma Bass couldn't find more fitting walls to be hung on than those in the grand 1870s ballroom at historic Alberton. Part of the Auckland Festival of Photography 2020, *The Impossible Garden* is an exhibition of richly decorative floral still lifes examining the beauty of nature, blurring the boundaries between photography, painting and collage.

Today, tomorrow and Wed-Sun until July 26, 10.30am-4.30pm. Alberton, 100 Mt Albert Rd, Mt Albert. Exhibition entry is free, \$10 adult entry to view Alberton House.



CIRQUE LEMURIA

Here's a kooky story: an eclectic group of professional circus performers from around the world were sailing around the Pacific when they found themselves in Aotearoa for lockdown. Not a bad place to be stranded, if we do say so ourselves. The troupe, Cirque Lemuria are performing their family-friendly show, including aerial silks, chair stacking,

balancing acts, juggling, fire-spinning, hula hoops, bubble mastery, music, acrobats, clowns and more at Leigh Sawmill. Sounds like a lot of fun.

Tomorrow, 4pm-6pm. Leigh Sawmill, 142 Pakiri Rd, Leigh. Bookings advised, door sales from 3.30pm only. \$5 entry, koha for under-12s.



THE BREW

A "smart drink" that increases mental clarity and reduces mental fatigue with no added sugar or caffeine sounds alluring. Arepa is a 100 per cent natural plant-based fruit tonic made from anthocyanin-rich New Zealand blackcurrants, extracts of pine bark, and L-theanine — ingredients known as "nootropics", a buzzword for compounds that support cognitive function and neurological health. New Zealand blackcurrants and extracts of

pine bark are plants used in a growing area of scientific research and a recent clinical study suggests arepa can improve mental stamina in physically fatigued athletes. I tried Arepa Performance, a tart, fruity berry-flavoured beverage high in antioxidants and quite rich but delicious served chilled or over ice. Whether you're trying it for athletic performance, feeling calm or for general wellbeing, this elixir is a smart drink for the brain. drinkarepa.com — Monique Barden

MIKE