

issue 02 | \$free
please take one

heart

g

soul

*savour
the good
things
in life*

Enjoy a warm and
cosy winter in Norwood

close
to the
heart

the
**norwood
green.**
magazine

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*Welcome to the
winter edition
of heart&soul,
brought to you by the team
behind Norwood Green.*



We received such positive feedback to our first publication last summer we decided to issue a winter edition that celebrates life in Norwood as the days become shorter and the nights cooler. Winter is the time of year we retreat indoors. In some respects, winter arrived early as we were encouraged to stay home and help slow the spread of COVID-19. This edition of *heart&soul* celebrates home living.

At Norwood Green, it is fantastic to see the new heart of the inner east continuing to take shape. Construction of the Chapel and Appelbee townhouses is now well underway and we will shortly release the much anticipated Muller townhouses, which are the largest of the project. This month's opening of the new ALDI Supermarket is also a major project milestone that sees us moving another step closer to realising the vision for our Norwood Green master-planned community.

We hope you enjoy reading this edition of *heart&soul*.

Anthony Carrocci
Buildtec

Anthony Catinari
CatCorp

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on the cover

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retail milestone achieved

New ALDI
supermarket

Norwood Green will celebrate a major project milestone in June with multi-national retail giant ALDI opening its latest South Australian supermarket as part of the \$120m master-planned community being built at 76 Magill Road.

Norwood Green Project Director Daniel De Conno said it is great to see the ALDI supermarket brick façade 'blending into the Magill Road streetscape'.

"ALDI's façade was purposefully designed to complement the look of the neighbouring Norwood Green apartment buildings and to also pay homage to the Caroma factory that once stood on the site," Daniel said.


"We'll be making further tenancy announcements, including restaurants, cafés and shopping outlets, in coming months which we're excited to share with the Norwood community."

Norwood Green is a joint project by South Australian developers Buildtec Group and CatCorp and will see the former Caroma factory site on Magill Road become home to a vibrant new community offering retail shopping, open green spaces as well as residential apartments and townhouses.

Daniel said the project team has been so pleased with the progress of the first stage Appelbee and Chapel townhouses that they brought forward the market release of the next apartment stage, The Stephen Building, which consists of one, two and three bedroom residences.

“...home to a vibrant new community”

Public Piazza in
the Village Green



Appelbee townhouses

“sustainable features ... a lot of natural light”

Narissa, first home buyer

Wattle Park teacher Tracey Upton, 49, purchased an Appelbee townhouse and will be among the first residents moving into Norwood Green later this year.

Tracey said she was attracted to Norwood Green for a range of reasons including the design of her two bedroom, two bathroom townhouse which also boasts a spare room and multiple balconies.

The 'community feel of the development and the Buildtec Group name' were factors that also influenced Tracey's purchasing decision.

“What I am looking forward to most about living at Norwood Green is being so close to Norwood, which I love, and enjoying a beautifully designed and quality built home,” Tracey said.

Norwood Green's premium location in Adelaide's inner east was also a driving factor for 29-year-old writer and health coach Narissa Moeller.

Currently living Highbury, Narissa has purchased a second floor one bedroom apartment and is excited to 'have her very own place again and be closer to the city'.

“I lived in Norwood when I was a young girl and remember loving the area and not wanting to leave,” Narissa said.

“I love city-life, cafes, shops, parks, tennis courts so Norwood Green, and

particularly this location, ticked all of the boxes and reminded me of my old home.”

As a first home buyer, Narissa said the purchasing process to date has been 'really smooth'.

“The team at Norwood Green provided us with great information, as did their trusted finance brokers, to make the purchasing process a whole lot easier to understand,” Narissa said.

“I'd recommend Norwood Green to other first home buyers because it is a great area and the apartments are generally within the price range of people looking to enter the market.

“Norwood Green also has a holistic outlook; it incorporates sustainable features and has a lot of natural light which was really important to me.”

The next Norwood Green townhouse stage is scheduled for release to the market in the next few months and construction of the apartment building will commence later in 2020.

staying safe and moving forward

Developers **Buildtec Group** and **Catcorp** are committed to being responsible and agile in response to the challenges presented by COVID-19. **The Norwood Green Display Centre at 100 Magill**

Road is open from 10am-4pm daily and we are heeding all government advice and requirements. The current situation may be affecting the now but it won't stop Buildtec Group and CatCorp from planning for the future.

For further information contact Norwood Green Project Sales Manager **Sam McCarthy** by phoning **1300 757 710** or **0415 549 997** or emailing **sam@norwoodgreen.com.au**

time to savour

Winter is the perfect time to bunker down with comfort food that warms the body and soothes the soul. Chef Josh De Haas from Chopping Board Catering shares his recipe for a hearty coq au vin pie and parsnip puree.

to make the pie (serves 4)

Method: Part 1

Marinate:

- 5 Chicken Marylands (cut in half: leg and thigh)
- 100 millilitres olive oil
- 3 shallots (thinly sliced)
- 100 grams sliced pancetta
- 1 leek
- 2 carrots
- ½ bunch thyme
- 3 bay leaves
- ¼ bunch oregano
- 6 cloves garlic (thinly sliced)
- 1 star anise
- 1 cinnamon stick
- 1 litre of red wine
- 1 tablespoon black peppercorns
- 1 tablespoon salt
- 1 litre of chicken stock

1 Sauté herbs, vegetables, pancetta and spices in olive oil. Deglaze with red wine, bring to boil then simmer for 20 minutes. Pour mix over chicken and marinate for 24 hours.

2 Place chicken, vegetables, herbs and marinade in an oven tray and add chicken stock. Cover tray with foil and slowly braise at 150°C for 1 hour.

3 Remove meat from liquid. Let meat cool then shred from bones. Retain cooking liquid.

Method: Part 2

- Shredded chicken (from Part 1)
- 1 large brown onion ('brunoise' i.e. diced)
- 5 cloves roasted garlic
- 1 tablespoon rosemary
- 2 tablespoon oregano
- 200 grams flat pancetta (diced into small pieces)
- 500 grams button mushrooms (cut into quarters and pan-fried until caramelised)
- 1 cup sparkling shiraz
- 750 millilitres cooking liquid (from Part 1)
- 500 millilitres cream
- ½ bunch soft herbs (e.g. chives, parsley, tarragon)
- Salt and pepper to season (if required)

1 Add shredded chicken and deglaze with sparkling shiraz.

2 Add cooking liquid and cream. Simmer until sauce thickens. Tip: add a small amount of cornflour to thicken if needed. Season with salt and pepper and add soft herbs to finish.

3 Fill a dish with mixture and cover with puff pastry. Cook at 180 degrees for 15 – 18 minutes until golden brown.

to make the parsnip puree (serves 4)

- 800 grams cored and cleaned parsnips (boiled until soft)
- 150 grams chopped onions
- 125 grams unsalted butter
- 800 millilitres cream
- 2 teaspoons salt
- A pinch white pepper

1 Sauté onions and butter on low heat until the onions are tender. Add parsnip and cream. Bring to a gentle simmer and cook for 5 minutes.

2 Season with salt and pepper. Puree and then pass through a fine conical sieve ('chinoix'). Serve with pie.



Learn more about local Chopping Board Catering events, promotions and grazing box delivery at choppingboardcatering.com.au
0417 816 604





let's get takeaway!

Treat your in-house chef to a night off and support local businesses during COVID-19 with plenty of fantastic takeaway and delivery options right here on our doorstep.

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Parade Central, cnr George Street and the Parade, Norwood
Mon-Thurs 11-8:30 • Fri-Sat 11-9 • Sun 11-8:30

Grill'd Norwood serves up Healthy Burgers that use the freshest ingredients sourced locally from farmers and artisans. Easy parking off George Street for picking up takeaway, online and phone orders. Also available via delivery platforms Uber, Menulog and Deliveroo.

Indulgence Food Design

11 Union St, Stepney
Mon-Fri 9-5 • Sat 10-4 • Sun 11-2

Indulgence Food Design is offering a take home meal service with fresh and frozen meals available for \$20. Each meal generously feeds two people. Enjoy favourites like Butter Chicken, Lasagne, San Choi Bow, hearty soups plus daily specials. Pop in to collect. Delivery options also available.

Like to know
more about takeaway
and delivery options on
The Parade?

Visit theparadenorwood.com for info on local businesses you can support and follow your faves on social media for trading updates.

home meal options. Delivery Fridays and Saturdays. See Facebook and Instagram for specials and delivery zone.

Wholly Belly

24 Magill Road, Norwood
Tues-Fri 8-2
Fri 5:30-8:30 • Sat 9-1

Wholly Belly is a wood fired kitchen located in Norwood. Currently offering a range of delicious meals for breakfast, brunch, lunch and dinner plus weekly specials and take

pick of the bunch

A warm fire and a good glass of red are the perfect winter antidotes. Parade Cellars Fine Wine Manager Ash Sinclair recommends stocking up the cellar with these top local drops.

Thistledown 2018 'Sands of Time' Grenache [McLaren Vale]

Winner of the 2019 James Halliday Grenache Challenge, this Blewitt Springs single-vineyard wine is a great example of why this sub-region of McLaren Vale is building a legendary status. A world class Grenache showing great complexity and power hidden within its immediate drinkability – a 'fist in a velvet glove'. RRP \$80

Pair with: coq au vin pie and parsnip puree (see opposite)

CRFT 2017 Whisson Lake Pinot Noir [Adelaide Hills]

My favourite South Aussie Pinot of the last year, the CRFT team have moulded an intriguing and complex Pinot Noir. Signature Hills Pinot fruit characters are present, but in this instance they are supported with generous notes of mushroom and forest floor. RRP \$39

Cooke Brothers 2017 Northcott Vineyard Cabernet Sauvignon [Adelaide Hills]

The Cooke brothers' light winemaking fingerprints give way to the fruit telling the whole story here. Generous blackberry and bramble, supported by a moorish black olive tapenade, with the faintest hint of dark chocolate. RRP \$29

Gatch Wines 2018 'The Red' [Clare Valley, Adelaide Hills]

Finalist in this year's Young Gun of wine awards, Ansel Ashby is a rising star in South Australian winemaking. Generous black fruit, with a lifted aromatic nose, there's plenty of intrigue here all wrapped up in a full bodied but approachable crowd pleaser. RRP \$28

Spinifex 2018 Syrah [Barossa Valley, Eden Valley]

It's hard to pick just one stand-out from the Spinifex line up but this Syrah serves as good an example as any. Rich and full bodied as you'd expect from the region but with an elegance and poise one would expect from cooler climes. RRP \$30

where to buy?

**Parade Cellars
Norwood Place**

161-175 The Parade
8332 0317



creature comforts

Come in from the cold and get cosy with these winter home living ideas.



1 Vitra Organic Chair Sheepskin limited edition \$POA from Aura Objects / 2 Vitra Cork Family stool \$797 from Aura Objects / 3 Vitra Grand Repos wing chair [fabric or leather available] from \$10,828 from Aura Objects / 4 Bella & Grace Mongolian Lamb Cushions \$79 from House & Garden / 5 3.5 seater sofa \$3,600 from Outdoors on Parade / 6 Kitson 3pce Hug Mug Sets \$16.95 from House & Garden / 7 Madame Stoltz Patan Ottoman \$350 from Asser & Co / 8 In The Sac Linen Robe \$239 from Eccola / 9 Normann Copenhagen Shorebird \$55-\$95 from Twopairs / 10 Emu Australia Mayberry Women's Slippers \$65 from Twopairs / 11 Waverly Mills Recycled Wool Travel Rug \$199 from Eccola

design for life

Norwood Green Interior Designer Antonietta Sofia shares her insights on what makes a house a home and the easy decor updates you can make right now that are on trend and on budget.

q: What are the interior trends for 2020?

a: Tranquil dusty colours such as blue, pink and green are proving popular. One of our favourites right now is Dulux Spanish Olive: a dusty grey green colour. I think these colours help create calm spaces and havens where we can leave the hustle and bustle of our busy lives behind.

q: What are some simple and effective interior updates people can make right now?

a: An easy update is to add plants: they introduce tranquillity to a space and clean the air. Plants bring the outside in and provide good 'bang for your buck'. Painting walls with textured paint that looks like polished plaster also adds texture and interest and is cost-effective.

q: Are you noticing any changes in the products people are purchasing?

a: People are starting to think about where products have been made and how they are sourced. The desire to support local businesses and artists is growing. People are more interested in products with 'back stories' too such as rugs made from recycled plastic bottles. I think the rise of stores reselling other peoples homewares has, and will, keep increasing too.



Antonietta
Sofia

q: Where are some of your favourite places to shop in Norwood?

a: **Twopairs** is great for unusual pieces. **Heyne's Nursery** has an amazing indoor and outdoor plant range. Local hardware stores like **Mitre 10** are also good places for plants and pots. **Abbode Interiors** has stunning wallpapers and soft furnishings too.

q: What design philosophies inspired the interior design for Norwood Green?

a: We embraced timeless, 'non-fussy' design that enables buyers to use our interiors as a foil to add their own personal effects regardless of their style – and without being too much of a blank canvas. We've added interest to spaces by selecting benchtops and tiles with natural textures and tones instead of colour; which can be personal. We've also purposefully selected honest materials like undyed woollen carpets and unpolished timber floorboards where imperfections are seen as positive aspects – and not defects.

q: What makes a home 'home' to you?

a: I believe every room needs a 'hero piece': something that adds an element of surprise and makes an impact. This could be a piece of furniture, an artwork or an unusual item collected on holiday. It is an item you fell in love with the moment you saw it. These are the items that suddenly turn spaces into homes: personal and one of a kind.

**Sofiaa
Interior Design**

Suite 4/1
Payneham Rd,
College Park
8362 5164
sofiaa.com.au



winter wellness

Maintain your health and wellbeing this winter following these simple steps from Karmony Performance and Wellbeing Owner and Head Coach Bryan Beinke.

1. Value how you feel

Do you feel lethargic when you wake up or are you enthusiastic to face the day? Observe your energy levels and listen to your mind and body. Are you thinking clearly? Are you calm and present? Are you feeling confident about your ability to perform? Wellness is associated with feelings of being light, strong, capable, adaptable and healthy. It is about having enough energy for yourself and others. When these feelings become our drivers, it is unlikely that we will let ourselves deviate from healthy habits for too long. As soon as we start feeling anything other than well, we don't like how it feels and we have the motivation to embrace good habits again.

2. Accountability

Be accountable to yourself. Create a 'tick box' list you can stick on the fridge outlining your weekly program. Keeping your tasks visible helps a lot as it provides a sense of satisfaction knowing you succeeded for the day. Be accountable to others too. Tell your friends and family what you are doing, encourage them to join you, check in with one another regularly for progress updates and consider booking exercise sessions together.

“
**be
accountable
to yourself.**
”

3. Have a strategy

Strategy is everything and the simpler the better. Without strategy, we get overwhelmed and end up doing nothing. Set yourself three realistic tasks each week that you know will leave you feeling healthier and fitter and maintain your routine throughout winter.

4. Set some non-negotiables

People who value their health and wellbeing set rules for themselves e.g. three workout sessions each week that are permanent bookings on their calendars. Work your life around your health and wellness activities and don't let other appointments encroach on this time.

5. Have fun

For health and wellbeing to become a way of life, you must find things you enjoy. This may mean you join group fitness activities, or a dance class, where the setting is a social and fun. Fun also applies to what you eat: find meals that are appealing and also provide great nutrition.

**need help to
get started?**

**Karmony Performance
and Wellbeing**
32 Magill Road, Norwood
0422 427 126
www.karmony.com.au

home is where the art is

Having a dedicated art space at home is the first step in encouraging your child to explore their natural creativity and encourage creative thinking, writes Little Picassos founder and children's art educator Janine Boyd.



Setting up a dedicated art space at home isn't as hard as it may seem. Here are the main elements you need to create a space for fun times to follow!

1. Accessibility

Place a table in the corner or create a purpose built studio space. Look for a place that works for your family and the age of your children; a space you can leave set up if needed for projects in progress or drying artworks.

2. Furniture

Furniture that suits the correct height of children is best. The height of the tabletop should line up with the child's bellybutton when they are seated so they can look down at their work.

3. Materials

Have basic art materials ready to go: drawing paper, markers, pencils, crayons and chalk. Store these items in jars and rotate on a regular basis. Add scissors, glue, stickers and paper as children grow.

4. Quality paints over quantity

Spend a little extra on quality paints. The pigment is better; more vibrant and intense. When quality paints intermix, they produce a next wave of colour that is equally beautiful. The results are stunning when children create with quality paints and they gain self-esteem, self worth and pride (as opposed to frustration) when they produce something beautiful.

5. Something special

Materials that require explaining, supervision or are special such as acrylic, finger or tempera paint, pompoms, glitter, popsticks, matchsticks, patty pans, stickers, card and paper should be kept separate and brought out as required.

6. Organisation

Being organised is essential. It makes the experience stress free for both children and adults. I love a clear home where there is a spot for everything – and everything has a spot.

7. Teach best practice

Core materials should be washable. The table should be covered to capture spills and drips. We use a piece of calico fabric rather than plastic as the material stops spills from running. If you don't have fabric, lining a table with newspaper also works.

With a little preparation, you can set up the perfect space at home that provides the little artists in your life with the materials, space and motivation they need to be creative!



Janine Boyd



Little Picassos
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485 The Parade, Magill
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grow your own

There's nothing more satisfying than eating homegrown produce. Nick Coumbe from Heyne's Garden Centre shares his top five tips for a productive vegetable garden this winter.

1. measure your patch

It's important to know how large your patch is so you can work out how many plants it will take.

2. prepare your ground

Dig over your patch and add organic matter and nutrients before you start planting. Also remove any weeds and old plants that aren't productive anymore. To condition the soil, add some organic matter like cow manure or compost. Fertiliser will also provide nutrients and you can add gypsum if you've got heavy soil. Spread all the conditioners out evenly on the ground and dig them in because this will open up the soil structure and help new plants take root.

3. stagger your plantings

Plant one punnet of each vegetable every couple of weeks rather than planting everything in one go. This is particularly useful with plants that take a longer time to grow before harvesting. It's better to have a couple of cabbages and cauliflowers a week than have them all coming at once! For larger plots, divide it into sections and plant them out in turn for a more regular harvest.

4. choose a variety of plants

Some plants can be harvested quite regularly like 'cut and come again' lettuce or silverbeet. Varieties of broccoli like broccollette, broccolini and baby broccoli actually form sprouts rather than large heads and are great for repeat picking. Peas and beans provide regular crops that improve as you keep picking and put nutrients back into the soil. There are plenty of plants that take longer to grow but still give you a really good harvest: cabbage, broccoli, cauliflowers and brussel sprouts are great winter vegetables. Asparagus is always a popular vegetable and will crop for several years when it reaches maturity three years after planting.

5. aftercare

Water your plants in once they're in the ground. Check your vegetables regularly to ensure the soil moisture is OK and look out for any signs of pests or diseases.



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