

# travelworld Discover Norfolk Island...

Advertising feature



Sharing what you grow is built into the fabric of Norfolk society. On an island where flavour means life, you're guaranteed to find it everywhere.

## Getaway for your tastebuds

NORFOLK Island is just eight by five kilometres but even in high season, there is air, earth and ocean aplenty. You'll acquire knowledge of Norfolk Island's history as you wander through historic sites and chat to locals, many of whom are descended from the Bounty mutineers.

Such human history has tended to overshadow its natural wonders but recently travellers have been more curious about what lies beneath all that swashbuckling.

Among a bed of jewel-bright greens on a clifftop slope, gardener Pete Barney begins to explain why.

"See the vivid colour, and how healthy it looks?" he said.

"That means it tastes great."

You can find out by picking your own from the rows of greens, tomatoes, beans and herbs Pete grows to supply a nearby restaurant.

Once you try the resulting dishes, such as local papio fish with herbs, you'll notice the flavours are familiar but somehow better.

"Forgotten flavours" the locals call them, the true tastes of produce that many people today, used to mass-produced food, might never have experienced.

The crucial ingredient is Norfolk's rich, volcanic earth. All good meals begin down deep in that soil, nurtured naturally by Norfolk growers like Pete to coax out the best. It's paddock to plate in a few footsteps.

On mainly self-sufficient Norfolk, delicious food isn't just a pleasure – it's a necessity.

"Flavour tells you everything about the nutrition in the plants," says Pete. "The better they taste, the healthier they are."

Known as "fat plants", these prime specimens are so nutrient-dense that they have in-built pest resistance, medicinal qualities and a longer shelf life, no chemicals required.

Pete's expertise is in demand from

international agriculture companies, who see Norfolk Island as a showpiece for the next generation of sustainable food production.

The locals are pleased and amused that their home's image has gone from quaint to cutting edge. "It's how Norfolk has always done it," says Pete. "We're teaching ancient knowledge that's now perceived as new wisdom."

On an island where flavour means life, you're guaranteed to find it everywhere. Here, the humblest vegetable is a taste sensation.

Locals leave their surplus crops in honesty boxes by the roadside, turning a drive around the island into an epicurean tour. We snack on delicious bananas and oranges and collect pickles and guava jelly.

Sharing what you grow is built into the fabric of Norfolk society. Only 1900 people live here but for the island to sustain them all, plus the extra visitors who can swell the population to 3000 on a busy week, resources must be pooled.

And so this is the easy local rhythm: doors opening, friends beckoning, plates set down, bottles opened and it's not unusual for visitors to be invited to dine in locals' homes.

We then visit the Anson Coffee plantation where Fred Wong grows, processes, roasts and serves his mellow, rich coffee. He tells us he started the growing as a hobby and then fell for the lure of the island's soil and developed a thriving business with three hectares of 2000 coffee plants. We sip the brew on the ground where it's grown; berry to cup.

Norfolk's abundant produce entices many visitors to cook for themselves as well as relish the island's 35-plus restaurants and cafes. And there's another tempting option: a chef can come to you, armed with everything for a feast, prepare and serve it, and then leave the place clean.

MARK BAKER



Fantasy Island Resort is a newer complex in town in the Burnt Pine Shopping District, across from the Visitors' Centre and amongst shops & restaurants. Spread over 4 acres of beautiful subtropical gardens, the Resort is set back from the road, enabling you to relax and unwind on your private balcony, whilst having breakfast in the sunshine and gazing over the peaceful valley to the ocean view. These modern, self-catering luxury units offer a choice of studio, 1 or 2 bedrooms, each bedroom with ensuite. As the 2-bedroom units are actually 2 units with an inter-connecting door, there is more privacy between rooms, making them ideal for 2 couples or families travelling together. Included in the tariff are our VIP airport shuttle, a town tour, a half-day island tour & a rental car (\$20 daily insurance extra). For rates and specials, please visit our website at [www.fantasynorfolk.com](http://www.fantasynorfolk.com) or email [fantasyislandreservations@ninet.nf](mailto:fantasyislandreservations@ninet.nf). We look forward to sharing our friendly, personalised hospitality with you.



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## Summer Escape

### Insight

TRADITIONAL Norfolk clothing has a colonial theme and most family names are English. Not all ancestors of the current Norfolk people are English, some ancestors were Polynesian. Visitors will notice a strong Polynesian influence on Norfolk Island, as seen in the local cuisine and the hula dance.



## Why not consider a stay at beautiful Selwyn Cottage

A charming one-bedroom cottage set in a lovely garden and close to National Park walking tracks.

This accommodation is tailored to suit those who enjoy privacy and comfort-plus, with all facilities.

Normal tariff is \$235 p.n.

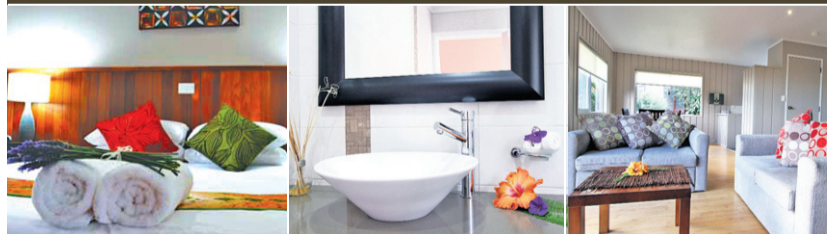
Our CURRENT SPECIAL is 7nights for cost of 5.

Cottage car is available @ \$20 p.d. (plus fuel).

A 5-minute drive finds you in the town centre.

Please email for further enquiries  
[johndjan@norfolk.net.nf](mailto:johndjan@norfolk.net.nf)

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Lie back and close your eyes. Imagine an oasis of calm and wellbeing. A world untouched by the stress of modern times. Such a place exists, and it is closer than you might think.

### The World of Norfolk

Relax and rejuvenate at the boutique 4 Star Broad Leaf Villas. Nestled in a tranquil garden setting near the heart of town, enjoy this fresh modern property with inspired local ambience. Treat yourself and be pampered at Bedrock Anson Bay and embrace the pristine environment of this spectacular island paradise.

  
BROAD LEAF  
villas  
[www.broadleafvillas.com](http://www.broadleafvillas.com)

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### Enjoy this 4 or 7 night summer escape

- 4 or 7 nights accommodation (one night free)
- Airport transfers
- Half day island tour
- Car hire (excluding petrol and daily \$20 car insurance)
- Two for one, one hour massage at Bedrock Anson Bay
- Superior one bedroom Villa \$705 for 7 nights or \$352.40 for 4 nights
- Deluxe two bedroom villa \$795 for 7 nights or \$397.50 for 4 nights

\*Based on twin share. Travel must be between 1st December 2013 - 1st March 2014. Book directly or through your local travel agent.

Call 1300 171 548 or email [info@broadleafvillas.com](mailto:info@broadleafvillas.com)