

meet
the
locals

Antony chilling in the Irons and Craig produce garden. Photo by Gary Parker.



WHAT'S IN A NAME...

With...
Antony Perring
(Irons and Craig, Yamba)

Irons and Craig is named after our grandmothers Olga Irons and Joan Craig. My nana Joan taught me how to cook. She had me stirring the gravy from when I was eight. I grew up in a big extended grandparent-type family in Grafton. My nana and pop pretty much raised me.

My partner David who owns and runs Irons and Craig with me also had his grandmother Olga living in his house when he was growing up at Palmers Island. Through the cafe we have our late nanas around us all the time.

I'm a self-taught cook. After finishing high school in Grafton I moved away to Canberra for Uni. I've worked in retail and publishing, photography and design in Sydney and in Singapore, but for all those years I talked about starting my own café or restaurant. I think David got sick of me talking and decided to give me a push. So in 2013 we returned home to the Clarence Valley to start Irons and Craig.

Irons and Craig is an opportunity for us to work with fresh, local produce. We make everything from scratch, and source everything we can from local growers and suppliers. There's much more

access to good fresh food here than when we were in Sydney, and we make our own preserves that we sell through the café.

We have a vegetable garden out the back of the café and we're also working with one of our local aged care hostels *Caroona* to establish edible food gardens for the residents. They've all had a garden in the past or they've come off a dairy or a cane farm, so they have some fantastic knowledge.

Last spring we helped to put in about 16 hay bale gardens and planted seedlings with the residents. We've had people who really hadn't engaged with each other before now outdoors fighting over the hose! A sense of purpose is really what the garden is about. The secondary benefit is the tomatoes and the parsley they can pick to eat or the chokos they can use to make chutney. It's really good fun. We'd love to see the idea taken up by aged care homes around the country.

INSIDE INFO: Irons and Craig
29 Coldstream Street Yamba
Open 6am - 12pm Mon to Fri,
6:30am - 12pm Sat & Sun



Nerds' Corner

(a feast of Clarence Valley facts)

PEOPLE STUFF: (AS OF JUNE 2017)

Population of the Clarence Valley

51,357

... and it grows at a lovely, sustainable 0.5% every year, perhaps you'd care to join us?

JOB STUFF: (AS OF JUNE 2017)

There are

21,196

Employed residents at the moment

TOURISM STUFF: (DEC 2016 > DEC '17)

Visitors to the Clarence Valley

1,081,000

... we cracked the million! This is an estimated annual increase of **22%** from the previous year.

HOUSING STUFF: (JUNE 2016 > JUNE '17)

House prices in the Clarence Valley

\$350,000

median sales price for all dwellings in

Clarence Valley in June 2016, a significant annual increase of **6.1%** over the year before. Still heaps cheaper than most of the rest of NSW, so get in quick y'all!

WEATHER STUFF: (AS OF JUNE 2017)

Climate in the Clarence Valley

The average mean maximum temperature for **Grafton** ranges from **20.2°C** in **July** to **30.2°C** in **January**, and the mean minimum temperature ranges from **6.6°C** in **July** to **18.9°C** in both **January** and **February**. Average annual rainfall in Grafton is **994.6mm**, with the wettest month being **January (134.8mm)**.

And according to the **CSIRO** and **Stanford University**, Yamba has **the best climate in the world!**