

»»» NEWSLETTER «««

SUNSHINE NEWS

100% Australian grown, made & owned



»»» SUMMER EDITION

The festive season is upon us making this a great time to reflect on the year that was and prepare for the year to come...2025.

2024 has been an incredible year for the NSW sugar industry as we celebrated 150 years of continuous operation and Australian ownership of our Harwood Sugar Mill. Our growers benefited from record high sugar and cane prices and the season provided incredible growing conditions with much of the crop yielding well above what was forecast at the start of the season.

In this issue, we reflect by sharing our top 5 highlights from 2024.

The festive season has inspired this month's recipes, with a collection of Christmas meals and refreshing beverages.

We also have some healthy recipes to share for a fresh start in the new year.

So too, some handy hints and tips on how sugar can be used to help out in everyday life have been included.



1874 - 2024

TOP NEWS OF THE MONTH

>>> TOP 5 HIGHLIGHTS OF 2024

1. Harwood 150 - the Harwood Sugar Mill celebrated 150 years continuous operation and Australian ownership.
2. Record cane price - NSW growers have benefited from cane prices in the range of \$59-\$63 per tonne.
3. Flood mitigation grant - the Condong Sugar mill will benefit from a government grant that will support flood mitigation works to provide future flood-proofing measures.
4. Season statistics - Whilst crushing continues at both Harwood and Broadwater, the season will finish with over 1.6m tonnes of cane harvested and crushed.
5. Community - Sunshine Sugar has been fortunate enough to provide sponsorship and donation support to numerous local and national organisations. These range from local schools, community groups and events to Food Bank and Driver Reviver.



150TH HARWOOD SUGAR MILL EVENT GALLERY <<<

We are pleased to have launched a gallery of images, videos and precious memories from the Harwood Sugar Mill 150 Year Celebrations.

This day was about honouring our heritage, connecting with the community, and showcasing the spirit that's kept us going for 150 years.

At www.sunshinesugar.com.au/150th-harwood-sugar-mill-event-gallery you'll find highlights from this unforgettable event: moments of laughter, nostalgia, and pride. Each image captures a piece of our history, from live demonstrations and vintage machinery to local artisan stalls and family fun.



>>> FROM CANE TO CRYSTAL: THE JOURNEY OF SUGAR

Join Production Manager Matt Clarke on an exclusive journey through the sugar-making process at the Harwood Sugar Mill. Discover how the mill transforms raw cane into crystalized sweetness, fuelled by bagasse fibres, with every step from extraction to storage.

CLICK HERE TO
TAKE MILL TOUR



RECIPES OF THE MONTH

➤➤➤ HONEY & LOW GI SUGAR GLAZED CHRISTMAS HAM

INGREDIENTS

- 1 whole leg ham, scored
- 1/4 cup Low GI sugar
- 1/4 cup honey
- 1 tbsp Dijon mustard
- 1 tbsp apple cider vinegar
- Cloves (optional, for studding)

METHOD

1. Preheat oven to 180°C (350°F)
2. In a bowl, mix Low GI sugar, honey, mustard, and vinegar
3. Brush glaze over the ham, stud with cloves if desired
4. Bake for 1–1.5 hours, basting every 20 minutes until caramelised and golden.



For delicious sides to accompany your Christmas ham, we have the following recipes on our website at: www.sunshinesugar.com.au/resources/recipes

Low GI Sugar Roasted Carrots with Thyme & Balsamic Glaze

Low GI Sugar & Herb-Glazed Roast Pumpkin

➤➤➤ SPARKLING BERRY & LIME CHRISTMAS MOCKTAIL

INGREDIENTS

- 1 tbsp Low GI sugar
- 1/4 cup fresh raspberries
- 1/4 cup fresh blueberries
- Juice of 1 lime
- Sparkling water
- Fresh mint leaves for garnish
- Ice cubes
- Lime slices and extra berries for garnish

METHOD

1. In a small bowl, muddle the raspberries and blueberries with the lime juice and Low GI sugar until the berries release their juices.
2. Fill a glass halfway with ice cubes, then pour the berry-lime mixture over the ice.
3. Top up with sparkling water and gently stir to combine.
4. Garnish with fresh mint leaves, a slice of lime, and a few whole berries for a festive touch.



SUGAR HACKS AND TIPS

>>> HEALING POWER OF SUGAR

TONGUE BURN

If you take a bite or a sip of something a bit too hot this festive season, you risk a minor burn to your tongue.

Never fear, just sprinkle a few granules on your tongue and the pain should dissipate.



SPICY FOOD

If it is something really spicy that you take a bite of, then yes, a teaspoon of sugar can neutralise the heat sensation in your mouth.

LIPSTICK SAVER

Apply your lipstick as usual, then sprinkle a bit of sugar on your lips, let it sit, and then dip your finger in a little water and dab off the remaining sugar. This should extend the wear of your lipstick.



SEE YOU NEXT YEAR....