

>>> NEWSLETTER <<<

SUNSHINE NEWS

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>>> AUTUMN EDITION

It's been a wet and wild start to the year with 15 Local Government Areas (LGAs) in the NSW Northern Rivers region disaster declared after being hit with flooding rains and damaging winds from Cyclone Alfred.

Despite the difficult weather conditions, the three sugar mills and refinery continue their maintenance programs before a mid-June crushing season.

The area has a busy schedule of events and celebrations coming up over the next couple of months with the 100 Year Celebration of the Clarence Cane Growers and return of the Cane Harvest Festival in mid April, just ahead of the Easter period.

The month of May brings a program of events including the Northern Rivers Harvest Food Trail, the Maclean and Grafton Ag Shows and the annual Ag Field Day showcase, PRIMEX.

Read on and find out more.....

Sunshine Sugar is a proud National sponsor of Driver Reviver. A network of volunteer community groups and service organisations offer vital roadside stops to promote road safety and reduce the road toll.



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NEWS OF THE MONTH

>>> FLOOD DAMAGE IN WAKE OF CYCLONE ALFRED

NSW's Northern Rivers may have "dodged a bullet" when ex-Tropical Cyclone Alfred caused less flooding than expected, but data shows some places were just centimetres from a much worse outcome. 15 Local Government Areas (LGAs) in northern NSW were declared as natural disaster areas and many of our growers have had significant damage to soybean and cane crops. The industry has made a plea to the State Government for assistance in recovering from the aftermath of the Cyclone, along with other primary producers including fishery, beef and dairy.



>>> SAFETY FIRST AT BROADWATER SUGAR MILL

The Broadwater Sugar Mill has had its fair share of challenges since the catastrophic flooding in early 2022.

Having brought the factory back into full operation in just a matter of months, the Broadwater Mill is back to, if not better than, its former glory as the largest volume sugar mill in NSW.

To add to this remarkable achievement, the site has now achieved a record of 470 days Lost Time Injury Free, exceeding the previous record set back in 2014.

Acting Broadwater Operations Manager Mark Campbell proudly announced the achievement at a site BBQ, thanking the team for their diligence with regard to safety.



CANE HARVEST FESTIVAL 2025



UPCOMING EVENTS



1st to 31st May 2025

For the ninth year, Northern Rivers Food proudly presents the Harvest Festival - a month-long celebration of the region's unique food culture, stunning landscapes, and vibrant community spirit.



15th to 17th May 2025

Australia's largest coastal-based agricultural field days and one of the only events of its kind to be family-owned, having built a reputation for being at the cutting edge of agribusiness events since 1985.

MACLEAN SHOW

Maclean Show events include: sideshows, equestrian events, trotting, exhibitions, sales displays, floral and fruit exhibits and food stalls.

The Maclean Show also has cane exhibits, craft, beef cattle, vegetables, poultry, cooking, championship dog show, caged birds, photography, school exhibits and trade exhibits.

MACLEAN SHOW DATES 2025: Tuesday 6th & Wednesday 7th May 2025



2025 will see the running of the 151st Grafton Show, which brings the Clarence Valley community together, showcasing the region's rural activities and interests.

This year's Grafton Show will be held on the 9th and 10th of May, from 9am to 9pm both days.

EASTER RECIPES

>>> EASTER BUNNY COOKIES

INGREDIENTS

- 1 $\frac{3}{4}$ cups plain flour
- $\frac{1}{2}$ tsp baking powder
- $\frac{1}{2}$ tsp cinnamon (optional)
- $\frac{1}{2}$ cup unsalted butter, softened
- $\frac{1}{2}$ cup Sunshine Low GI Sugar
- 1 egg
- 1 tsp vanilla extract



METHOD

1. Preheat oven to 180°C and line a baking tray with parchment paper.
2. In a bowl, mix flour, baking powder, and cinnamon.
3. In another bowl, beat butter and Low GI Sugar until fluffy.
4. Add egg and vanilla.
5. Gradually mix in dry ingredients until a dough forms. Chill for 30 mins.
6. Roll out dough and cut into bunny shapes. Place on tray.
7. Bake for 10-12 mins until golden.
8. Let cool, then decorate with icing or melted dark chocolate.

>>> CHOCOLATE NEST - NO BAKE

INGREDIENTS

- 200g dark chocolate (70% cocoa or more)
- 1 tbsp coconut oil
- $\frac{1}{4}$ cup Sunshine Low GI Sugar
- 2 cups shredded wheat cereal (or puffed rice for a crunchier version)
- Mini chocolate eggs or berries for topping

METHOD

1. Melt dark chocolate, coconut oil, and Low GI Sugar in a bowl over simmering water (or microwave in short bursts)
2. Crush shredded wheat and mix into melted chocolate
3. Spoon mixture into muffin cases, shaping into nest forms
4. Add mini eggs or berries in the centre
5. Chill for 30 mins in the fridge until set.



SUGAR HACKS AND TIPS

>>> POWER OF SUGAR

MOSQUITO REPELLANT

Mosquito numbers are on the rise after the recent wet weather. With the help of brown sugar, you can create your own home-made mosquito repellent. Simply combine brown sugar, water and dry yeast in a spray bottle and apply the spray on your exposed skin.



STAINED FOOD CONTAINER

If you have greasy, food stains on your plastic containers, we have a recipe to help clean them up as good as new. Just combine a cup of White sugar, a squeeze of dishwashing liquid, 5-6 ice cubes and a glass of water into the container. Leave it sit for 10 minutes and then rinse.

