

>>> NEWSLETTER <<<

SUNSHINE NEWS

100% Australian grown, made & owned



>>> WINTER EDITION

With the month of June comes cooler weather and the start of the annual cane crush. Cane harvesting and crushing kicks off around mid-June and runs until late November. Typically, harvesting is done in four or five rounds. This allows the grower to manage their production by harvesting crops at times that best suit the crop lifecycle. Some crops will be harvested early, ploughed out and fallowed. Other crops will be harvested and then 'ratooned' or regrown. A crop of sugarcane can be ratooned up to 3 or 4 times during its lifespan.

Because much of the sugarcane in NSW is harvested at two years old, pre-harvest burning is required. We have included some information about the burning process in this issue.

With road transport used for hauling the harvested cane from farms to sugar mills, this also means increased truck traffic across cane growing parts of the NSW Northern Rivers.

Interestingly, a fleet of just 32-35 trucks cart all of the NSW sugarcane, a feat which is achieved through GPS guided real time scheduling.

Although the season start is dominating the news here at Sunshine Sugar, we still have some great recipes and hacks to share with you.

Read on and find out more.....

**CLICK HERE TO VIEW THE
PROCESS OF GROWING
SUGARCANE**

NEWS OF THE MONTH

>>> NSW SUGAR MILLS FIRE UP FOR THE 2025 SEASON

The three sugar mills in New South Wales are set to commence the 2025 crushing season. The Broadwater mill started on Monday 16th June, with Harwood and Condong due to fire up from the 19th June. The starts have been subject to weather conditions, with field conditions still very wet.

With continuous crushing operations, the season is expected to conclude by late November. A total of 1.65 million tonnes of sugarcane is forecast to be harvested and crushed across the region. Individual mill projections are as follows:

Condong Mill: ~400,000 tonnes

Broadwater Mill: ~550,000 tonnes

Harwood Mill: between 650,000 and 700,000 tonnes

In what will be his final season at the helm, Sunshine Sugar CEO Chris Connors praised the resilience and commitment of local growers.

“Our growers have battled the elements to produce the best crop they can under the conditions. Harvesting groups are poised ready to cut the cane and our cane haul fleet has added five new trucks and trailers to expedite transport from farms to mills. Our sugar mills have completed rigorous off-season maintenance schedules, so now the end-to-end supply chain needs to work together to make this season a success for everyone.”

Despite challenging weather conditions thus far this year, including excessive rainfall and flooding, the industry remains optimistic. The Clarence Cane Grower Association's 100-Year Celebration served as a timely reminder of the strength and endurance of the local sugar sector.

Mr Connors concluded; *“With growers set to receive over \$50 per tonne for their cane deliveries, we are hopeful the industry will continue to remain stable and sustainable for our farming families and all those involved in this incredible industry.”*



[CLICK HERE TO VIEW THE
FIRST TRUCK TIPPING AT
BROADWATER MILL 2025](#)



ANATOMY OF A CANE FIRE



A standard cane fire will have two people with flame guns, who will start on the downwind side of the paddock and work their way around the crop, meeting at the other end. The trickiest part is burning the first two sides, as the breeze will be blowing embers into the air which could land into adjoining crops and start an unwanted fire. In addition, at least two experienced people on tractors carrying fire-fighting water equipment patrol the scene.

The two options are (1) be very patient and light slowly and monitor for embers or (2) with the right conditions, send one flame gun ahead to draw the fire from the second flame gun and prevent ember drift.

In the images above, the breeze is coming from the bottom right and blowing toward the top left. As the burners turn the corner of the paddock, the breeze fans the flames. As the flames accelerate, they generate their own wind and start to suck in the fire from the first side that was lit. The two edges also draw each other in.

When the lap of fire lighting is complete, the circle of fire pulls into itself until all the flammable material is burnt. Generally, once the circle is complete the fire will be quite safe until it self-extinguishes.



UPCOMING EVENTS IN THE REGION



21st - 22nd June

Seas the Day 2025 promises to be a vibrant, empowering, and uplifting experience for women of all abilities.

Find out more: seasthedaysurffestival.com



26 June

Murwillumbah High School presents Amplify!, a vibrant celebration of student creativity and performance.

Find out more: murwillumb-h.schools.nsw.gov.au



4-11 July

The Evans Head Fishing Classic is a flagship fishing tournament in the Australian fishing calendar.

Find out more:
evansheadfishingclassic.com.au



17-20 July

Casino is hosting the Australian Cattle Dog Championships where Australia's top working dogs and handlers go head-to-head.

Find out more:
www.facebook.com/events/1729335997655948



26 July

Glenreagh Timber Festival

Step back in time and discover the rich history of Glenreagh at the Glenreagh Timber Festival.

Find out more:
glenreaghtimberfestival.com.au

WINTER RECIPES

>>> WINTER FRUIT SALAD

INGREDIENTS

- 600g good-quality ready-to-eat dried fruit (prunes, pears, apricots, figs cranberries)
- 3 tablespoons honey
- 1 vanilla pod (split lengthways)
- 1 Earl Grey tea bag
- 1 tablespoon freshly squeezed lemon juice
- Yoghurt and Low GI sugar to serve



METHOD

1. Tip dried fruits and 700ml cold water into a large saucepan. Add honey and vanilla, scraping the seeds from the pod into the pan. Bring to the boil.
2. Stir well, lower the heat and simmer for 10 minutes until slightly syrupy.
3. Remove pan from the heat and stir in the tea bag. Leave to infuse for 10 minutes.
4. Discard tea bag and vanilla pod, tip fruits and liquid into a non-metallic bowl then pour over the lemon juice.
5. Stir, leave to cool. Cover and chill until ready to serve with a dollop of yoghurt and a sprinkle of Low GI sugar.

>>> ITALIAN BEAN CASSEROLE

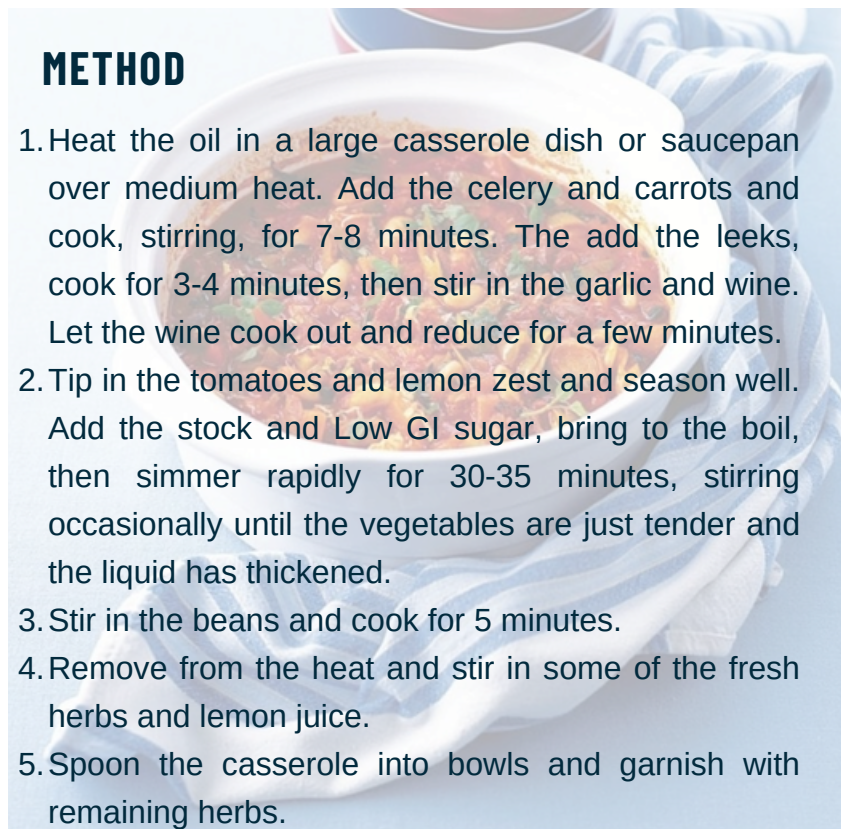
INGREDIENTS

- 3 tablespoons olive oil
- 4 celery sticks (diced)
- 4 medium carrots (diced)
- 3 leeks (sliced)
- 2 garlic cloves (crushed)
- 100ml white wine
- 2 x 400g cans tomatoes (chopped)
- 1 lemon (zest and juice)
- 700ml vegetable stock
- 2 teaspoons Low GI sugar
- 410g can Borlotti beans (drained)
- 410g can Cannellini beans (drained)

A little bit of sugar enhances the flavour of the tomatoes and beans.

METHOD

1. Heat the oil in a large casserole dish or saucepan over medium heat. Add the celery and carrots and cook, stirring, for 7-8 minutes. Then add the leeks, cook for 3-4 minutes, then stir in the garlic and wine. Let the wine cook out and reduce for a few minutes.
2. Tip in the tomatoes and lemon zest and season well. Add the stock and Low GI sugar, bring to the boil, then simmer rapidly for 30-35 minutes, stirring occasionally until the vegetables are just tender and the liquid has thickened.
3. Stir in the beans and cook for 5 minutes.
4. Remove from the heat and stir in some of the fresh herbs and lemon juice.
5. Spoon the casserole into bowls and garnish with remaining herbs.



SUGAR HACKS AND TIPS



1 teaspoon of real sugar
has
15 calories
and weighs
4 grams

Added sugars are found in many nutritious foods like yogurt or whole grain bread for reasons other than sweetness, such as preservation or balancing sour or bitter flavors. Added sugars are also found in sweets and treats that we make room for in moderation as part of a balanced diet and lifestyle. When you look at the calories from added sugars over the course of a day, you can choose how and where to spend your daily intake.



SUGARCANE

A remarkable plant and a sustainable, renewable bio-resource for food, fibre, fuel and more...

