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Luxe, healthy or liquid, fridges are a magnet for stickybeaks

Secret life of us - on ice

From organic produce to beer and chocolate; if you are what you eat, then what do the contents of your fridge say about you? **LIZ WALSH** ventured into eight South Australian households to take a peek.

1. Top shelf

Torben Brookman, 31, wife Richelle, 31, theatre producers, and daughter Mietta, 16 months, Bridge-water

IT'S nothing but the best for the Brookmans – San Pellegrino sparkling water, Maggie Beer products, Paris Creek organic yoghurt, red peppers stuffed with fetta and fresh vegetables in bowls.

For young Mietta, there are tubes of organic baby food and chilled teething rings. And for an extra indulgence, the Brookmans keep four Vera Wang champagne glasses chilling on the bottom shelf – an opening night gift – for when guests pop over.

“We’re not hugely domesticated, but we generally have a drink for friends when they drop by,” Torben says.

Richelle agrees: “We have frozen meals in the freezer, and then the rest is champagne and nibbles.” The fridge is a family treasure: it’s been from Adelaide to Sydney and back. “It probably cost less to buy it than we’ve spent moving it around,” Torben laughs.

Top shelf: Cheers

2. The organic cook

Janice Smith, 77, founder of Janesce, and husband Ian Smith, 83, Stirling

ORDER is the number one rule in Jan’s fridge, where everything has its place.

Condiments, including cranberry sauce, hot English mus-

tard, chilli and garlic grown at the Smith’s farm are in tubs on the top shelf.

Jan grinds her own sunflower seeds, stores them in the fridge, and puts it on her breakfast cereal or yoghurt.

Almond meal is a staple – and it also goes into Janesce products: “I eat what I put on my face,” Jan says.

She also makes her own kefir – a cultivated milk.

There is goji juice – red berries rich in anti-oxidants – in the door shelf along with products for skin, hair and nail health, and favourite raspberries in the freezer.

“There are also left-over vegetables that I will make into a bubble and squeak,” she says. “Beetroot, mushrooms, champagne and the cat’s food – she eats cheese.”

The organic cook: “I eat what I put on my face.”

3. Best of both worlds

Adam Lyons, 21, apprentice plumber, and Karen Lyons, 52, stay-at-home mother, Port Noarlunga South

ADAM has the best of both worlds – a fridge fully stocked with fresh meat, vegetables, fruit and milk – and his own hand-me-down fridge in the granny flat out the back that he shares with retail assistant girlfriend Lara Pike, 19. That is full of party essentials: beer, coke, chocolate and wine. “I’m pretty lucky,” he says.

Best of both worlds: Beer in one, fruit in the other



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4. Aussie, Aussie, Aussie

Deirdre Broadbent, 56, service manager at CARA, and husband Dennis, 62, volunteer, Ingle Farm

IT'S a typical Aussie fridge for the Broadbents. "Our essentials, especially over the festive season, are leg of pork, chocolate cake, brandy custard – because ... I always make it lumpy – oysters and prawns," Deirdre says.

Dennis does most of the cooking and they like traditional meat and veg. "We always have veggies, milk, butter, cheese, eggs and condiments," Deirdre says. "We have a separate fridge for all our soft drinks – can't do without Solo!"

Aussie, Aussie, Aussie: Meat and veg

5. Off to market

Zoe Love, 32, president of Chiropractor Association Australia (SA), Goodwood

WHEN this vegetarian's fridge is not filled with vegies she's grown herself, it's stocked with produce from the Wayville Farmers' Market.

"I understand the importance of functioning at your best, with plenty of energy," she says. "That's why I choose to eat healthily, with just a few treats, so I don't waste my time off feeling sluggish and toxic. My fridge is stocked with fresh, local, seasonal veg ... fruit mince pies made with organic spelt flour and fresh cherries from Eden Valley."

A jar filled with omega 3-rich LSA mix – linseed, sunflower

seeds and almonds – takes pride of place on the top shelf, for sprinkling over breakfast.
Off to market: LSA mix to add spark to any day

6. On the run

David Christian, 43, Adelaide Casino general manager, Kent Town

The Tasmanian-born businessman has been in his new house for just a few months, and bought this fridge to fit – hence its spotless state. It is stocked with Up and Go for breakfast and plenty of fruits and vegetables.

"Because my job means that I eat a lot of foods that I probably shouldn't, when I'm at home, I'm a salad and grilled meat or fish person," he says. "I try to do the low carb thing ... and it's easy to do if I'm cooking it myself."

He has Cascade Light for when friends drop in and loves Petaluma Chardonnay and Maggie Beer produce.

On the run: The minimalist fridge for the man who usually eats out

7. Male order

Nathan Wilson, 28, public servant, Plympton

FOR a communal fridge in a shared rental property, this is remarkably well ordered. "We just throw everything in there," explains Nathan, who shares with public servants Michael Scott, 22, and student Josh Wilson, 22.

"Occasionally someone will throw something out when

you can't close the door. It's a pretty basic system and there's no shelf for every person. No-one really cares if someone eats something."

Each of the boys does their own cooking, so the fridge has multiple cartons of eggs, tubs of margarine and yoghurt and cartons of milk. The beach-loving boys also keep aloe vera cream for sunburn and eye drops – perhaps for the morning after. As with any typical bachelor pad there is also a drinks fridge outside.

Male order: The harmonious rental fridge with a couple of everything

8. The Entertainer

Kristy de Poel, 31, mortgage broker, Mitcham

LEFT-OVER baked beans from the previous night's dinner, jars of kalamata olives and pickled onions, and a selection of wines and beers are among this fridge's staples.

"I always try to have fresh vegetables," Kristy says. "In the past, I haven't done much cooking at home, but I'm starting to now that I've discovered Donna Hay."

To fit a couple of six packs along the bottom, one of the shelves has been lifted creating a slim shelf for bottles of water and chilled wine.

"I also always have glasses chilling on the top shelf for when we get home on hot summer days," Kristy says.

The entertainer: A mix of nibbles and refreshments



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