



Primary Product of the Year 2025 - Macadamia

Each year the Country Kitchens team develops a suite of resources to promote the QCWA Primary Product through the lens of the Country Kitchens 5 key messages.

These resources were launched at the QCWA State Conference in Mackay last year.

To help you promote macadamia in your branch and community, Country Kitchens has developed five resources, including: (1) Macadamia Community Activity Guidelines; (2) Macadamia Flip Cards; (3) Macadamia Poster; (4) Macadamia Recipe Booklet and (5) Macadamia Recipe Cards.



Macadamia Community Activity Guidelines

The Macadamia Community Activity Guidelines provide background information on the primary product of the year and highlight some of the nutritional benefits and uses of this native nut. The guidelines also list three potential activities that you or your branch could be involved in, that support Levels 2 and 3 of the Country Kitchens PATHway.

The activities are set out in a similar way to the activities in the Facilitator Guidelines training booklets and consist of a resource guide, event checklist and session plan template to help you undertake the activities. Use the community activity guidelines in combination with the Macadamia Recipe Booklet, Macadamia Flip Cards and Macadamia Poster.

ACTIVITY 1: Recipe Promotion

Choose from the collection of Country Kitchens approved recipes in the Macadamia Recipe Booklet resource. There are nine recipes to choose from, all great for completing a recipe promotion at your branch or community events:



Mains:

- Chicken and Macadamia Stir Fry
- Macadamia Crusted Fish
- Pork, Sage and Apple Burgers

Sides, Snacks and Salads:

- Broccoli and Beans with Roasted Macadamias
- Roasted Cauliflower and Macadamia Salad
- Roasted Capsicum, Feta and Macadamia Dip

Baking:

- Fruity Macadamia Munch Bars
- Macadamia Baked Apples
- Banana, Strawberry and Macadamia Loaf

Complete this activity to promote the key messages 'get more fruit and veg into your meals' and 'cook at home'.

ACTIVITY 2: Macadamia Baked Apple Mix

This activity is a fun and interactive way to promote healthy eating and the product of the year. It involves combining the dry ingredients from the Macadamia Baked Apples recipe and packaging them into glass jars, which can then be used as healthy gifts or prizes for competitions. You could even sell them at QCWA or Country Kitchens events.

This activity can either be completed individually, with branch members, or in small groups as part of a showcase. It ties into our key message cook at home.



ACTIVITY 3: Macadamia Showcase

Give your next showcase a macadamia theme by following the tips outlined in this section. Make some macadamia bunting, prepare a macadamia recipe as taste testers and make use of the various resources we have available to highlight this year's Primary Product.



This activity promotes all 5 of the Country Kitchens key messages.



Using the Product of the Year Resources

Each branch will receive a macadamia resource pack consisting of a copy of the Community Activity Guidelines, Flip Cards, Poster and Recipe Booklet. If you have not yet received your branch copy, please reach out to the team. You can order more copies of the Macadamia Recipe Booklet by getting in touch with your Country Kitchen's buddy. Alternatively, you can download a digital copy of the resources from our website by [clicking here](#).

If you use any of the Country Kitchens macadamia resources, please let us know! We would love to see how you incorporate the activities and materials into your branch and community. Send us a message, give us a call or tag us on social media (Facebook: @qcwacountrykitchens, Instagram: @countrykitchens). And as always, don't forget to include any Country Kitchens macadamia activities in your monthly branch reports! We hope you enjoy the resources as much as we do.

Check out some photos of the Macadamia resources and recipes in action below.

