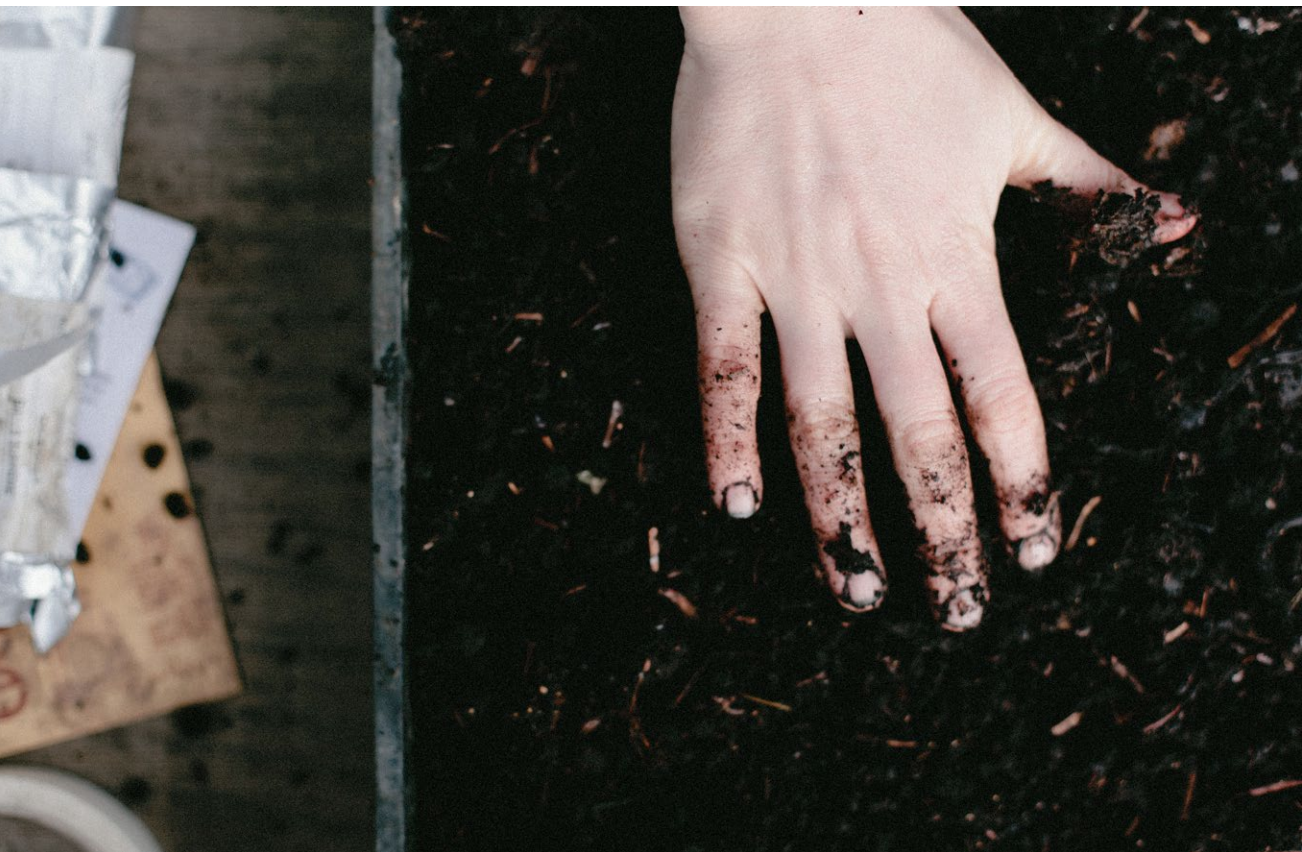


# On Homegrown Wellness with Grown & Gathered

Grown & Gathered /  
Lentil and Matt Purbrick



Tabilk, Victoria,  
Australia



— Outside of Melbourne, a small organic farm is making waves among locals and top chefs alike. Run by Lentil and Matt Purbrick, Grown & Gathered is a business very much based on traditional, pre-industrial practices and ways of living. Their vegetables, fruits, and flowers are seasonally harvested from their three-acre waste-free farm, located in the town of Tabilk, Victoria. While extending their philosophy of nourished living to the hunting

and gathering of wild foods, Lentil and Matt nurture animals and pickle and preserve from home. Living with plants came naturally for the duo, who left their careers in the city for a simpler life in tune with nature. With a reverence for wholesome, organic food, they successfully branched out and began selling their produce to Melbourne's top chefs, restaurants, and cafés. Lentil and Matt are now digging deeper, running workshops and talks, and educating

locals, businesses, and farms on everything from age-old sustainability skills to waste-free living, preservation, and food preparation. Whether living in a city, town, or in the countryside, the pair know that working alongside nature and providing favorable conditions for produce to grow will open up a whole new world of homegrown wellness. —