

## Paul West

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### *Real Food Advocate, Former Chef & Media Personality*

Paul West advocates for real food, sustainable agriculture, community and regional living. A trained chef and popular media personality, he is the former host of A River Cottage Australia and has a regular slot on ABC radio.

As the host of four series of A River Cottage Australia audiences followed Paul's journey to grow farm-fresh food, then cook and share it with his local community. Now, around Australia, audiences enjoy catching Paul as he travels the country hosting cooking demonstrations at food festivals or attending his cooking classes at the River Cottage Farm in Tilba, NSW.

Paul is a passionate supporter of many charities, including National Parks and Wildlife Foundation, OZ Harvest, Earth Hour, REAP, NEST and Cure Cancer.

He is available for local and international cooking demonstrations, and meet and greet events.

#### ***More about Paul West:***

Paul West trained as a chef and has worked in all areas of food production, from WWOOFing (Willing Workers on Organic Farms) around Australia, growing fruit and vegetables, to cooking in the bistro of Melbourne's renowned Vue de Monde - where Paul served his apprenticeship as a chef and met his wife, Alicia.

Both thirsty for a change and passionate about connecting to how their food was grown, in 2012 Paul and Alicia packed their bags and headed across the Bass Strait to Tasmania. It was while tending a flourishing home veggie patch there that Paul was offered the opportunity to host River Cottage Australia and move to beautiful Central Tilba, where the show is filmed. He continues to live there with Alicia, their son, Otto, and trusty canine companion, Digger. Having turned his back on haute cuisine Paul has since become the poster boy for sustainable farming and organic food.



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