

FLEURIEU FORAGER

Newsletter of the Willunga Farmers Market

proudly sponsored by Hardys Tintara, McLaren Vale

Issue 6 Autumn 2005

BARRY BEACH- PRODUCER OF THE YEAR

Named 2004 Producer of the Year at the recent Wilmark Awards, Barry Beach sells a range of vegetables, herbs, fruit and eggs as well as freshly squeezed juices at Willunga Farmers Market.

He grows the produce at his property, Beach Organics between Port Elliot and Middleton. When he bought it in the 1980s the property was an overgrazed barley paddock. Since then he has transformed it using permaculture principles into "a slice of paradise" with a variety of plants, many vegetables, fruiting trees, poultry, beehives, and abundant birds, small animals and insects. The property has certification from NASAA (National Association for Sustainable Agriculture Australia).

Barry says, "A desire to pursue the link between human health and fresh, carefully grown organic produce has been my passion and driving force."

He has been selling surplus produce at Willunga Farmers Market for nearly 3 years.

"The Market has been instrumental in providing the timeless link between myself - the grower - and the consumer. For me, selling at the Market has been a clear philosophical choice and great fun as well. A grass roots community organisation like this is a tremendous asset not only to the producers of the area but to the broader community."

Barry also runs workshops on kitchen gardening and small scale commercial vegetable/food growing. For details of the autumn program contact him at 8554 2956.

Summing up Barry says, "I would not do anything else. Being able to meet interesting people through the food that I grow and walk out my back door and find a feed of fresh, pure, great-tasting food grown with passion, is fulfilling a lifelong dream."

Coming up: Easter at the Market

At the Easter Farmers Market, Chef Glen Robson from the Star of Greece restaurant will be the first in our series of guest chefs. He will demonstrate a

recipe featuring Market produce at 9.30 am on Saturday 28th March. The dish will then be featured on the menu at the restaurant for the following month.



Barry has developed quite a following for his wonderful, fresh, gently squeezed juices made from his own and other stall-holders' produce

Articles, letters to the editor, advertising and sponsorship enquiries should be directed to

Fleurieu Forager,

PO Box 652 Willunga 5172 or

wfm@internode.on.net

Deadline for next issue: May 18th

Festival of the Chilli

Chillies were the focus of the Willunga Farmers Market this February at the fifth Festival of the Chilli.

The Festival is the brainchild of Hillside Herbs who have run it in previous years. "However, the Festival is very accessible at the Market" says Lorraine from Hillside.

Lorraine says her chilli-buff husband, Steve, was initially responsible for the nursery's interest in chilli plants. Over the years they have added more varieties to their range, particularly seeking out chillies that have interesting flavours - as well as heat.

At the Market this year they had about 30 different fruiting chilli plants for sale.

Customers were able to seek advice about the different varieties and get some great cooking tips. Many other stalls had created products for sale featuring chillies. Chair of the Farmers Market committee, Mikaela Willford says, "We can see great potential for expanding this in the future. This Festival is hot!"



Mikaela from Spice Girlz & Vicky from Herbivorous wore their chillies

And the winners are . . . results from '04 Wilmark Awards

PRODUCER OF THE YEAR

Barry Beach

BEST DECORATION -

Edible Art

FAVOURITE STALL

Spice Girlz & Virgaras Garden

MOST FRIENDLY STALLHOLDER

Sellus Liver Treats

MOST HELPFUL PERSON

Vardy Hirst

MOST DEDICATED SHOPPER/S

Coralie & Leo Schwab

BEST MORNING PERSON

Finn from the Breakfast Stall

BEST NEW STALL

Sellus Liver Treats

HEROES AWARD - volunteer

Jake Fowler

MOST IMPROVED BUSINESS

Springdale Gourmet Rabbits

MOST GENEROUS SPONSOR

Fox creek Wines

MOST SUPPORTIVE LOCAL BUSINESS

Alma Hotel & Kay Brothers

From the Market Manager

This year we've barely noticed the transition to autumn weather after an unseasonably mild summer. But there are always many signs of seasonal change in the district. The region is busy with harvest. Most almond growers are finished and have reported good crops. The grapes ripened in a rush this year and vineyards and wineries have been frantically busy.

At the Farmers Market the last of the wonderful summer vegetables are for sale. It's a great time for making ratatouille with late season tomatoes, zucchinis, eggplants and capsicums. We also have a good selection of autumn fruits such as apples, pears, quinces and figs.

The range of fresh produce available at the Market is increasing all the time. One of our aims for 2005 will be to try and encourage stronger links between local restaurants and Market stallholders.

As part of this initiative we have a series of cooking demonstrations planned. Guest chefs will be invited to prepare a dish using produce bought at the Market. The dish will then be on the menu of the restaurant for a month.

The Easter Saturday market sees the first of our guest cooks with Glen Robson from the Star of Greece restaurant.

Several other chefs are booked already - we are hoping to feature one each month. I can't wait to see Adrian from the Breakfast Stall who is going to demonstrate a recipe for escargots.

Vardy Hirst



Bushing King & Queen, Wayne & Bev Thomas, were on hand to cut the cake at our third birthday celebration on the 19th February

Food Glorious Food

like to join
The Willunga Farmers Market Choir
to celebrate food through song?

When: Workshop - Sunday 10th April 11am -12.30pm, then Practice - every Monday from 18th April 7.30 - 9pm.

Where: Blue Doors Main St Willunga

Conductor: Alice Keath, who grew up in Willunga and is now doing an Honours Degree in music composition at Adelaide University.

Cost: Workshop: \$20 Practice: \$10

Contact: Zannie Flanagan 0415 162037 or Margie Keath 0411 768771

Autumn events

March 13-20 *Poetry Unhinged*, a celebration of poetry at various venues. Includes series of readings about chocolate. To download the program go to: www.onkaparingacity.com

March 17 *The Cost of Food: What price Australia's appetite*, forum presented by Don Dunstan Foundation. Speakers: Gay Bilson, Barbara Santich, John Coveney. State Library, North Tce, 5pm-8pm. Ph: 8303 3364 to book.

March 26-28 *Fleurieu Easter Festival* at Victor Harbor with 35 hours of food, wine, crafts and music with some of the best jazz performers in the state. For information ph: 8552 2043

March 27 Daylight saving ends

March 28 *Arts Eco Market*, Aldinga Arts Eco Village, 173 Port Rd Aldinga. 10am - 4pm. For information phone Kat: 8557 9352

April 6 *Ticket to Export Fleurieu* Regional Development and Austrade present an information evening on export for the food industry. Contact Glenn at FRD for details 8536 4848

April 10 *Farmers Market Choir Workshop* Willunga. Contact Zannie for details: 0415 162037

April 13 *Leafy Sea Dragon Festival* Yankalilla. Celebration of the leafy sea dragon & the marine environment. Contact Michelle for details: 8558 2999

April 24 *E-Type Jazz & Trina & the Toyz* presented by Langhorne Creek Winemakers Association at Frank Potts Reserve, Strathalbyn 11.30am-5pm. \$10 entry. Food and wine for sale at venue. For information phone Lian: 8537 3362.



SHOPPERS OF THE YEAR

Farmers Markets attract passionate, dedicated shoppers – always a diverse array of people, drawn to the market for different reasons but with an enthusiasm for authentic produce.

The Willunga Farmers Market Most Dedicated Shopper award acknowledges the vital role and fantastic spirit that the customers bring to our Market.

The winners of this prestigious award for 2004 epitomise that passion and enthusiasm. Coralie and Leo Schwab, a retired couple from McLaren Vale, (pictured right) have been regulars at the Market since very early days.



“We haven’t missed many, and it opened on my birthday!” quips Coralie, “It’s the fresh produce and the friendly atmosphere that means so much.”

When prompted for any ‘tips’ for her shopping, Coralie, being very eco-conscious, always brings her baskets to save packaging. She likes to be there as the gates open at 8am and saves a table and orders coffee before doing the rounds of the Market.

Coralie delights in doing most of her weekly shopping at WFM – especially the fruit and veggies along with the farm eggs. She was originally disappointed not to have more certified organic produce on sale, but now understands the challenges of keeping a good consistent supply of certified produce and is delighted with the quality of everything she buys at the Market.

Does she shop for special products? “Absolutely,” she replied, “almonds from the WFM have gone all over Adelaide – whenever I go anywhere, I take WFM almonds as a small gift!”

When asked for comments about the Market, Coralie replied; “I love the unique service here – the apple man has given great advice about my apple tree, the organic man gives such interesting information about the veggies.

“It’s a great place to bring visitors and friends, to have a coffee while experiencing the whole atmosphere.

“And I’d love to hear more young people singing – it adds to the atmosphere beautifully.”

All of us at WFM congratulate Coralie and Leo - they inspire everyone with their wonderfully positive and joyful spirit.

AUTUMN COOKING

On the Fleurieu Peninsula, autumn brings the grape harvest. The very first of the pickers may be picking grapes not for wine but for verjuice. Verjuice - *agresto* in Italian - is an ancient condiment made from unripe grapes. It is used in place of vinegar or lemon juice and imparts gentle acidity with a subtle grapey flavour.

Verjuice is wonderful for poaching fish or braising rabbit or chicken. Vegetables such as waxy potatoes and fresh string beans

are delicious served warm with a vinaigrette of 1 part verjuice to 4 parts extra virgin olive oil, a small amount of seed mustard and salt and pepper to taste.

Cook autumn fruits such as grapes, quinces, pears and apples in verjuice with some sugar or honey to taste. Remove fruit and reduce liquid. Serve fruit with the poaching liquid and B-D yoghurt, Woodside Goat Curd or Alexandrina cream.

GM Plantings Threaten SA's Green Farmers

The GM moratoria in all of the canola growing states are still in place for now but SA is under real pressure from the biotech industry.

Bayer CropScience has small plantings of GM canola in 13 sites around the State under Commonwealth licence and has applied for a controlled release of genetically modified, herbicide tolerant Indian mustard - a plant related to canola.

Greenpeace has raised concerns about contamination from these trial sites after photographs were taken by farmers of bee hives next to a GM canola field in the state's south east, and of cows feeding next to a trial site.

Jeremy Tager from Greenpeace says, "While there is no evidence that this breaches South Australian law, it nonetheless totally violates the spirit of the moratorium, put in place to protect Australia's markets and food producers."

NASAA (National Association for Sustainable Agriculture Australia) believes it is impossible to guarantee non-contamination of non-GM farms and that this puts the growing organic farming industry at risk. Willunga Farmers Market has several stall-holders with NASAA certification.

A network of concerned farmers is doing great work monitoring the GM trials through their 'Cropwatch' project - check it out at <http://www.non-gm-farmers.com>

Meanwhile, Food Standards Australia New Zealand (FSANZ) released details on the 9th February of an application by Monsanto Australia Limited to approve the sale of food derived from a genetically modified cotton line. Submissions about the application can be made until 23rd March. See www.foodstandards.gov.au

Concerned about GM plantings? Email SA Agriculture Minister, Rory McEwan and let him know. mtgambier@parliament.sa.gov.au

New organisation to promote South Australian cheese

Cheese SA is a new organisation formed to celebrate and promote South Australian specialty cheeses and cheesemakers. Two of the members, Woodside Cheese Wrights and Alexandrina Cheese Company, are regular stallholders at Willunga Farmers Market.

The last 10 years has seen a spectacular growth in the number of local specialty cheesemakers. Not so long ago it was nearly impossible to get South Australian cheeses that were hand-made from traditional recipes. Now it is estimated that there are 16 specialty cheesemakers in South Australia and between them they make an exciting range of fresh, mould-ripened and matured cheeses from goat, sheep and cows' milk.

Members of Cheese SA say that the superior local milk quality and South

Australia's clean environment contribute to the quality of their products.

Cheese SA has regular meetings for members to share ideas and discuss issues of relevance to the industry. As a group they have lobbied to get formal cheese-making training in this state and are planning to hold a Speciality Cheese Show in the future.

Visit their website to see product and contact details for members: www.cheesesa.com.au



Research shows local food is good for environment

edited from BBC News online 2/3/05

Food should come from within your area, says a report published in the journal *Food Policy*.

British researchers claim that consumers are not fully aware of the severe damage done to the environment by driving food long distances.

"Food miles are more significant than we previously thought, and much now needs to be done to encourage local production and consumption of food."

The authors calculated that if all foods in the UK were sourced from within 20km of where they were consumed, environmental and congestion costs would fall from more than £2.3bn to under £230m - an "environmental saving" of £2.1bn annually.

They pointed out that organic methods can also make an important contribution. If all farms in the UK were to turn organic, then the country would save £1.1bn of environmental costs each year.

VALE GREG TROTT

The Farmers Market was saddened to hear of the recent death of Greg Trott from Wirra Wirra. Greg has added immensely to the cultural and culinary life of this region and was an enthusiastic supporter of the Farmers Market.

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