

fleurieu forager

Issue 10, AUTUMN 06

Fantastic Fourth Birthday



February 21st was a huge day for our market – we celebrated our 4th birthday in style and a fantastic birthday cake was provided by long-time market supporters Market 190 and bubbles from Hardy's Tintara added

to the festive atmosphere (although it made adding up at several stalls a bit of a challenge!)

Our City of Onkaparinga mayor Ray Gilbert cut the cake and officially declared celebrations open.

It gave me pause for thought about how far we've come in such a short time. The market is very important to so many on so many levels. As well as being an income earner for Fleurieu



producers, it has become a community event each Saturday – it's a place for friends and family to meet over coffee and breakfast. We've even had some success at match-making amongst the Fleurieu singles! But above all, the market still stands for fresh, local, quality food – and you can taste the difference! – *Mikaela Willford*

**Willunga
Farmers
Market**



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
Winter newsletter deadline: Friday, 3 June 06

CONGRATULATIONS...

At a recent gala South Australian Tourism awards dinner, the award for best Tourism Winery went to our sponsors Hardys Tintara of McLaren Vale. Anne Pollard, Cellar Door Manager, accepted the award on behalf of the company, saying, "To be officially rewarded under the Fleurieu Peninsula Industry Awards is acknowledgement of the commitment we have to our business and Wine Tourism in general – from our friendly and informative cellar door staff to our comprehensive business plans and policies."

Way to go Hardys Tintara!



Our market was officially opened 4 years ago by, among others, the eminent Canadian environmentalist David Suzuki... as his birthday falls close to the birthday of our market, an annual message is sent each year to wish him a Happy Birthday. This year, he celebrated 70! The message sent read as follows:

"Dear David,
On behalf of all the members, stallholders, farmers and producers – now numbering around 1500!! – of the Willunga Farmers Market here on the beautiful Fleurieu Peninsula in South Australia who have just celebrated our 4th birthday and who will never forget your inspirational words to us at our Grand Opening four years ago: MANY HAPPY RETURNS ON YOUR 70th BIRTHDAY!!"



Producer's Profile

Who are the Relish Sisters?

Tina and Jane have been closely related for years... they are excited about fabulous fresh ingredients, recipe development, food and wine matching... "Relish Sisters" was incorporated in mid 2000, after graduating from Regency TAFE - and the girls are kept busy with catering and cooking demonstrations.

Back in October a stall holder suggested we consider being the Brekky Team - our immediate response was "we don't do breakfast, but hey thanks for asking".

The next week Mikaela challenged us, we laughed and said we'd think about it (just to be kind, really). We visited the WFM, had brekky, got amongst the crowd, bought heaps of goodies and suddenly got a rush of energy and excitement about the whole idea and submitted our tender.

Suddenly it was the most important thing in our world!!!! We got the call - Yeh - and after 2 weeks of training with the wonderful Luisa and Liz - we started in November 05. Here

we are in March 06 and still loving it!! We have met so many wonderful stall holders, who have been so supportive and helpful (thanks especially to Di and Trevor, Jake, Jude, Sue and Ray) and have made some great mates who come each week for a chat and a feed.

We Relished the opportunity to be the "WFM Guest Chef" in February and had a blast demonstrating a couple of easy, fabbo

finger foods including Kookaburra Smoked trout with Alexandrina Creme Fraiche, Ray's figs, Woodside Chevre and Jill's rocket with Tony's walnut oil - yum - then some mushrooms with Talinga Garlic Olive oil, Lacewood ginger, bush lime and chilli sauce and veg from Virgara's.

We have just launched an email club - so if interested come and fill

in a form and get ready to receive

recipes, culinary tips, foody trends and ideas. Check out www.relishsisters.com.au for full details on the food services we offer.

Jane - 0416 224 264 Tina - 0413 942 935



From the Manager

It has been a busy few months since I began as market manager, but an enjoyable time. We have had some fantastic coverage from magazines and media, look out for Willunga Farmers Market in the April edition of 'Delicious Magazine' and Simon Bryant enjoying our Chili Festival on ABC TV's 'The Cook and the Chef' screening Wed. May 31, 6.30pm. Also an up and coming magazine to keep an eye on, 'Regional Food Australia' which promotes locally grown produce has visited our market for their next edition.

Office Move

On March 1st The Willunga Farmers Market moved its office base to the other side of the building, now facing Moore Street. The office is spacious and can accommodate the meetings and volunteers this market requires to operate.

Farewell

A big thank you to Janice Blair who was the Economic Development Officer at the City of Onkaparinga Council. Janice played a huge part in the Town Square Proposal and has always been a strong supporter of the Willunga Farmers Market. We will miss Janice but look forward to seeing her shopping at the market.

Looking ahead

The Easter Market on April 15 looks to be a big market for kids and adults alike! More info will be emailed regarding events such as Easter to members so make sure we have your current email address.

So what's in season at the moment? Well a lot of summer produce is still available, but we will start to see the Cucurbit family of pumpkins, squashes and zucchini, the Brassica Family of cauliflower, kale, turnip, cabbage, brussel sprouts and broccoli. There will be snow peas, beans, capsicums, tomatoes, cucumbers, salad mix, asian veg such as pak choy and bok choy, eggplant, silverbeet, spinach, rhubarb, new season apples and pears, late season peaches and of course the good ol' potato.

Welcome back to Blue Cottage Almonds, The Biscuit Basket, Hillside Herbs and Alexandrina Cheese after their summer break (not holiday!) from the market. Toward the end of Autumn and heading into winter Mark McCarthy will be back with his Pistachios.

Some new market stalls to look out for are Ashbourne Valley and their heritage pears, warm lavender tea from Fleurieu Lavender and tasty goat's cheese from Hindmarsh Valley Cheese. Enjoy the tastes and colours of the season ahead. Bon Appetit!

- Lisa Hall

Easy, fresh & local... Enjoy!

We relished to opportunity to chat and demonstrate as guest chefs at the WFM a few Saturdays ago - here are a couple of the recipes/ideas that we did:

Kookaburra Smoked Trout w/ Alexandrina Crème Fraiche

Carefully remove bones and flake trout into a mixing bowl, add Alexandrina Crème Fraiche, enough to combine together along with horseradish to taste and fresh chopped chives from Herbivorous. Taste to check if salt / pepper required. Use as a dip or smear on toasted baguette slices or fill savoury pastry tart bases with mixture.

Woodside Chevre w/ fresh fig on Bruschetta

Chiffonade (slice finely) some Herbivorous Rocket, dress with Harding's Walnut Oil. On toasted baguette slices lay a slice of fresh fig, top with a slice of Woodside Chevre and garnish with the dressed rocket.

THE MESSAGE TREE

The market message tree was inspired by a conversation about the ease of modern technology but also reflecting how it could never replace the special feeling of receiving a handwritten note... Our Market manager, Lisa, mentioned that in Covent Gardens there stands a tree on which people leave notes and love letters for each other. As Valentine's Day was approaching we thought that maybe we could make our own humble version for the farmer's market. That night, Ruby & I delved deep into our craft boxes, got out dad's wire cutters and bird nose pliers, pieces of felt and started twisting, snipping, bending & creating. By morning we had finished and delivered it to the market, complete with coloured note paper and pens. Many regular marketers have already started using our tree to bring smiles to each others faces.

- Gigi Lightowler



Autumn events

Celebrity Chefs

Love to shop but looking for inspiration once you get home? Not sure what an ingredient is or how to prepare it? Need a new idea your next dinner party?

Let us help you as we invite chefs from the Fleurieu's kitchens to cook up a storm with luscious market produce once again in 2006!

Saturday March 25th 2006, 9.30am

Saturday April 29th 2006, 9.30am

Saturday May 27th 2006, 9.30am

Easter Market

Saturday April 15th 2006

Eggs, face painting, animals, stay tuned for more info or check our website:

www.willungafarmersmarket.com

Autumn Arts Eco Market – GROWN MADE RECYCLED

Aldinga Arts Eco Village, Easter Monday, 17th April. Stall holder bookings and enquiries, please call Kat on 8557 9352 or email at market@aaev.net

Raffle Winner



Lee Edmeades was the lucky winner of our summer raffle – a bountiful basket of market goodies, presented by Willunga Farmers Market manager Lisa Hall.

Chili Festival heats up the market

The Chili Festival held on February 11th 2006 was an extremely popular event this year with a record crowd, Salsa music and some beautiful weather creating a carnival atmosphere.

Hillside Herbs did a fantastic job in decorating the entire market with the help of volunteers and stallholders joining in the spirit of celebrating the chili!

We were lucky to have a gorgeous chili chocolate cake made by Market 190, the syrupy sensation went in a flash!

As timing had it ABC TV were looking for chili producers the week before our event and decided it would be a perfect place to film an episode of 'The Cook and the Chef' which screens on ABC TV Wednesdays 6.30pm.

Simon Bryant, 'The Chef' from TV show and

Hilton Hotel, Adelaide cooked some Chili Chocolate Ice Cream for our shoppers and the TV show which looks to screen May 31st.

The Ice cream was sensational, who would have thought chili, chocolate and ice cream would blend so well together. Being able to learn and develop one's palate is just a bonus when we can see great chefs at work!

Simon was extremely impressed with our market and has since been inspired to use a lot of our local produce on his menu. Great for us and him!

We look forward to a hot and happening Chili Festival next year!



VOLUNTEER PROFILE



Jake Fowler

Jake has been with the market since its inception, arriving reliably before dawn every Saturday without fail.

Jake is married to Ayers and lives in McLaren Flat. His local pub is the Alma Hotel which is quite handy for him to slip in for a quick pint after market if he is not off to lawn bowls or to volunteer elsewhere.

Jake has his own courier van and as a result delivers to many people in the area so is a well known and loved local. Thanks to you Jake, for all your steady and friendly support every Saturday!

WILLUNGA FARMERS MARKET LENDING LIBRARY

We'd all like to own a complete reference library of for our various enterprises but book prices make the cost prohibitive. Following on a great suggestion by Colleen Francis from Starlight Springs Farm WFM is going to start its own Lending Library for members.

A small corner of our new office will become the Library where, for a token fee, members will be able to borrow books/CDs donated by other members or purchased from the lending fees.

Have you got a book/CD on worm farming or pig raising or fruit tree

pruning or permaculture or green manure crops or bread making that you were always going to read or did read once and that was enough? Well, lots of WFM members might like to read it too so if you have any books on agriculture/gardening/horticulture etc that you would like to donate to our new Lending Library we'd love to have them!

Please drop items off to the WFM office Wed – Friday or phone 8556 4297 to arrange collection.

We hope the Library will be in business by May so dust off those book shelves!



Working for the Market... our fabulous employees



**Georgina Lightowler
Market Assistant**

Georgie, or Gigi as she is fondly known as, has been market assistant since February 2006 and is a Willunga Farmers Market

Committee member and Secretary. We would be lost without her ideas and help.

Georgie spends a day a week entering and renewing memberships, administration tasks and organizing events such as our monthly Guest Chef at the market (Georgie used to be a chef and is a fantastic cook!). Georgie also works full time at Chapel Hill Gourmet Retreat.



**Dianne Wendelborne
Market Assistant**

Di has been the other half of the Market Assistant since February 2006. Di is a committed committee member and can be

found working every Saturday at the Willunga Farmers Market. Arriving at dawn with her husband and business partner Trevor ready to set up their stall, Oaktree Hydroponics' Tomatoes, and help with our market. Our breakfast stall would not be ready to go by 8am without the strength of Trevor!

Di spends a lot of her time processing memberships, selling market bags, books and hats, setting up and taking down, answering queries and assisting the market manager.



**Cathy Phillips
Bookkeeper**

Cathy has been with the Willunga Farmers Market since March 2006 and has brought a flair and pizzazz to bookwork

as never seen before! Cathy came highly recommended after the position for bookkeeper had been advertised locally.

Cathy comes into the market office on Tuesday mornings with our treasurer, Luisa, to count, pay and deposit money. Cathy is a wiz on the MYOB software and looks set to help update systems and databases.

Cathy has a husband and 2 children and lives in McLaren Vale.

THE SINGING CRICKET FOOD CO-OPERATIVE

The Singing Cricket Food Co-operative has its roots very firmly embedded in the Willunga Community, beginning its humble journey in an old shed about 15 years ago, with a handful of dedicated members.

Much has changed since then, but the Singing Cricket Food Co-operative has retained its "organic" roots. Growth has been gradual, prompted by a growing demand for quality, affordable, organic food in Willunga. Now we have a prominent position in the main street and we are offering our services to an ever expanding membership. (Membership is \$12/year)

As a food co-op, we are a non-profit community group that aims to provide organic and biodynamic food to our community. We sell a range of bulk and packaged wholefoods, health, body and household products and some seasonal fruit and vegetables. As much as possible we sell local and certified organic/biodynamic goods. Food that is full of life and love.



At present the co-op is run entirely by volunteers and there is a wonderful spirit of co-operation and enthusiasm amongst us. The co-op literally exists as a labour of love. Recently we have been asking our members to bring in their garden surplus to sell through the co-op. The response has been truly inspiring – beautiful, fresh, organic fruit and veg. So much so, that in April/May we plan to begin the "Surplus Backyard Market"

on Tuesday mornings. Willunga will then have access to local, fresh produce mid-week.

We have lots of plans for the future of the Singing Cricket Food Co-op. However we also let things emerge gradually so we can sustain them, never forgetting our simple

beginnings and the things that matter to us – care for ourselves, each other and the planet.

6 HIGH ST, WILLUNGA – OPEN TIMES:
Tues 9am–12pm Thurs/Fri 9–10.30am
Sat 9am–12.30pm
(Opening hours are soon to be extended)

FleurieuFood



F L E U R I E U P E N I N S U L A

Fleurieu Peninsula Food A to Z Directory ...a guide to food businesses with a regional flavour.

Pip Forrester, Chair of Fleurieu Peninsula Food announced the first release of Fleurieu Peninsula Food's A to Z directory: "We plan to place this Directory beside every kitchen telephone in every restaurant in the region. If you buy, sell or consume food on the Fleurieu Peninsula then this directory is for you."

The Fleurieu Peninsula Food A-Z is the regional food guide connecting Restaurants, Producers, Foodies, Growers, Value-adders and Retailers.

The Directory was created with visionary support from Food South Australia, the City of Onkaparinga and Fleurieu Regional Development.

The A to Z is a guide to locally grown produce, retail outlets that stock local

products and restaurants that cook with regional food.

From Ray Seidel's Apples to Starlight Springs Zucchini, this is the essential guide to produce available, when it is in season, where you can buy it and taste it.

How to get a copy? Or be part of the A-Z guide? Contact tori@fleurieufood.com.au for a copy of the 2006 A to Z, or to list your business in the next edition.

The A to Z also lives on-line at www.fleurieufood.com.au under "Discover the Food"

If you would like more information on Fleurieu Peninsula Food, Membership or the A-Z Directory please contact Tori Moreton on 8323 0144 or visit our website at www.fleurieufood.com.au

