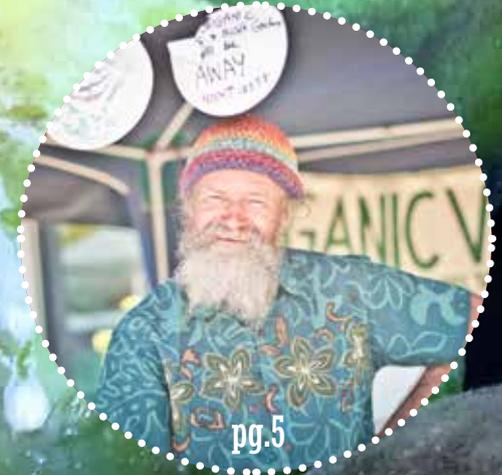


# FLEURIEU FORAGER

WILLUNGA FARMERS MARKET NEWSLETTER | AUTUMN 2015



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## WFM *Diary Dates*

**2015 is already shaping up to be another big year for us here at Willunga Farmers Market.**

Here's a quick run down of some of the upcoming events and dates to pop in your diaries. This year we are excited to share our producers know how with you in a series of producer run demonstrations and short workshops.

**Friday 27 March:** The round 2 recipient of the Young Farmers Scholarship will be announced, followed up by introducing the recipient to you, our members and the people who helped make this happen, on Saturday 28 March, 10 am in Willunga Town Square.

**Saturday 4 April: EASTER.** We are open 8am til 12:30pm this Saturday.

**Saturday 25 April: ANZAC DAY.** We are closed this weekend to show our respect and support for our diggers, both past and present.

**Saturday 9 May, 10am:** Charcuterie Kings, Little Acre Foods will be teaching us how to make pickles and preserves with all the abundant autumnal produce available in the market and from your gardens.

**Saturday 13 June, 10am:** WFM's heirloom and rare fruit guru's, Ashbourne Valley Orchards will show you how to prune your fruit trees to get the best out of them for the upcoming season and into the future.

**Did you miss out on our Summer edition of the Fleurieu Forager? Catch up with the Fleurieu Forager here for more info on what's been happening, our stallholders and recipe ideas.**

## MARKETNEWS

### What a summer!

As always, it's been a busy season here at WFM.

Summer saw the market family struck with a tragedy and we said goodbye to Carmel Hart, one of our first stallholders and a great friend.

We did have some triumphs though, with the market site extension in the Willunga Library car park coming to fruition. We now have capacity for 75 stalls, helping to provide a living for more than 100 local households.

The first Young Farmers Scholarship came to fruition, with the Garden Farmers turning over almost \$50,000 in their first 6 months of trade. This well exceeded their initial estimate of \$24,000 in the first 12 months of trade! Based on the success of the first group we launched the second scholarship in February, and will announce the 2015 recipient at the end of March.

This summer we had our second ever Twilight Market, to make up for the Australia Day weekend when we are closed for Stage 5 of the Tour Down Under. Supported by the City of Onkaparinga and taking place as part of the Willunga Street Party which occurred up Main Street, the twilight market was a beautiful night. The weather was kind to us and we saw a number of new faces in the crowd. The overwhelmingly positive feedback means we will definitely consider putting this on as an annual event.

This year we will host a series of guest presenters which will focus on sharing the skills and knowledge of our stallholders. Check out the events we have planned over the next few months in our Diary Dates column.

Read on for more on the life of Willunga Farmers Market, what's been and what's coming up, recipes and producer profiles.

The WFM team

# IN Season

Autumn is always full of weird and wonderful produce, as well as the traditional summer hangers on.

The warm and gentle weather produces great fruit and veg, full of natural sugars and juice.



Almonds • Celeriac • Chillies • Beetroot  
Figs • Fennel • Grapes • Persimmons  
Pomegranates • Quinces • Shallots  
Radishes • Leeks • Pumpkins • Plums

Not sure how to get the best out of these spectacular seasonal goodies?

Try grapes lightly roasted with honey and sprinkled with toasted and bashed almonds.

Caramelize baby leeks by braising them slowly with butter and a dash of white wine. Or try the same thing with plums and serve as a dessert with a dollop of rich cream.

Pull together a salad of finely shaved fennel, radishes and pomegranate jewels topped with a vinaigrette of local olive oil and lemon juice.

The world is your oyster when it comes to serving up these delicious delicacies.

**Still a little unsure how to cook an ingredient?** Just ask your farmer! The person selling you their produce will be able to give you some hints and tips on how to serve them.

## THE WFM FAMILY IS EXPANDING

We'd like to extend a huge welcome to all the new stallholders who will be joining us this season.

Fine and Dandy Teas  
Fleurieu Prime Alpacas  
Gina's Kitchen  
Parawanga Produce  
Smaller Apples  
Waynes Wild Honey  
Flour House  
Yaralla Worms

And we'd also like to welcome back **Starlight Springs** and **Gerry Bariamis**.

All of our stallholders bring something special and unique to the market, and we are looking forward to welcoming each of our new stallholders into the Willunga Farmers Market family.

## WE HAVE A LANDSHARE REGISTER

Are you keen to start farming but don't have access to land? Do you have land but not the ability to work it?

### Let us know!

In response to demand generated by the Young Farmers Scholarship, we have created a register of people who have land available to share farm.

With detail on water availability, size of land and location we can connect prospective farmers with land owners, to everyone's satisfaction!

Contact us on [info@willungafarmersmarket.com](mailto:info@willungafarmersmarket.com) to learn more or to register your involvement.

# Recipes

Autumn is full of gold and orange hues, even the sun takes on a wonderful golden glow.

To celebrate we are making the most of pumpkins, in all their shades of yellow, orange, red and even grey green. The market has an array of different varieties of this ubiquitous vegetable, so experiment with the weird and wonderful (and even the stock standard Butternut and Queensland Blue!) to find the variety that makes your tastebuds sing.



## Pumpkin Hummus

### Ingredients:

- 2 cups ripe pumpkin; peeled, boiled and mashed
- 1 can chick peas
- juice ½ lime
- 1 tbsp Spice Girlz Moroccan Jam
- ¼ cup good quality olive oil

### Method

1. Boil the chick peas until soft.
2. Add all ingredients to a blender and blend to a paste.
3. Serve with flatbreads and fresh vegetables as an appetizer.



## Pumpkin & Zucchini Muffins

### Ingredients:

- 2 cups pumpkin; peeled, boiled and mashed
- 2 cups zucchini; grated
- ½ cup olive oil
- 1 cup milk
- 2 eggs
- 1 ½ cups self raising flour
- 2 tsp mixed spice
- 1 tsp nutmeg
- ¼ cup brown sugar

### Method

1. Preheat oven to 180C and lightly grease muffin tray
2. Sift flour and spices into a large mixing bowl and add zucchini and pumpkin
3. In another bowl beat the remaining ingredients together then add to dry ingredients and mix well.
4. Spoon mixture into muffin trays and bake for 20 minutes or until the top is golden brown.
5. Allow to cool and serve warm with butter or just as the mood takes you!

# PRODUCER Profile

JOHN EDMEADES

We sat down with our lovable Rainbow hatted stallholder, John Edmeades, to have a chat about what he does and what he sells at the market.



**What are do you sell at the market?** Native plants and seedlings endemic to the Willunga basin, and bunches of herbs, muntries, saltbush and loquats as well as other native bush tucker when it's in season. Everything is endemic to the area (local) except the Bunya Bunya which is a native nut tree from further afield.

**How long have you been at the market?** That's a very good question! 2003 sounds about right.

**Why do you love what you do?** I suppose because I love nature and the environment and living things. I see the threat to the ecology of Australia and all the things that are happening to the planet and I suppose I've listened to the advice that says 'Think Globally, Act Locally' and the best way I can think globally is to grow vegetables and local plants. And that ties in to the other things that I do looking after conservation areas and bushland.

**What's your favourite stall at the market?** (aside from your own!) I don't have a favourite stall but there're lots of stalls that I like. The cheese and bread, Hundred Eaves and Carob. There are lots of stalls I like but I mainly search out the other organic stalls.

**Tell us about your property and who you work with:** I'm across the road from Kuitpo Forest, in the North East corner of Hope Forest, so we're in the hills behind the Willunga market I guess you can say. It's primarily just me propagating seedlings, foraging and growing. A one man show really.

**What's the best way to enjoy your produce?** Well, it depends what it is! Some produce is meant to be eaten and some is meant to have a life of its own. The original idea of Bush Gardens was to have bushland invading suburbia rather than have garden weeds escaping and going feral in national parks. So in the bushland garden the plants you put in bring on the butterflies and reptiles and things, beautiful.

**Where can we find you at the market?** I am directly in front of Fino Restaurant, next to Mountain Fresh Juices.

**What would your dream picnic entail?** I suppose a dream picnic would have to be bush tucker, enjoy it out in the bush somewhere.

**Favourite dish?** Well, it'd be a toss up between porridge, bread and cheese and fruit salad. No one can live on one food, that's the answer to that!

**Any food you don't like?** Yeah, olives. Olives because I've had to pull out so many of the plants, but I also don't like the flavour of olives.

**Favourite place to visit in the Southern Vales area?** I suppose it'd have to be Aldinga scrub, though Cape Jervis is pretty good. When I go out with Trees for Life it's amazing how many gems of nature there are to find on the Fleurieu, amazing beautiful little spots all over the place.





@willungafarmersmarket



@earthmam2four

FOODIE  
PHOTOS TO  
*drool*  
OVER



@fleurieu\_snaps

Share your WFM experiences and dishes with the world by posting your photos to our facebook and instagram pages. It's easy!



@hausmause



@wineykids

Add your photos to our facebook page by posting them to our wall as a comment. To share your photos with our instagram community add @willungafarmersmarket and #willungafarmersmarket in the comments of the photos you post to instagram.



@jasmyn\_hart



@mia\_carmen



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Mmmm, for photos so good you could almost eat them head to:



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