

FLEURIEU FORAGER

Newsletter of the Willunga Farmers Market

Issue 4 Spring 2004

New committee, new chair

The new Chair of the Willunga Farmers Market committee is Mikaela Willford, well-known to all Market-goers as one half of the wonderful Spice Girlz.

Mikaela was brought up in the New Forest in Hampshire, England where there are several thriving Farmers Markets. "When I first heard about the proposal to have a Farmers Market here I could see the potential; see that it would be a wonderful thing for the area."

She became involved with the committee that established the Willunga Farmers Market and has been a stallholder from the very first Market.

Originally Mikaela and business partner Sam Organ were selling herbs, chillies and salad greens that they grew at McLaren Flat. The business has developed and now concentrates on spicy condiments, many with names inspired by the years that Mikaela spent in Africa

Mikaela says, "Our business would not have grown in this way without the Market. Apart from the regular income, we've been able to try out different products and have developed contacts with other outlets. Most importantly we've made so many friends and it has allowed us to indulge our passions – eating good food and drinking good wine!"

In her coming term at the helm, Mikaela hopes to see the Market continue to flourish in the spirit in which it was established.



Outgoing Chair, Zannie Flanagan was voted Life Membership of the Willunga Farmers Market at the recent AGM in recognition of her efforts and achievements on behalf of the Market.

Zannie was instrumental in establishing the Farmers Market and has worked long and tirelessly to develop it over the last three years.

She has stepped down for a well-earned rest and plans to devote more of her time to pursuing policy development and organising food events. And, no doubt, she will continue to be the Market's number one supporter.



Congratulations to the Alexandrina Cheese Company! Their cheddars won four awards at the 2004 Royal Adelaide Show

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: November 8th



The new Willunga Farmers Market Committee, pictured left, has been expanded to twelve members.

This year a number of sub-committees have been established to consider specific issues such as membership, marketing, finance and the site.

Back: *Dave Stuttard, Jude McBain*
Middle: *Jill Stone, Margaret Jones, Robyn Dahl, Helen Bennetts, Ray Seidel*

Front: *Luisa Redford, Mikaela Willford, Sandra Mason*
Absent: *Di Wendelborn, Diana Bickford*

Certified seedlings

Diana Bickford of Bickleigh Vale Farm has developed a niche market for herself selling NASAA certified organic seedlings.

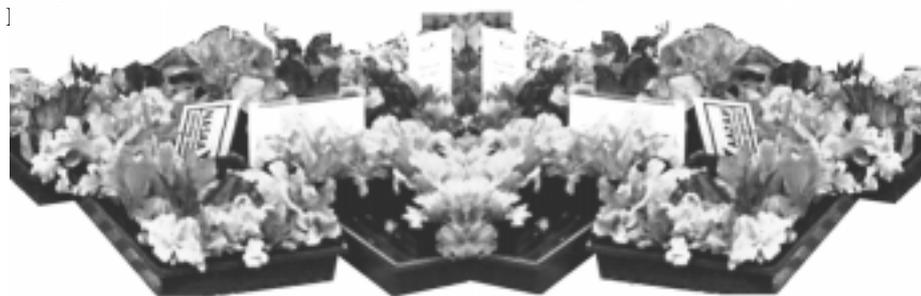
Certification through the National Association for Sustainable Agriculture Australia (NASAA) involves a demonstrated compliance with the relevant Standards for Organic Agricultural Production. This means that only allowable organic inputs are permitted in production.

As well as the seedlings, Diana sells vegetables at the Willunga Farmers Market. She is in the process of obtaining certification for these but says it will take another two years. "It's much quicker for the seedlings because you know what all the inputs are - and you can control them." The seedlings are raised in a nutrient rich blend based on SA Composters organic compost.

Diana says, "Most commercial seedling producers grow on a huge scale and rely heavily on artificial fertilisers - it would be hard for them to change over to organic principles. I'm at the other end of the scale."

Diana believes certification is a way of showing her customers her commitment to organic growing. It also enables her to supply organic producers and retail stores.

Other stalls at the Willunga Farmers Market selling certified organic produce are SA Composters, Glatzers Blueberry Hill and Beach Organics. B-D Farm are certified



WINNERS - REALLY BIG CHOOK RAFFLE

1st Prize: The Really Big Chook
Winner **Lea-Anne Doolan**

2nd Prize: B&B accommodation at Carlops, Willunga plus dinner for 2 at Willy Hill Café
Winner **Colleen Shute**

3rd Prize: \$50 voucher - Shaun's Window Cleaning
Winner **David & Julie Stuttard**

4th Prize: 2 Bottles '01 Pentaringa Undercover Shiraz
Winner **Richard Piorkowski**

5th Prize: \$20 petrol - Willunga Caltex Station
Winner **John March**

6th Prize: Living Herbs Strawberry Pot - Herbivorous
Winner **E Methven**

7th Prize: Living Salad Bowl Bickleigh Vale Farm
Winner **Andrew Tuft**

8th Prize: \$25 voucher - Ray Seidel Fresh Fruit
Winner **Linda Patterson**

9th Prize: \$25 voucher - Blue Cottage Almonds
Winner **Mary Gordon**

10th Prize: \$25 voucher Starlight Springs Farm
Winner **Liz Alford**

Peacock Farm

Dave and Julie Stuttard of Souly Bread have embarked on an exciting new enterprise. They recently purchased Peacock Farm in Willunga. Dave says,

"We came to love Willunga through our involvement with the Farmers Market and have been on the lookout for a property so we could move from Victor Harbor.

When Peacock Farm came on the market we dared to dream that we could be the new owners. As luck would have it . . . our dream come true.

We saw the potential to develop Peacock Farm as one of the major tourist attractions in Willunga, and intend to open it to the public, as well as offering bed & breakfast and a venue for weddings and other functions.

The property has a great deal to offer us as owner caretakers, and we are very humble that we have the chance to maintain and promote the history that surrounds Willunga Peacock Farm."

Dave and Julie have many plans for the property including establishing an organic vegetable garden.

If you have a function that would benefit from a character-filled venue, contact them on 85564051.

From the Market Manager

Spring has sprung and the flower sellers are back at the Market.

Buy sweet peas from Willunga Plains Flowers, daffodils from Kokoda Farm and gorgeous bunches of banksias from Corowin Flowers.

Get that vegie garden going with Diana's certified seedlings from Bickleigh Vale Farm and buy a whole herb garden from Hillside Herbs' fabulous range plus all your cottage garden perennials.

October is Fiesta time - a month-long celebration of olives and olive oil organised by Fleurieu Peninsula Food. Look out for events at the Market and throughout the Fleurieu.

The REALLY BIG CHOOK RAFFLE was drawn at the Market on July 31st by Aine Bennett, organiser of the Almond Blossom Festival.

The raffle was a fantastic fundraiser for Willunga Farmers Market netting just over \$1500 profit. Thank you to all the prize providers and congratulations to all the winners (listed left).

Rumours are growing that another chook raffle could be hatching next year!

We've rostered our youthful buskers so on your way out of the gate get rid of that unwanted loose change and support our budding musicians!

Both Christmas and New Year fall on a Saturday this year so we will be making other arrangements. We'll keep you posted about the details.

Enjoy the sunshine!

Vardy Hirst

Coming events

September 17 Closing date for nominations for Fleurieu Peninsula Food's Fiesta events - Chef of the Region and Olive Awards. Contact FPF on 8323 0144.

September 25-26 *All About Olive* - exhibition celebrating the olive Waverley Homestead St Peters Tee Willunga. Info: 8556 2878

September 26 Willunga Quarry Market holds their annual Spring Garden Market with sales of plants, produce and garden-related craft.

October 2 Yankalilla Show

October 4 Strathalbyn Show

October 6 Judging of Fleurieu Peninsula Food Chef of the Region, Chapel Hill Gourmet Retreat

October 29 Bushing Festival Winemakers Lunch with announcement of 2004 Bushing King or Queen. Info: 8323 8999

October 30-31 Healthsmart Expo South Australia, Wayville Showgrounds. Featuring organic produce. Info: 8231 7800 sfranklin@adlex.com.au

November 26 Premiers Food Awards presentation dinner premiersfoodawards@safodonline.com

November Nominations for Wilmark Awards open!

SARINA'S GARDEN

A quiet blossoming has been taking place in the 'fruit and vegie' section of the Market.

The story begins on the second Saturday of Willunga Farmers Market's existence in March 2002. Dom Scarfo's distinctive little blue and white truck putted in filled to the roof with fresh vegies. Customers rushed the stall and Dom sold out in a flash.

The following week quietly spoken, shy daughter, Sarina, joined Dom helping to sell to the now famous Scarfo stall queue. A few weeks later the bubbly, chatty Germaine joined them and a tradition began.

Sarina and Germaine's loyal following were thrilled in September 2003 when Sarina married the charming Francesco Virgara. Photos were produced at the Market - "We scrubbed up pretty well! said Germaine - and we all met Francesco.

In March this year Dom retired from his

Market business passing the reins to Sarina. The blue and white truck still appears each week and now so does a tent, trestles, specials blackboard and a gorgeous new sign proudly proclaiming, *Virgaras Garden - straight from our garden to your kitchen.*

Sarina and Germaine both love the Market with a passion. Germaine encourages people to become members at every opportunity, and says, "It's a community of friends all working together".

Sarina is committed to quality and freshness of her produce and hopes to develop the range - more varieties of tomatoes etc - in the future. And she says, "Sometimes on Friday night when its pouring with rain while packing the truck I wonder what I'm doing (*a common stallholder feeling, Sarina!*) but then on Saturday I get such a great response from all my customers - they are amazing."



Sarina (left) and Germaine with the new look stall

Arancini ("little oranges"- Francesco's favourite!)

Pea Sauce

1 small clove garlic, chopped
4-5 ripe tomatoes, chopped
1/3 cup fresh *Virgara's Garden* peas
Saute garlic, add tomatoes, cook through.
Add peas, reduce heat and cook until peas are soft.

Risotto

3 tablespoons butter
1 small onion finely chopped
1.5 L (6 cups) real chicken stock
450g (2 1/4 cups) risotto rice
75 g grated Parmesan cheese
2 eggs beaten

Heat stock to simmering. In another saucepan melt butter and saute onion. Add rice and stir for 1 minute. Add hot stock a ladleful at a time until the rice is creamy on the outside but still al dente. Remove from the heat. Stir in Parmesan cheese and eggs. Season then spread out on a large baking tray to cool completely.

9 basil leaves, torn in half
150g mozzarella cheese, cut into 18 cubes (about 1.5 cm square)
150g dried breadcrumbs
oil for deep frying

Divide rice into 18 portions. Take one portion in the palm of your hand and put a piece of basil, a teaspoon of pea sauce and a cube of mozzarella in the centre. Mould the rice into a tight ball. Roll in breadcrumbs.

Heat enough oil to 180°C to cover the arancini. Deep-fry the arancini in batches, for about 4 minutes, or until evenly golden brown.

Drain on paper towels and serve at once.

Serves 6

Strategic Plan

In July this year two very productive strategic planning workshops were held for Willunga Farmers Market.

The workshops were led by Kay Hannaford, who does this for a living with the likes of BHP and kindly donated her services. Participants included stallholders, interested members, local government officials and our regional food group.

Workshop participants considered where we have come from – a wonderful opportunity to reflect on what has been achieved in three short years – and where we all hope to be in five years time.

As part of the process, participants formulated a collectively agreed vision,

mission and shared values with an action plan to work towards these goals.

Some of the aims for the future included finding a long-term or permanent site, making the manager's job full-time, expanding the membership base, establishing a successful sponsorship/partnership programme and providing training for committee members.

The Strategic Plan was presented by outgoing Chair Zannie Flanagan at the recent AGM and was adopted by the new committee as a working document. Progress has already begun in some areas notably the partnership programme and a governance workshop for committee members to be held in September.

Our Vision:

To be the green heart of the Fleurieu Peninsula community

Our Mission:

To provide a venue where local growers and makers sell from the heart for the heart

Our Values:

Authentic, local food produced by passionate and creative people to provide regional prosperity through ethical and sustainable means

**Heard on ABC Rural news recently . . .
75% of baby foods now sold in Germany are organic**

Regional cuisine, local produce

The last few years have seen a push to promote regional cuisine. The idea has been fostered through the establishment of food trails, regional food groups and regional branding such as *Barossa Food*.

But what do we mean by regional cuisine? It may be easy to recognise in countries such as France and Italy where we are used to the idea that Tuscan cuisine is different from Sicilian and that the cuisine of Provence is different from that of Brittany. These regional differences have arisen from a unique combination of soil and climate, culture and lifestyle, local produce and cooking techniques.

Local specialties evolved over generations based on the produce available in the marketplace and the food that people cooked in their homes. These specialties were celebrated at feasts and festivals and by the late twentieth century had made their way via restaurants, food magazines and cookbooks to images in tourist brochures enticing the traveller and 'branding' the region.

Australia has not had the long slow culinary gestation of 'old world' countries. We are seeking to define

regional cuisines at a time when shoppers have easy access to produce from across the country and around the world with little need to consider seasonality. Cooks in the home and in restaurants and cafés meld ingredients and cooking techniques from many cultures.

And yet people seek the regional and the local as a way of understanding a place and its inhabitants. In this light there are many things that make the Fleurieu Peninsula unique. This area has a long association with certain products such as olives, almonds, fruit and fish. The rich pastures of the lower Ranges are known for meat and dairy products. As with grapes, the particular combination of soil and climate of the area – the terroir – contributes to the special qualities of the produce grown here. There is the impact of the coast – and the way it influences lifestyle and cooking techniques as well as the produce. In contrast to the German influence of the Barossa, this region has a Mediterranean flavour.

The notion of regional Fleurieu cuisine will continue to be explored both in an academic way and a more essential way – by growing, cooking and eating the

seasonal produce of the region. **For the heart of a regional cuisine will always be in the home and in the market.**

At the official launch of the Willunga Farmers Market, environmentalist David Suzuki said, "This market symbolises an opportunity to remind ourselves . . . that we are local creatures and that our food should reflect our locality, our place here on earth."



Sing me a lettuce . . .

There are plans to start a Willunga Farmers Market choir. And so it was interesting to read of another food-inspired choir.

Community choir, Tutti Ensemble, has embarked on a collaborative project with three poets and a composer to produce a work about the production, preparation, eating and selling of food.

Artistic Director Pat Rix says they will be based near Adelaide's Central Market as they develop the work for the next Fringe Festival.