

fleurieu forager

Issue 12, SPRING 06

New faces on the WFM Committee

Our Market is absolutely thriving after over 4 years of sustained growth. The vibrant energy of strong community involvement was evident at our recent AGM, where members elected 6 new people to the Farmers Market Committee along with 6 standing members of the Committee who chose to re-nominate.

The Committee then duly elected officebearers for the new term – Chairperson, Diana Bickford; Deputy Chairperson, Mike Lewis; Treasurer, Luisa Redford. The remainder of the Committee for the 2006/07 term are: Andrew Boag, Liz Elder, Brett Harris, Carmel Hart, Jay Holata, Richard Jasek, Denise Riches, Ray Seidel, and Jill Stone.

This new group abounds with fresh energy and enthusiasm – it is well-balanced with representation of farmers and producers, community members along with those with professional experience in business, media, management, and accreditation – all sharing a vital 'grass-roots' passion for Willunga Farmers Market and all it stands for.

Incoming Chairperson, Diana Bickford, with a background of farming, community health, and

organic horticulture, is passionate about the Farmers Market concepts and the far-reaching benefits for everyone involved. A stallholder for nearly 3 years, the market has enabled her 'growing' business of organic seedlings to develop and expand. Diana is very much looking forward to working with the new Committee, and 'growing' the Market into this new era of development.

The incoming Committee expresses thanks for the enormous work and dedication of the retiring chair Mikaela Willford and departing members of the Committee. Mikaela, a founding Committee member, has held the vision of this market with integrity and passion throughout her term, and has chosen to take a well-earned break so as to focus more fully on her business.

With such strong foundations in place, forged by all who have contributed so much to the growth of this market, we look forward to the year ahead... An exciting phase of development and new horizons for Willunga Farmers Market!

**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
Summer newsletter deadline: Friday, 1 December 06



WFM Committee members (L to R): Zara Lupton, Mike Lewis, Jill Stone, Liz Elder, Andrew Boag, Denise Riches, Carmel Hart, Luisa Redford, Di Bickford, Ray Seidel. (Missing from photo: Richard Jasek, Brett Harris)

Newsletter of the Willunga Farmers Market, proudly sponsored by Hardys Tintara, McLaren Vale

WILLUNGA FARMERS MARKET fresh, healthy, local produce every Saturday 8-12.30, next to Alma Hotel



Producer's Profile

Third Generation Harts – the pick of heritage spuds

Wes and Brentyn lived at Campbelltown on a market garden. Brentyn took on a career as a cabinet maker, while Wes continued with his dad on the market garden. When Dad sold the garden, Wes went to work for the Government for 10 years.

Then 26 years ago Wes and Brentyn bought a property out of Meadows and started growing vegetables for produce markets.

When we started at Willunga Farmers Market we only had red and white potatoes. How things have changed! We now grow 20 different heritage potatoes and a wide range of fresh vegetables. Work has increased an enormous amount but so has the demand from the customers whom we aim to please. Work is long hours, seven days a week, but it's what we



*The heart of the Harts (L to R):
Wes Hart, granddaughter Alyssa Jolly,
Carmel Hart, Brentyn Hart*

enjoy doing. We're third generation market gardeners.

*(Ed. note: Congratulations to the Harts who won **Producer of the Year** at this year's Willmark Awards held on September 9th.)*

From the Manager

Spring has sprung with the days feeling warmer already. We have been lucky in the markets with the rain holding off most weeks between 8 and 12.30 every Saturday. Although we need more water – it's easy to forget we live on the driest continent in the world followed by the driest state.

You can make your impact on the earth a good one by shopping at Willunga Farmers Market where traveling miles for food are reduced and most of the products are grown organically.

Onto the market... which will be brimming with produce as the warmer months ensue. We look forward to a cornucopia of lovely winter/spring vegetables like broccoli, swedes, turnips, beans, cauliflower and beetroot to shower the stalls of Hart's, Virgara's, Starlight Springs and John and Poppy. Try some of Warakilla's Tiramisu if you feel like a naughty treat or Wahroonga's Camembert for something soft and delicious.

Hillside Strawberries will be coming back in October, a little earlier than usual due to the warmer weather.

Along with our regular Pertaringa Wines look out for Minko, Fox Creek and Cobblers Wines who will be alternating every 2 months at the market.

Look out for Happy Foods in the market who have been extremely kind in donating all the bread required for the Willmark Awards!

Jude McBain, our effervescent purveyor of almonds, from Blue Cottage Almonds will be travelling overseas to visit her sister in Northern Italy – she lives where almonds flourish! Jude will be away from 23rd Sept – 11th Nov. Have a great holiday Jude!

If you have a veggie patch and it's anything like mine you would have had plenty of silver beet, spinach, continental parsley, and rocket. My broccoli, cauliflower, broad beans and beetroot are nearly ready...waiting patiently! I recently bought some calendula from Di Bickford. It is grown for its medicinal qualities and vivid orange flowers. Once used to colour cheese, is great for a soothing tea or skin balm. You can buy these from Di at Greenseed Seedlings.

Things to be thinking about growing which will also soon be on the market stands toward summer are tomatoes, eggplant, onion, parsnip, pumpkin, squash, celery, cucumber, leek, marrow, zucchini, radish, rockmelon, watermelon, strawberry, sweetcorn... at this time of year the list goes on and on. Enjoy Spring, and bon appetit!

– Lisa Hall



**Biodynamic
Agriculture
Australia Inc.**
(a not for profit association)

Biodynamic Agriculture offers great results – two day workshop

The use of biodynamics to improve and enhance soil fertility, animal health and farm profitability will be the focus of a two day FarmBi\$ supported introductory workshop being presented at Meadows, SA on Tuesday 19 & Wednesday 20 September, 2006.

All farmers, land managers, producers and their management team are encouraged to register for this innovative and practical workshop being presented by biodynamic educator, Hamish Mackay and host, Ulli Spranz. It will be farm-based at Helmut and Ulli Spranz's 80 ha award-winning dairy, B.-d. Farm Paris Creek Pty Ltd., Meadows.

The 2 day workshop program includes soil fertility, the soil food web, managing weeds and insects, animal health and working with planting cycles. Participants will learn about making on-farm inputs such as biodynamic compost, liquid

fertilisers, tree paste and weed teas. They will see what the biodynamic preparations are and how to prepare, store and use them on farm.

The workshop will run over two days from 9.00am to 5.00pm on Tuesday 19 & Wednesday 20, September, 2006. Cost \$193pp for FarmBi\$ eligible participants. This workshop is a registered group activity with SA FarmBi\$ and includes 2 days of tuition, incl. GST, manual, refreshments, lunches and planting calendar. For participants not eligible for FarmBi\$ the cost is \$550pp.

Workshop registration and payment in advance is necessary to secure the FarmBi\$ support. For further information and bookings please contact Biodynamic Agriculture Australia on 02 6655 0566 or email: bdoffice@biodynamics.net.au. Local enquiries can be made to Ulli Spranz on 08 8388 3339.



SPRING EVENTS

September 15-18

Alma Hotel turns 150 years old, see article on celebrations in Forager

September 29-October 29

Fiesta! A celebration of food and wine, see the Fleurieu Food website for more details www.fleurieufood.com.au/FleurieuFood/Fiesta-program.php

September 30

Guest Chef-Colleen McLeod from Lilla's Café, Yankalilla

October 2 Labor Day Monday

Willunga Farmers Market on the beautiful grounds at Hardys Tintara Winery, 9am-2pm
Spring Arts Eco Market
GROWN MADE RECYCLED
Stallholder Booking and enquiries, please call Kat on 8557 9352 or email market@aaev.net

October 14

'Let them Eat Cake' Olive Oil Cake Competition at Willunga Farmers Market. All welcome to enter, ring 8556 4297 for entry details.

'Willunga Walks Festival' Walk through Willunga and celebrate all it has to offer.

Visit website for more details www.willungafestivals.com/details-of-next-events.asp

October 28

Fiesta! Guest chefs Nigel Rich and Peter Reschke from d'Arrys Verandah

November 3-26

Fleurieu Biennale – Australia's richest award for landscape painting. Watch out for exhibitions all over the Fleurieu Peninsula including the main exhibition at Tatchilla, Hardy's Tintara, d'Arenberg, Penny's Hill, South Coast Art Centre, Goolwa and Willunga Farmers Market.

November 11

The last big Chook Raffle is drawn. Buy tickets at the market for your chance to win 12 great prizes!

November 25

Guest Chef Danny Trimarchi from Kasbah, Port Noarlunga

Fleurieu Peninsula fine flavours on show...

With the distinctive flavours and quality of the Fleurieu Peninsula's olives making a splash on the international olive oil scene, many aspects of the Fiesta! program of culinary events will honour SA's unique liquid gold asset.

Some the 2006 Fiesta! events will celebrate the region's best new season's extra virgin olive oil: workshops on how to choose and buy it, the art of matching oils to dishes and cooking with olive oil.

Fleurieu Peninsula Food Olive Oil Awards Chief Judge, Zannie Flannagan says the Fleurieu's love affair with olives extends over many

generations from the early Italian and Greek settlers who migrated to the region.

The first Australasian Alfresco Cheese Festival, CheeseFest 06, will take place on October 15 at the McLaren Vale Visitor's Centre.

Cheesemakers will taste, sell and educate the public about their cheeses, while local restaurants and winemakers service their local fare. Other entertainment will include cheese & wine matching, tastings, celebrity cooking demonstrations, music and much more!

The full Fiesta! Program is online at www.fleurieufood.com.au and available at all Visitor Centres across Fleurieu Peninsula in October.

Let them eat cake!



If you've never entered a cake competition before, here's the perfect opportunity. October is Fiesta! on the Fleurieu Peninsula and the Willunga Farmer's Market will be holding it's **second annual Olive oil cake bake off** to celebrate.

On a dare, I decided to take the plunge last year and made a simple Kentish Cherry & Olive Oil cake. I was a little bit nervous as I placed it on the judging table at 8.30am in the morning.

The local ladies had really outdone themselves and produced a luscious array of entries. I felt like I had joined some kind of

private club as we watched the judges poke and prod our beautiful creations.



Cold fingers wrapped around hot coffees, adrenaline pumping, we all waited for the results to be announced, there could only be one winner... Zena from Café Lime with her sensational White Chocolate, Lime and Olive Oil cake.

If you would like to have some fun or find out more contact Lisa on (08) 8556 4297. All you need is a bottle of Fleurieu new season's extra virgin olive oil and your sweet imagination...

– Georgina Lightowler



HELP WANTED

B.-d. Farm Paris Creek Pty. Ltd. is looking for

1. Somebody to do packing of products on the weekends
2. Somebody with a truck drivers license and experience in truck driving for either Saturday Willunga market, Sunday Adelaide Show Ground Market or for both.

Please call Ulli or Helmut on 8388 3339.



John Hall from The Greedy Goose, Adelaide and Longview Winery, Macclesfield was our guest chef on August 26, showing Willunga Farmers Market shoppers how to smoke fish using tea leaves and rice!



Almond Blossom Festival the best ever...

The Almond Blossom Festival in August was a great weekend. Like our market, the event really brings the community together. Our mascot Sir Wilmark the Magnificent was towed in the Sunday parade by Ian McBain on his Massey Ferguson Tractor and many of our stallholders donated produce for the opening night. We now look forward to Fiesta! during October and the Fleurieu Biennale in November. Check out the events column for more info...



FleurieuFood



FLEURIEU PENINSULA

Fiesta! program launched at Fino



L to R: Peter Hogg, Pip Forrester, David Swain, Cheong Liew holding the new Fiesta! program

The 2006 Fiesta! program was officially launched at Fino Restaurant in Willunga on Wednesday 30 August (right next door to the Farmers Market).

The balmy night was a perfect prelude to the Spring Festival this October across the Fleurieu. Fiesta! 2006 program was launched by Cheong Liew. Guests included Member for Mawson Leon Bignell. This was a night of celebrating Fleurieu produce as guests were treated to a feast of flavours prepared by Culinary Master Cheong Liew, Fiesta! Ambassador and Head Chef of The Grange Hilton

Adelaide; Peter Hogg Chef of Chapel Hill Gourmet Retreat; and Chef David Swain of Fino (our local 'iron' chefs!!)

Fiesta! program is available now from visitor centres across the Fleurieu and the Willunga Farmers Market information stall. Book in to Fiesta! events now!

Fiesta! Launch Menu

- Marinated Coriolo Kalamata Olives
- Kuipto Marron and Fennel Tartlet with Saffron and Champagne Anglaise
- Local Snapper Brandade, Smoked Eel and Salmon Pearls
- Local Skate with Skordalia, Green Marinated Olives, Lemon and Capers
- Meningie Duck and Parsnip Pie
- Rolled Fleurieu Free Range Egg Omelette with Woodside Chevre and Herbs
- Aldinga Turkey Liver Parfait with Caramelised Apple (Peter Hogg)
- Hot & Spicy Coorong Mullet (Cheong Liew)
- Kangaroo Island Oysters (Cheong Liew)
- Beetroot, Watercress and Hindmarsh Valley Fetta on Croute
- Roasted Normanville Lamb Cutlets

The Alma celebrates 150 years

The Alma Hotel in Willunga, one of the State's oldest, is celebrating its 150th anniversary in September.

Join in the huge celebrations that are planned for the heritage-listed, country hotel, from Friday, September 15 to Monday, September 18, with reunions, dinner dances, face painting, wine and port tasting, pipe and drum band, memorabilia and "local day".

Memorabilia will be on display throughout the celebrations. For bookings or further information please call 8556 2027.



And a big thank you to...

The Wilmark Awards could not have been the successful night it was with out the many volunteers and kind businesses that contributed.

A big thank you to Tara and her fabulous marzipan, Blue Cottage Almonds, Happy Foods, Thistle Be Good, Hindmarsh Valley Cheese, Kym and Yvonne Ayliffe, Steve and Bri from the Greenman Inn, Ashbourne, the wonderful people behind the food and of course Hardy's Tintara for their generous sponsorship allowing this event to take place. Thanks again everyone.

