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fleurieu forager



NEWSLETTER FOR THE WILLUNGA FARMERS MARKET

Issue 27, SPRING 2010

Greetings from the team!

Well, it's been a whirlwind three months with the AGM, Wilmark Awards and everything in between. Some of the wildest weather in the history of the market was a good induction for both of us, but spring has sprung and we are welcoming warmer weather with open arms!

We hope you enjoy the spring edition of the Forager and look forward to seeing you Saturday at the market.

Steve and Billy



Where is my favourite stall?!

We have been fielding an increasing number of inquiries recently about the where-abouts of members favourite stallholders. Many of our stallholders only have seasonal produce, so some have taken leave while waiting for their next crop to come through, some are taking a much deserved holiday and others have struggled with some of the most extreme winter weather in the history of the market.

So, to allay all your fears, here is a list of all our missing stallholders and when they are due to return to market!

Soula Andonopoulos; Citrus, stone fruit, dried fruit, persimmons, pomegranates, watermelon and rockmelon *With the end of her citrus, Soula is taking a break from September but will be back on board in November with a range of stone fruit.*

Gerry Bariamis; Grapes, pumpkins, melons, walnuts and limited citrus *Due to the seasonal nature of Gerry's produce, he has not been at the market since August. Gerry is due to return soon after Christmas, however he notes that due to the extremely cold winter his grapes will come on at least a week later than they have been in the past.*

Blue Cottage Almonds; Almonds, cakes, biscuits and jams *Jude McBain, producer and WFM chairperson, is taking a well earned and much needed holiday and will be back from Saturday 27 November.*

Fleurieu Garlic; Garlic, occasional seasonal vegetables, rhubarb, pickles and preserves *Richard Bennett's crop is seasonal, so Fleurieu Garlic can be found at the market over the summer period from Dec to May.*

Fleurieu Lavender; Lavender foods (including ice-creams, brownies, biscuits, scones, teas and lemonades), cosmetics and dried bunches *Rooney Upton has taken a few weeks off of the market to start the build of his new farm gate store and cafe. Rooney will be back at the market from Saturday 23 October.*

Frantic Whisk; Hand-made butter puff pastry strudels, eccles cakes, almond rolls, and tarts, a range of Dutch-style biscuits, sweet crust apple pies, and spinach pies *We are sad to announce that due to demand, Sam will no longer be selling Frantic Whisk products at the market. His products can still be found for sale at a number of outlets including The Green Room, Market 190 and Lucia's Fine Foods in the Central Market.*

Hillside Strawberries; Strawberries *Strawberry season is almost upon us, and Hillside Strawberries will be back at the market from late October onwards.*

John Edmeades; Native plant seedlings, some bush food plants, organic vegetables *John's recent change of address has meant that he has had limited stock until his new garden is up and running. John and Carolyn aim to be at the market more often, however organic veg will be limited and they will be focusing on the sale of native plants until their new patch is established.*

Poppy Hollitt; Chemical free leafy greens *Poppy has taken a change in direction and is following her true passion of seed saving endangered heirloom fruit and veg. While there is a future possibility of selling her produce through John Edmeades, this however is yet to be confirmed.*

Merry Cherry Farms; Cherries *Cherry season is short but sweet, so Claude will be back on board with his beautiful cherries from November through to January.*

SA Composters; NASAA certified organic compost and potting mix *Due to staffing arrangements SA Composters have not been able to attend WFM since June this year. They are hoping to rectify this shortly, however in the meantime you can find them at a range of garden supply stores or go direct to their depot on Liston Rd, Lonsdale.*

Starlight Springs; Organic and heirloom vegetables, free range eggs *Seasonality is a huge factor with Ian and Colleen. Their farm is called Starlight Springs because the whole property is a network of natural springs, and in winter when it rains the natural water table rises and swamps the farm. Colleen notes that, 'the stark reality is that we can't grow when it's like that but it is beautiful. This year has been one of the wettest and coldest winters in recent history so aside from being flooded out, it's just so cold that things don't grow.' Ian and Colleen are aiming to be at the market fortnightly, but will be back to weekly appearances once the soil dries out a little and warms up.*

Sweetart; Tarts and friends *Sweetart has recently taken a hiatus while Tracey and Peter Bishop have been on holiday overseas. The business was up for sale prior to their departure, and Peter and Tracey left with the knowledge that they would most likely not be bringing our favourite tarts back to the market. While this is another sad loss for the market we wish them both all the best for their next endeavour.*



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WILLUNGA FARMERS MARKET fresh, healthy, local produce every Saturday 8am-12.30pm, Willunga Town Square



Slate Hill – Jo Charity

Every Saturday Slate Hill Cafe opens its doors to those in need of a coffee or a hearty breakfast. Owner and operator, Jo Charity, gives you a sneak peek into life at the cafe.

How long have you owned Slate Hill?

I've had Slate Hill Cafe since October 2009

What do you love about it?

I'm at home really, and it's in Willunga.

What's the most popular Saturday morning order?

Wildy's big one, that's a BIG breakfast!

How would you summarise your menu selection?

We have everything!

What are your opening hours?

Weekdays 8-4:30

Saturday 7am til the last customer leaves

Sunday 9 til late afternoon.

A little birdy mentioned that you competed in the Willunga Football Club's Masterchef competition.

What dish did you serve up for the judges?

Garlic chilli chicken and prawn pasta, which can actually be found on the Slate Hill Cafe menu.



Did you know???

More than 10,000 people within the Fleurieu Peninsula are fed each week from just the Willunga and Victor Harbor Farmers Markets!



Advantage SA Regional Awards

WFM is a finalist in the 2010 Advantage SA Regional Awards for the Community Group category. The winner will be announced on Thursday 14 October, so keep your fingers crossed!

Spring garden tips with Bickleighvale

The sun is starting to shine warmer and longer. Take the opportunity and start getting out in your garden now.

Take heed though, do not start planting too early or the pests will get to your plants before the predators are alive and kicking. Pests start breeding at about 3C while most predators start getting active at about 12C.

A true test to when to start planting out is that you should be able to sit on your lawn bare bummed for a whole afternoon without getting cold. Instead of scaring your neighbours, try using your wrist instead.

So what can we do while we are waiting for the soil to warm up?

Lay down a heavy mulch now. This will protect plants from frost and start to release nutrients into the soil for any heavy planting you do in spring and summer. It will trap the moisture that's already in your soil so it will take longer to evaporate once the sun starts to dry out the neighbourhood.

Don't forget to plant both flowers and veg. The flowers attract predators and pollinators, and the look pretty too!

Start planting in late September and all through October, and if you have any questions about what, when and where to plant don't forget that you can always ask!

Di Bickford from Bickleighvale Farm is at the market every Saturday. They specialise in organic veg seedlings.



WFM Annual General Meeting, 24th August 2010

Many thanks to those hardy WFM members who turned out on another cold, wet night on Tuesday 24th August for the AGM at Waverley House. Zannie Flanagan AM was the guest of honour in recognition of her award of an AM (Member of the Order of Australia) in the recent Queen's Birthday Honours for her tireless work on behalf of regional food and food producers in a 30 year career. Congratulations again!

Chair Jude McBain gave a report on the past year highlighting the continuing success of the market, the School Kitchen Garden project, and the work of the committee over the past year in particular in relation to recruiting an almost entirely new management team (a huge task!). The committee is now focused on future strategic planning.

Steve Ashley, Market Manager, reported on the operations of the market. Membership renewals are at an all time high reflecting encouraging customer satisfaction.

Retiring committee members Deb Tucker, Peter Bishop and Bronwyn Busbridge were thanked for their contribution and welcome was made to incoming new committee members.

The 2010/11 WFM management committee is:

Richard Bennett - *Fleurieu Garlic*
Heather Budich - *Community Member*
Liam Burns - *Triple B - Burns Biodynamic Beef*
Pip Forrester - *Community member*
Pauline Gum - *Yankaponga Lamb*
Jude McBain - *Blue Cottage Almonds*
Vicki Osland - *Community member*
Julian Salter - *Community member*
Steve Scown - *Fat Goose Fruits*



Annual Report: All the reports from the AGM will soon be published on WFM's website in the format of an Annual Report available to all members. Another first!

Many thanks to the wonderful generosity of WFM stallholders who contributed wine and produce for the AGM's refreshments.

- Alexandrina Cheese Co
- Bill and Soula Andonopoulos
- Biscuit Basket
- Flour Power
- Fox Creek wines
- Hardings Fine Foods
- Minko wines
- Mt Compass Orchards
- Pertaringa wines
- Spice Girlz



Christmas Twilight Market - making the festive season festive! Thursday 23 December, 5-9pm

The lights are twinkling and warm summer evenings are enough to relax even the most stressed. The scent of ripe fruit and veg is in the air and Christmas is just two days away. The thought of doing all your Christmas preparation slightly stressful? It shouldn't be with the Willunga Farmers Market opening it's Christmas twilight market.

Come and do all your Christmas grocery shopping at the market this year, and you can even take the opportunity to order your favourite produce in advance!

There will be no market on Christmas day. The next market directly after the Thursday Christmas twilight market will be on Saturday 1 January, 8am til 12:30pm.

FINO Restaurant

Finno restaurant would like to announce that on Saturday September 11th 2010, they served up their last breakfast.

'We would like to thank all of our regulars that have appreciated our coffee, breakfast and morning banter', said Sharon and David. 'As we say farewell to our breakfast though, we welcome Sunday lunch which starts October long weekend. Bloody Mary's will still be made for anyone needing one on a Sunday.



'We look forward to seeing you and thank you for your continued support.'

Sharon and David
8556 44 88
www.fino.net.au

Zucchini and Broadbean Slice

It's spring and the flowers are popping open and more and more variety is starting to come into the market. The following recipe takes the best of early spring harvest, even the colour is the essence of spring, so enjoy!

3 medium zucchini; grated
1 small brown onion; diced
3 cloves of garlic; finely chopped
300g broad beans
150g peas
2 spring onions, sliced, including the green stalks
2tbs ricotta or quark
4 eggs, beaten
2tbs olive oil
4tbs parsley and mint; finely chopped
salt and pepper to taste
250g cheddar cheese, grated

Preheat oven to 200C and grease an ovenproof gratin or lasagne dish.

Lightly fry the onion and garlic together, until the onion is translucent.

Bring the broadbeans to a boil in slightly salted water, then simmer for 8 minutes.

Drain the zucchini by pushing as much juice out through a colander as possible. Then wrap the zucchini in a clean tea-towel and squeeze tightly until as much juice has been extracted as possible.

Reserve half the cheddar, then mix all the remaining ingredients together.

Pour mixture into the dish and top with the remaining cheese.

Bake for 30min or until the top is golden.

