

f fleurieu forager



NEWSLETTER OF THE WILLUNGA FARMERS MARKET

SPRING 2012

In Season

It's spring!

Keep an eye out for these spring delicacies in the market over the coming months. While the season is short for some, you won't want to miss these gems!

- Broad beans
- Peas
- Artichokes
- Rhubarb
- Radishes
- Strawberries

GETTING MUSHY

Did you know...

Research from Tufts University in the US shows that mushrooms can help you fight that change of season cold!

According to researchers, compounds in mushrooms boost activity in your immune system.

Fresh Fields Mushrooms specialise in white button, Swiss brown and Portobello mushrooms.

Mix 'em up for a flu fighting meal that's high in iron and protein too.

kitchen secrets

Ingredients:

- 1/3 cup good olive oil
- Juice of 1 large lemon
- 1 tsp garlic, minced
- 1 tsp mustard (any mustard will do!)
- Pinch salt & pepper

Method:

Combine all the ingredients in an old jam jar and shake until the mixture turns creamy. Voila!

Making your own quality salad dressing is easy and can be made purely with an old jam jar and some ingredients found at the market! Kiss the heavy balsamic goodbye and welcome to light side...

Change it up!

- Try replacing the lemon juice with the juice of ½ an orange or ¼ cup of red wine vinegar.
- Add a couple of drops of sesame oil and swap the mustard with a small splodge of wasabi for a crisp Asian style salad dressing.

AGM

Tuesday 9 October 2012
6.30pm for a 7pm start

Waverly House, St Peter's Tce, Willunga

It's that time of year again! Market members are invited to come and share some nibbles with the people behind the market, see where it has come from and have a say in where it's going.

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

Strawberry Time!

As well as being super tasty, a study by Harvard Medical School indicates that regularly eating strawberries could make your memory better. While the study doesn't take other lifestyle factors into account, it's a pretty good reason to indulge!

Keep an eye on our upcoming Virtual Tour to find out exactly when strawberries will make their first appearance and where to find them.

DUCK

with Rhubarb Sauce

While rhubarb is most often made into a dessert, its tart flavour is the perfect foil for rich game meat like duck. Give this recipe a burl with new season rhubarb.

Serves 2

Ingredients

- 2 duck marylands, skin on
- 1 apple, peeled, cored and roughly chopped
- 200g rhubarb, leaves removed and stalk roughly chopped
- Juice of 1 orange
- 1 tbsp runny honey
- 1 small knob of ginger, sliced finely
- 2 tsp Chinese 5 Spice
- 1 tsp cracked black pepper
- 3tsp salt flakes

***To test the duck insert a skewer into the cavity between the breast and leg joint. If cooked properly, the juices should run clear.**

Method

- Preheat the oven to 190C and mix the salt and Chinese 5 Spice together.
- Place the duck marylands into a roasting tray and rub each with the salt and Chinese 5 Spice mix.
- Roast marylands for 25 minutes, or until the juices run clear when pricked with a skewer.*
- In a small pan bring the apple, rhubarb and orange juice to the boil.
- Reduce the heat and add the ginger, honey and pepper. Simmer for 15 minutes, stirring occasionally.
- Remove the duck from the oven and let rest for 10 min.
- Serve the duck either whole or sliced, with the rhubarb sauce spooned over the top. Serve immediately with either a crisp fennel salad or rich mashed potato.



Welcome back Alexandrina Cheese Co!

Specialising in hard cheese and luxury dairy products, the 3rd and 4th generation dairy and cheesery is a multiple award winner.

The tradition of cheese making runs strong in the family, with even the recipe for their Spiced Gouda coming from patriarch Dan McCaul's father.

Racking up a record medal tally at the World Jersey Cheese Awards (amongst others!) the family take great pride in their cheeses and dairy products.

With a wide variety of both hard and soft cheese, Alexandrina Cheese Co will be with us **fortnightly from Saturday 1st September.**



SAY CHEESE

We recently sat down with Kris Lloyd of Woodside Cheese Wrights and got to know her, and her product, a little better.

What animals produce the milk for your cheese?

We use milk from Jersey and Friesian Cows and the milk from the goats is mainly from a breed called Saanens but also Anglo Nubians and Toggenburg Goats.

How many on how much land?

Most of the milk we take comes from very small herds which we love - **happy cows, happy milk, happy cheese!** Some of the herds are as small as 60 cows, they generally graze on average size pastures.

The goat herds are a little bigger, getting up to around 150 or so goats - this still allows the farmer the ability to engage in excellent husbandry as even these herds are quite small by most standards.

What are they fed?

Most of the animals are pasture fed, but at times silage is used and they also get the occasional treat.

Where are they farmed and where do you make your cheese?

The milk is from nearby townships and all the cheese is made by hand at our Factory at Woodside in The Adelaide Hills.

Are there any special techniques you use?

All of our techniques are quite special and traditional. As we make everything entirely by hand, some of our methods date back centuries and our pasteurisation method is the most gentle, heating milk to the minimum allowable temperature.

How did you start making cheese?

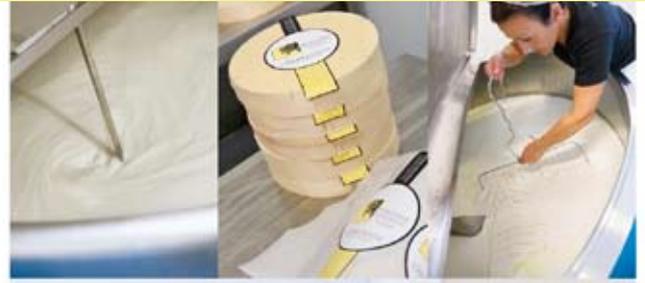
A little by accident really. I had never made cheese before I bought Woodside Cheese Wrights. I was working for our vineyard at McLaren Vale and we were keen to add cheeses to the portfolio of food products we produced.

I fell in love with cheese making - its magical way of turning something pure and simple as milk into something complex and delicious as cheese.

I was taken by the limitless nature of cheese.

What's your favourite cheese?

There is great complexity in Simplicity - a fresh goat curd.



Get your retro on with fondue!

Kris recommends giving it a modern twist. 'A really ripe Charleston Jersey Brie is fabulous in fondue or our Pompeii works well too!', she says.

Meet our newest cheese producer, Alison Paxton from Kangarilla Creamery.

Creating artisan, small batch cheeses, Alison Paxton is making a splash in the cheese industry.

'I hand make all the cheeses using a mix of old and new world methods,' she says.

Involved in the Cheese Makers in Residence program for 2 consecutive years, Alison had access to expert cheese makers from France and America.

'I make fresh cheeses from both cow and goat milk. While what I make changes seasonally, my speciality is a unique blue cheese and I am always experimenting with new styles,' Alison explains.

Woodside Cheese Wrights are at the market every Saturday

Taste Kangarilla Creamery's artisan cheese every Saturday

Kangarilla Creamery's WFM goat cheese and rocket lasagne

(Inspired by Damien Pignolet's
'French' cook book)



Ingredients:

Lasagna sheets (8 servings from Willunga
Pasta Co).

150g rocket

500ml good tomato pasta sauce (try Spice
Girlz or Happy Foods)

200 gm Kangarilla Creamery Soft Cow

200 gm Kangarilla Soft Goat or one funky goat
Alexandrina Cheese Co gourmet shredded
and grated romano for the top

2 eggs

One cup of Fleurieu Milk Co or B-D Farm Paris
Creek milk

***NOTE: Kangarilla Soft Goat is not available
during winter. Woodside Cheese Wrights
goat curd can be used instead and is
available all year.**

Did you miss David Swain's guest chef
appearance? Fret not, he's been kind enough
to share his recipe with us!

Recreate his 12 minute chook with the
marinade below

Fino's Chicken Marinade

Recipe by David Swain, Fino Restaurant
(makes enough marinade for 1 x whole chook,
boned or cut into pieces)

Ingredients:

- 2 x shallots, peeled
- 6 x garlic cloves, peeled
- ½ preserved lemon rind, chopped
- 3 tsp ground coriander seeds
- 1 tsp ground fennel seeds
- 1 tsp ground cinnamon
- 1 tsp ground black pepper
- 3 tsp sesame seeds
- 3 tsp sweet smoky paprika
- Pinch saffron
- ½ cup dry sherry
- ½ cup olive oil

Method

1. Pre-heat oven to 170C.
2. Whip Soft cow, eggs and milk to a consistency that can be poured like a béchamel sauce. Add more milk if needed.
3. Cover the bottom of an oven proof dish (26cmx39cm approx.) with a layer of the Soft Cow mix.
4. Cover with pasta sheets
5. Scatter with Rocket, add a layer of pasta sauce and crumble 1/3 of the goat cheese.
6. Repeat the layers of Soft Cow and Rocket; tomato and goat's cheese, Soft Cow and Rocket and finally tomato and goat's cheese.
7. Cover with lasagna sheets.
8. Drizzle with any remaining tomato sauce and cover with gourmet shredded and romano.
9. Bake for around 40 minutes or until golden.

Check out David's talents at award
winning Fino Restaurant, Willunga
www.fino.net.au

Method

1. Place shallots, garlic & preserved lemon in a food processor & chop.
2. Add all other ingredients except for the sherry & olive oil & blend to a paste.
3. Add Sherry until smooth & finally slowly add olive oil.
4. Marinate chicken pieces for at least 1 hour.
5. Cook over a hot BBQ or in a hot pan until the outside is golden and meat is cooked.