

# f fleurieu forager

Willunga  
farmers market

NEWSLETTER OF THE WILLUNGA FARMERS MARKET

SPRING 2013

## MARKET NEWS

Spring is finally here, and after South Australia's wettest winter in 8 years we are all extremely happy to see the sun! We've welcomed a number of new stallholders to the market community, including Kinkawooka Mussels, Small World Bakery, Conte Estate Wines and Lu Heng Chinese Vegetables.

We're also looking forward to our Summer seasonal producers returning, with Kuitpo Forest Strawberries the first and due back in only a few short weeks.

The new Board of Management has been formed and we would like to welcome new members Katie Freeth and Simon Crowden to the team. We'd also like to take the opportunity to thank and farewell our outgoing Board members, Mike Adams and Jim Banman. Their contribution and hard work over the past two years has been invaluable. For those who missed the AGM, the AGM minutes and WFM Annual Report will be available on our website Friday 20 September 2013.

We look forward to seeing you all at your favourite Farmers Market on Saturday!

Steve & Billy

Did you know that Willunga Farmers Market and Fino shared the 7th spot on the Good Food 'foodies bucket list' in April this year?

Fino's market lunch  
Every Saturday in September  
Fino Restaurant, Hill St, Willunga

## COMING SOON

Aside from the AGM, we have quite a few treats in store for you this Spring!

### Fino Market Lunch

Fino kicks off with a WFM collaboration, introducing the Market Lunch with all produce for the two-course menu sourced from the Willunga Farmers Market.

*"Nestled as we are right among the action every Saturday and already sourcing much of our menu locally, particularly from the regular Market traders, we decided to give people even more reason to linger in Willunga by offering a great value lunch sourced solely from Willunga Farmers Market," says Chef David Swain.*

Each Saturday in September David will be serving up two courses and a glass of wine or beer for just \$40, with the menu changing dependant on what's available from the market that day.



# PUNTERS PICK

Fleurieu Food brings back the Punters Pick on Sat 26 October this year.

As the Fiesta! Olive Awards take place you get to have your say in the award of the 'Punters Pick'. After the official judging for the Fleurieu Olive awards, the highest scoring olive oils are made available as part of a blind tasting for the Punters Pick.

The peoples choice (your choice!) is awarded as part of the Fiesta! Grand Finale. We will be proudly displaying the winning olive oil at the market the following week.

So get your vote going and good luck with the blind tastings, we can't wait to see the result!

More info at [www.fleurieufood.com.au](http://www.fleurieufood.com.au)

## PUNTERS PICK

Saturday 26 October

9am til 12pm @ the WFM Info Stall

**Did you know you can now follow us on Instagram?**

Follow us to see what's fresh each week as we see it and share your pics with us too!

**Need to find a farmer or special ingredient?**

Don't forget to check out our virtual tour!

[www.willungafarmersmarket.com.au/vtour](http://www.willungafarmersmarket.com.au/vtour)

Take an interactive walk through the market to find that special something and get to know our farmers better.

## DID YOU KNOW?

Ever find it hard to park as close to the market as you would like? For just a gold coin donation you can park as close as the Alma Hotel!

Managed by the Willunga Bowling Club, car parking is available behind the Alma Hotel every Saturday.

You can park closer to the market AND support other members of the local community too!

## KITCHEN SECRETS *BUSTING THOSE URBAN MYTHS*

Old wives tales about how best to cook pasta abound, so here are two hard and fast rules that will give you perfect pasta every time:

1. Get your water boiling before you add the pasta. This will stop your pasta from going soggy.
2. Don't cook pasta with oil in the water. The oil will only cling to the pasta once it drains and it stops the sauce from sticking.



# Spring In Season:

*The time for these spring veg is short and sweet, so hang on to your hats and gorge yourself on these seasonal goodies while you can.*

*Asparagus*

*Broad Beans*

*Artichokes*

*Peas*

## FETTUCINI WITH MANDARIN AND OLIVE SAUCE

**This pasta dish is simple and refreshing. The mandarin juice gives it a distinctive flavour, while the goat curd cuts through the rich sauce. Don't expect a sloppy sauce from this dish, but it will coat the pasta beautifully.**

Serves 2

### Ingredients

- 2 serves fresh pasta
- ¼ cup olives, pitted and chopped
- Juice 1 large mandarin
- Juice ½ lemon
- 200g mushrooms, roughly chopped
- 1 large leek, cleaned and white part sliced into half rounds
- ½ bunch Cavolo Nero, stalks removed and roughly chopped
- ½ bunch flat leaf parsley, roughly chopped
- Large knob butter
- 1 tub fresh goat curd
- Lemon infused olive oil
- Salt and pepper to serve

1. Set water boiling ready for pasta.
2. In a deep fry pan melt butter with a glug of oil. Sweat leeks and mushrooms together, until both are soft.
3. Add mandarin and lemon juice, olives and cavolo nero.
4. Drop pasta into boiling water. Cook for only 2 minutes, any longer and it will go soggy.
5. Strain the pasta. Add some of the pasta water to the fry pan to create an emulsion. Add parsley to sauce.
6. Serve pasta and dribble sauce over the top. Serve with a dollop of goat curd, a sprinkle of salt and pepper and a splash of olive oil over the top.

Willunga Pasta Co sell their handmade artisan pasta weekly at the Willunga Farmers Market.

beetroot

nach

parsley  
& garlic



## THE JOY OF OLIVES!

We're celebrating Fleurieu Peninsula olives this October with the Fiesta! Olive Awards. Willunga sits in the heart of the southern olive region and the market showcases five of our local table olive and olive oil producers; Hardings Fine Foods, Two Hills and a Creek, Willunga Olive Farm, Talinga Grove and Coriole.

Adding olives makes a strong statement in any dish. Use them sparingly in dishes as their salty, rich flavour packs a punch and can overwhelm subtle flavours.

Alternatively stuff yourself full of them as a salty snack with cheese and sweet quince paste.



## MEDITERRANEAN MARINATED OLIVES

*1 jar Kalamata olives*

*1 head garlic, cloves*

*separated, peeled and lightly  
crushed*

*Rind and juice of 1 lemon*

*Handful of bay leaves*

*Olive oil*

Preheat oven to 110C

Combine all the ingredients in a shallow earthenware dish, cover with foil.

Bake slowly for 1 ½ hours.

Serve warm straight from the oven or allow the flavour to develop and pack everything from the dish into a sterilised jar until you are ready to eat them!





## **PRODUCER PROFILE** *KUITPO FOREST STRAWBERRIES*

**Starting out as a small family farm in 1999, Brenton and Vanessa Sherry have grown their strawberry farm into something wonderful.**

Starting small with 50,000 plants on their farm at Kuitpo in 1999, they now grow more than 900,000 plants across their 2 properties at Kuitpo Forest and Mt Compass.

'We use minimal spray practices on our fruit and all the strawberries we sell at the Willunga Farmers Market come from our Kuitpo property', says Vanessa. 'The climate there is perfect for strawberries. The elevation there means that even in a hot summer we get cool nights. The plants love it.'

The property also gives them ready access to good quality water and a heavy loam soil that stops plant damaging puddles from forming.

The family business is one of the Willunga Farmers Markets' original stalls.

'The first market we had no idea what the demand would be like. We sold out in the first half hour!' reminisces Vanessa.

'We kept going back to the farm to collect more right through the market. Every year demand at the market has grown.

'We love the market because we are farm bodies. We love the contact with our customers and getting their feedback too.'

### **What's the best way to store your strawbs?**

Vanessa says that it's best to leave them in the punnet in the fridge and not to wash them until you are just ready to eat them otherwise they'll go soggy.

'There's nothing better than a fresh strawberry and we use minimal spray practices on our fruit, but I can't guarantee a possum hasn't peed on them so it's always best to rinse them quickly!' she laughs.

**Kuitpo Forest Strawberries normally make their appearance mid October, however this year due to the warmer winter we can expect them in the market from the end of September.**