

# fleurieu forager

NEWSLETTER OF THE WILLUNGA FARMERS MARKET

Issue 21, SUMMER 2008/09

FREE  
take me home!

## Those that bake together... The Biscuit Basket community

One Tuesday evening in October *Fleurieu Forager* headed over to the Seaford Ecumenical Mission to meet the bakers, packers and sellers from Seaford's Lutheran congregation who collectively sell their delicious wares at WFM under "The Biscuit Basket" label.

The Biscuit Basket story is a heart warming tale of a community coming together for friendship and a sense of giving to others. Trevor Keller, pastor of the church, and his wife Cheryl visited WFM not long after it began. Trevor explained that as a country boy himself he was very interested to see what the market was all about and he could see that here was a wonderful opportunity not only to raise sorely needed funds but to help build a community enterprise back at Seaford among members of his congregation. "Some people who joined up to bake in the early days were fairly isolated quiet folk and becoming part of the baking team gave them a sense of belonging and developed friendships that persist to this day" he said.

A team of around 12 bakers makes their wonderful range of homemade biscuits – some baking twice a month, others once. Anzacs are made by two mates, Irene and Heather. Ivy spends a whole morning making 3-4 batches of Gingernuts one tray at a time. Cheryl makes luscious Passionfruit Melting Moments and ices them the next day. Everyone has their speciality. Even Trevor has got into the act learning how to make Choc Chips!

In the true spirit of WFM all the biscuit ingredients are sourced locally wherever possible – eggs, figs, Laucke's flour and honey for their very popular Christmas Honey Biscuits. The cost of the ingredients is met by some of the bakers while others are sponsored by the congregation's "sponsor a baker" project – the oldest sponsor being 95 years old!

Once a fortnight on a Thursday a smaller group meets at the Ecumenical centre to pack and label the biscuits. Then on the first and third Saturday of every month (except Jan/Feb when everyone has a holiday!) the selling team – one of a group of four couples in turn – comes to the market. Over the years Treasurer Denise (a retired baker) estimates the The Biscuit Basket stall has raised more than \$20,000 for the Seaford Lutheran church's Ministry to Children (their youth support programs sending young people to outreach camps who couldn't otherwise afford it), and renovations. That's a lot of biscuits!

The Seaford Lutherans love coming to the market and the interaction with customers. "We've developed our gluten-free range (marked with a cross) because of customer demand," says Kathy. "One week one type will sell right out, another week a different biscuit will be favourite. Gingernuts always sell – they are the top seller." Any unsold packets go to the church on Sunday and are soon snapped up. So, every market customer is guaranteed a fresh batch of delicious homemade biscuits arriving at The Biscuit Basket. They taste wonderful, support a great community in its work and most of all – are made with love!



The Biscuit Basket Crew – (L to R) Cheryl Keller, Rita McFarlane, Trevor Keller, Denise Liersch, Ivy Clark, Kathy Kaesler, Julie Clark, Gayla Pelchen, Pauline Wiese, Keith (I eat the rejects) Eckert, Ivy Eckert



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  
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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, Willunga Town Square

# MEAT Street!

Bang in the middle of the market the line of stalls takes a turn up a little dogleg into Kell St. Over the past couple of months this area has now developed into a "virtual butcher's shop".

Two lamb producers, both with unique products – Ilawong from down Parawa way with their renowned lean Texel lambs; and Yankaponga with their classic Aussie Merino/Suffolk cross – are recent arrivals.

The Triple B – Burns Biodynamic Beef – have been wowing customers with their melt-in-the-mouth beef and Judith Phillips of Mt Compass Venison has been supplying customers since the market began with her quality smallgoods and venison cuts. Add in the ducks and chooks from Bimbimbi and with Limestone Coast Trout about to arrive and a rumour of pork after Christmas – you can

see why this area of the market is now being renamed – MEAT STREET!!

So, if you haven't ventured down there yet, head into Kell St right next to Office & Image and check out the fabulous range of succulent, grass-fed, free-range meats, fish and poultry straight from the farmgate to the market. It doesn't get any fresher or more local than that!

## PRODUCER'S PROFILE

### The Triple B Brand of Beef

Madeleine and Liam Burns of **Triple B (Burns Biodynamic Beef)** are passionate believers in biodynamic agriculture and have turned their property near Finnis into a healthy oasis for their Angus cattle. The Burns emigrated from the UK in 1979 and believe that biodynamic farming is the culmination of all the practical experiences they have had since then. Liam attended a weekend course at the B-d Farm, Paris Creek, which resulted in enormous changes to their lifestyle. Liam is very involved in the biodynamic movement, as Treasurer of BOAB (Biodynamic & Organic Agricultural Bureau) and also contract sprays biodynamic preps for other landholders.

The Burns have divided their land into smaller paddocks, implemented cell grazing and now create most of their own biodynamic preparations. Used at optimum times, these sprays feed the microbes in the soil, producing healthy pasture for their cattle, which in turn enhances the beef. No chemicals or drugs are used on their animals and any health issues are treated homeopathically. Thousands of trees have been planted by their wonderful friends to form windbreaks, shelterbelts and to create biodiversity. The farm is certified by NASAA (National Association for Sustainable Agriculture Australia) who audit the property at least once a year, giving consumers absolute confidence in their product.

The Burns' beef has been described by consumers as a "life force" and "vibrant", a direct result of animals grazing on healthy, alive grass pastures – the way nature intended. Melt-in-the-mouth pot roasts, tender rump steak, old-fashioned "real" corned beef made with a simple salt brine with no

added nitrates, a great range of gluten & preservative free sausages and patties, and preservative free mince are just part of the Triple B range. Specific cuts are available on request and the beef can also be purchased as bulk sides or quarters.

Demand for their products has grown and the Burns now attend Willunga Farmers Market every Saturday, as well as other country markets around the Fleurieu Peninsula. There are also a number of organic stores/cafes around Adelaide and the Fleurieu who stock and/or cook with Triple B's meat. Recently they had a huge boost to their product's reputation as premier beef when Cheong Liew asked them to supply the Grange Restaurant at the Hilton. Sadly this means no Porterhouse steaks for the time being at market but there are plenty of other fantastic cuts to purchase.

So, get on down to the Triple B in Meat Street at Willunga Farmers Market, talk to Liam and Madeleine about their growing methods and buy some beef that tastes like it!



Renowned Chef and WFM patron **Cheong Liew** demonstrated the ease of cooking a fabulous hot-pot of seasonal produce as part of Fiesta! celebrations at the market.

## From the Manager



Summer is here and that means the market is full of fresh seasonal produce. Over Spring I have been targeting primary producers

as the main focus for the market so that customers can get variety and choice. My goal is to create a diverse shopping environment full of fresh farm produce with varieties you can't always get in the mainstream system.

Many of our growers have a wonderful range of products which are quite often unique and short in season. This availability and choice coupled with the full range of weekly shopping basket necessities on offer provides consumers with a wonderful market experience. As the first 'Farmers Market' in South Australia WFM has a strong reputation to uphold. As important as it is for growers to have a secure and regular outlet to trade from I think it is equally important customers can feel confident they are getting quality and authenticity.

"Meet the grower and taste the region" is the theme for this market and should hopefully make for a delightful summer season.

Your comments and feedback are always welcome as a way to continue to make our market the best it can be – feel free to contact me in the market office with any comments you may have, or email them to [wfm@internode.com](mailto:wfm@internode.com)

Best wishes,  
Graham Boyd,  
Market Manager



The Willunga Farmers Market committee and producers would like to wish all our members and supporters a **Happy Christmas and best wishes for a healthy and prosperous 2009!**





**A**t WFM our seedling and plant growers are responding to the challenge of keeping up with demand for food plants. And now is the time to plant just about every kind of summer veggie and herb. **Tomatoes** in all their variety, **salad greens, parsley, sage, basil (especially basil!) dill, eggplants, cucumbers, zucchini, capsicums, beets, cabbages, corn** – whatever you like to eat in summer.

Don't despair about water restrictions – just a square metre of veggie patch will do!

Just published by SA's own Wakefield Press, **One Magic Square** by Lolo Houbein is a delightful and timely book – the author's solution to soaring food prices. Simply grow your own food garden, starting with one square metre of soil.

Houbein includes designs and instructions for more than 30 different one-square-metre plots, including salad, soup, pizza and anti-oxidant plots. Written for Australian conditions and with chapters describing the vegetables, fruit and herbs that can be grown, as well as sections on compost, pests, mulch and seeds, there is everything included that anyone would need to start growing their own food in temperate Australia. So get growing your summer garden!

# Food, finance and farmers markets

**T**he world's financial woes may overshadow a far graver problem – the global food crisis.

The World Bank reports an 83% increase in global food prices between 2005-2008. This increase has led to major riots in Africa, India, Indonesia and South America and to a worrying increase in malnourishment in many countries including the United States and Australia.

Along with natural disasters, loss of farmland and changes to diet, much of the increase in prices is attributable to recent high oil prices. Food production relies heavily on petroleum for everything from fertilisers to transport. Rising prices also have led to a rapid

increase in farmers moving from food production to the cultivation of crops for bio-fuels.

And now the financial crisis is compounding the problem, as money originally pledged to address

markets. Sound familiar? Farmers markets are playing their part in addressing the food crisis.

In some low-income 'food deserts' in America the recognised health benefits of farmers markets has led to a new program of establishing 'mini farmers markets'.

And visiting your local farmers market can be the perfect antidote to thinking about the global financial crisis.

As one Canadian journalist says: "The farmer's market is about small scale, rational economics on a local scale. The stock market is a consensual, mass delusion, based on the subjective valuation of abstract assets."

*"The farmer's market is about small scale, rational economics on a local scale. The stock market is a consensual, mass delusion, based on the subjective valuation of abstract assets."*

the food crisis is not materialising.

The crisis affects both producers and consumers and any solution will involve increased support for small farmers, local economies and local

## Wilmark Awards 2008

**W**hat a night! 120 people packed into the Clappis' wonderful venue "Our Place" at the top of Willunga Hill on Saturday 1st November for a very happy social occasion where we thanked our volunteers and made awards to our hard-working stallholders and members.

A huge THANK YOU to Andy, Anna and the girls for putting on such a wonderful 5 course dinner!! What a feast! We drank wine from Fox Creek, Pertaringa and Minko – our market wineries – Peter Chapman did a marvellous bush poetry job of being MC for the night with many funny verses about the market and, thanks too, to the volunteers who helped out on the night.

### 2008 WILMARK AWARD WINNERS

#### Stallholder Awards – voted on by the stallies:

**Customer of the Year:** Mary Johnston  
**Best Morning Person:** Arnica & Dana Clappis

#### Member Awards – voted by customers:

**Favourite Stall:** Warrakilla  
**Best Customer Service:** Relish Sisters

#### Committee Awards

**Grower of the Year:** Virgaras Garden

**Producer of the Year:** Flour Power Breads.

Maryke from Flour Power also won the **Manager's Award** for the most membership referrals by a stallholder – a staggering 57!!!

**Hardy's Tintara Award for Outstanding Service to WFM** was presented by the Mayor of Onkaparinga Lorraine Rosenberg to Diana Bickford, past Chair of WFM and a truly deserving winner.

**CONGRATULATIONS ONE & ALL!!!!**



Customer of the Year, Mary Johnston, beams her gorgeous smile at Saturday's market.



## Dogs at the market...

*Dear Dog Owners,*

*We welcome you and your dog at Willunga Farmers Market and hope you have an enjoyable experience while shopping here.*

*To help others enjoy their experience please:-*

- *Keep your dog on its lead and under your control at all times*
- *Clean up any dog faeces left by your dog*
- *Be especially careful around young children eating food*
- *Do not allow your dog to enter into a stall space as this is a food market.*

*Thank you for your co-operation!*

*Regards, WFM Inc*



# Introducing Karena Dunn...



In the wonderful way that things often happen at our market FF was recently approached by Karena offering her services as recipe writer using market ingredients. Her "application" stated:

"I have been cooking for 16 years, and my favorite stops on the journey were with All Wolf-Tasker at The Lake House, Karen Martini at the Wine Room and Icebergs Dining Room and Bar, Billy Kwong Restaurant with Kylie Kwong, and Greg Malouf at O'Connells. Apart from those there have been trips to Asia and baking in San Francisco. I am currently a full time mother with a job on the side as a regular recipe contributor with The Advertiser. I love shopping at the market and want to contribute". Yes please and thank you Karena!"

Here are her fabulous light summer recipes – a feast of seasonal produce.

## Thai Beef Salad with Eggplant and Zucchini

400-500g rump steak

### SALAD

4 stems spring onion-finely sliced

1 long red chilli-finely sliced

3 zucchini

3 eggplant

3 tbsp extra virgin olive oil

2 shallots-finely sliced

3 cups picked herbs including coriander, basil, mint and dill

To make the dressing use a mortar and pestle to pound together the ginger, lemongrass, chilli, coriander roots and coconut sugar, until it is a cohesive paste. Add the fish sauce, limejuice and virgin oil.

Pour 2tbsp of the dressing over the beef and leave it to marinate. Place the remaining dressing into a large bowl.

Slice the eggplant and zucchini lengthways. If the eggplant has large

### DRESSING

1 tsp coconut palm sugar

1 tbsp coriander roots

1 long red chilli

1 tbsp finely chopped ginger

1 tbsp finely chopped lemongrass

2 tbsp fish sauce

2 limes juiced

2 tbsp extra virgin olive oil

seeds, sprinkle with salt and leave for 15 minutes to remove bitterness. Toss both thru the virgin oil and grill on a BBQ until tender, then straight into the dressing.

Cook the rump on the BBQ, and then rest for at least 5 minutes.

Add all the herbs, chilli, spring onions and sliced shallots and toss well with the eggplant and zucchini. Add the sliced rump and serve.

## French Toast with Raw Honey and Strawberries

6 thick slices white sourdough

Butter

3 free range eggs

1 cup full cream milk

Butter the bread on both sides.

Combine the caster sugar and cinnamon.

Wash and slice the strawberries.

Break the eggs into a bowl and whisk to combine, then add the milk. Dip the

3 tbsp caster sugar

½ tsp ground cinnamon

Raw honey

Strawberries

bread into the egg mix and then pan fry on both sides in a little of the butter until golden.

Sprinkle over the cinnamon sugar and top with sliced strawberries, drizzle over raw honey.

## "The Making of a Sustainable Farmers' Market" DVD available now

This entertaining and information-rich program shows how to build the foundations for a successful, long-lasting farmers' market by examining the experiences of the Adelaide Showground Farmers Market and the Willunga Farmers Market in South Australia. In particular, it examines the unique 'model' which guided their development, and features practical tips and insights from both organisers and stallholders.

The DVD also contains *The Farmers' Market Toolkit*, a how-to guide published by PIRSA Food, the findings of a consumer survey conducted by economists at the

University of Adelaide, and extended interviews with stallholders.

Community groups, local councils, food producers and others interested in farmers' markets will find this DVD an invaluable source of knowledge and inspiration.

*"For small producers like us, farmers' markets are really the way to go."*

– Wes Hart, W & B Hart Produce

*"Farmers' markets are an absolute secret weapon for small producers."* – Graham Brookman, The Food Forest

Pick up a copy from the Info Stall at WFM or ASFM - RRP \$20 – what a great Christmas stocking stuffer!



Slow Food®  
Fleurieu Peninsula

## Snail Trail

The Snail Trail Project is digging up our food stories – what are our ceremonies, rituals, recipes; how do we forage, shop, cook, dine and celebrate in the Fleurieu.

Through a series of discussions, farm visits, workshops, events, research and exhibitions we are building a body of information for future use by everyone in the community. The next stage of the project will be spreading the word to local groups, schools, organisations locally and beyond.

During Fiesta! in October 2008 Slow Food Fleurieu Peninsula Members held two Snail Trail events:

**1. Willunga Farmers Market Stall**  
Slow Food and the Fleurieu Peninsula Food Group shared a Farmers Market stall promoting Fiesta! events, Slow Food and the Farmers' stories. Every Saturday during October Slow Food members chatted to a great many market visitors and locals, answering questions, sharing information and handing out a self-guided tour flyer. It gave many shoppers a new appreciation for the growers delivering the joy of seasonal eating – rain, hail or shine all year round.

**2. A McLaren Vale Conversation**  
A gathering of locals recording the history of farming, food & wine customs in the McLaren Vale region was held at Samuel's Gorge. Locals talked about the farming and food & wine culture of the region, festival traditions, community traditions, almonds, olives, special dishes and the transition from mixed farms to becoming a renowned wine region.

**Membership:** If you would like to know more about joining **Fleurieu Peninsula Slow Food** contact [tori@producers.net.au](mailto:tori@producers.net.au)

Becoming a Slow Food Member not only supports the movement but also acknowledges the social and environmental importance of the association's projects and initiatives: the promotion of education, the defense of biodiversity, and activities to create stronger links between producers and consumers all around the world.

## Market dates for your diary

OPEN on:

Saturday 27 December

Saturday 3 January

CLOSED on:

Saturday 24 January

while the Tour Down

Under is on.

