

f fleurieu forager



NEWSLETTER OF THE WILLUNGA FARMERS MARKET

XMAS 2011

Letter from the Chair

Coming Soon

Simon Bryant graces the WFM kitchen again, supporting his new book 'Vegies'.

Sat 8 Dec, 10:30am

He'll be signing copies of his new book on the day, for sale at the info stall for \$40.

Grab a signed copy for a great Christmas pressie!

SUMMER LOVIN' our opening hours

We all love an early start on those warm Summer mornings, but please remember we open at 8am. Any earlier and our farmers won't be ready for you!

We're open EVERY Saturday through the Christmas period with markets on **December 22** and **29** as well.

We are CLOSED SAT 26 January for Stage 5 of the Tour Down Under.

A big thank you to those who attended the AGM of the Willunga Farmers Market inc. last month.

For me as Chair, the AGM is an opportunity to reflect and review what has been achieved over the past year. The 10th birthday celebration and our guest chef program are just two that come to mind.

More importantly to me is the not so public work that has been undertaken by the board members together with our market staff team. We have thoroughly and rigorously reviewed the purpose of the Market and as part of this process went back to the earlier documentation and agreed that the original aims and objectives of the market are still valid.

In the Code of Practice a key purpose of the Market is: "...to support the production and sale of fresh local and seasonal produce of the Fleurieu Region". We are proud to have delivered on this goal for the past 10 years.

We also have to uphold the 'FARMERS MARKET' label and integrity.

In the past there have been 'gaps and arrangements' that have allowed produce to slip into the market that could damage the **market integrity**, because it is not 'farmers market' produce. i.e. on selling of items.

To this end we have to address these issues as they appear. We have been accused of changing the rules, when we are simply enforcing the rules.

Recently Gail Gago announced that the South Australian Government is funding a pilot program to **guarantee the authenticity of produce sold at farmers' markets in SA.**

We at WFM support this initiative and see it as the next step to ensuring that you are buying produce directly from the farmer who grew it.

These moves may cause some changes to the market place but they are for the best and for the continued existence of the longest running and best farmers market in SA. The Willunga Farmers' Market.



Steve Scown
WFM Chairperson

YES! We do sell WFM membership vouchers!

Only \$35 for 12 months and a free bag to-boot.

Hrm, could Chrissy shopping be any easier? Team it up with an apron for \$25 and you have THE Chrissy pressie of the year!

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

Recipe

When the weather heats up and that full English Breakfast is looking a bit grim, kick start your day with this fabulous Bircher Muesli. It's light and fresh and will fill you up without that greasy, bloated feeling.

Bircher Muesli

Serves 2

Ingredients

- 1 ½ cups Rolled oats
- 2 cups Pure apple juice
- 1 Small handful raw almonds, chopped
- 8 Strawberries, hulls removed, chopped
- 20 Blueberries
- 1 cup Yoghurt (*I like B-.D. Farm Paris Creek Bush Honey and Vanilla, but any good yoghurt will do*)
- Runny honey

*1 Pear, grated & coated with lemon juice to stop oxidisation *OPTIONAL*



Method

- Place the oats in a large bowl and cover with apple juice. Leave to soak for at least 1 hour before serving. *I often let them soak overnight, putting the oats in the fridge just before I go to bed.*
- When ready to serve, divide the oats between 2 bowls and place ½ cup yoghurt on top of each serve.
- Divide the rest of the ingredients evenly between the 2 bowls and sprinkle over the yoghurt. Drizzle 1 or 2 teaspoons of runny honey over everything else to serve.

Bircher Muesli is so versatile any seasonal fruit can add a lift.

As Summer rolls on try adding chopped peaches or nectarines.

If you are really hooked, as Autumn swings around add pomegranate or stewed quince.

in SEASON

This is the time of year when our kitchen staples really come into their own.

Tomatoes

Eggplant

Capsicum

Cucumber

Unless grown in hothouses, these summer staples only fruit annually in Summer and die back in late Autumn.

Also in season are

Strawberries

Cherries

Blueberries

Avocados and garlic too!

Did you know?

Tomatoes, eggplant, potatoes and capsicum are all members of the nightshade family. In fact a popular theory in England until the 1800's was that they were all poisonous!

Tomatoes were only introduced to Spain and Italy about 450 years ago from South America.

To think, where would we be without the mighty tomato in our lives?!

Black Thumb Betty

Given up growing your own tomatoes? Don't despair when they die at the end of Summer, tomato plants are annuals.

The tomatoes you buy in winter are grown in hothouses replicating Summer conditions.

While eggplant, capsicum and chilli plants only fruit during Summer and into Autumn, they will actually survive for a couple of years.

The moral of the story? Don't be tempted to pull them out when they start looking sick at the end of summer, a little TLC over the cooler months and they'll spring back next season!

Serves 4

SALAD

- 1 Cucumber, peeled into ribbons with a potato peeler, seeds discarded
- 1 Avocado, peeled and cut into chunks
- 2 Spring onions, thinly sliced (include the green leaves)
- Small handful of mushrooms, sliced thinly
- 2 Large handfuls of salad greens (include herbs like watercress and rocket), chopped roughly
- 100g Vermicelli noodles
- ½ cup refrigerated Ponzu Sauce (can be made as per recipe below or bought ready made from a local Asian Grocery)
- *1 Egg, hardboiled OPTIONAL

Place the Vermicelli Noodles in a small bowl and cover with boiling water. Let soak for 10 minutes, drain and refresh with cold water. Cut noodles roughly.

Add all salad ingredients to a bowl and add cool noodles. Toss through the ice cold Ponzu Sauce and serve immediately.

GREEN VERMICELLI SALAD

with Ponzu Sauce

Don't be deterred by the seemingly complex dressing and you will be stuffing this salad into your gob by the mouthful!

Feel free to buy Ponzu Sauce ready made if the 3 month turn around time is just a little too long for you to wait.

Team it with a simple boiled egg for a refreshing light meal or serve it with BBQ'd fish or poached chicken for a more substantial meal on a hot evening.

Ponzu Sauce

by Shizuo Tsuji, 'Japanese Cooking, a simple art'

- 1 cup Lemon juice
- 1/3 cup Rice vinegar
- 1 cup Dark soy sauce
- 2 Tbs Tamari sauce
- 3 Tbs Mirin, alcohol burned off
- 10g Dried bonito flakes
- 2 inch square Konbu

Mix all ingredients and let stand for 24 hours. Strain through cheesecloth and mature in a sterilised jar or bottle for 3 months in a cool dark place, or the fridge.

This sauce keeps indefinitely but gives its best flavour within 1 year of making.

