

# FLEURIEU FORAGER

WILLUNGA FARMERS MARKET NEWSLETTER | SUMMER 2013

*Wow your guests*

WITH OUR MOUTH WATERINING  
PEACH & STRAWBERRY VACHERIN *pg.5*

Image: Strawberry & Peach Vacherin

**AVOCADOS**

GLENN FITZPATRICK FROM  
ADELAIDE HILLS AVOCADOS *pg 3*

**IN** *Season*

CHERRIES ARE BACK! *pg 3*



**ALL THE GOSS FROM THE  
2013 WILMARK AWARDS**



## WFM SUMMER OPENING HOURS

We are open every Saturday; rain, hail or shine!

This means that around the festive season we are open **Saturday 21** and **Saturday 28 Dec.**

Please note that we are **CLOSED SAT 25 JAN**, to make way for Stage 5 of the Tour Down Under. This is the only week out of the whole year that we are closed.

## MARKETNEWS

**It's been a jam packed couple of months, and the Willunga Farmers Market team has been very busy indeed!**

We have recently welcomed a new addition to the WFM team, with Alex Merrick now staffing the office 15 hours a week. Alex comes to us with a strong background in administration and will be a great asset, providing support to both Steve and Billy. She will be assisting with smooth market operations in a busy and ever growing professional business environment.

Our **Young Farmers Scholarship**, a bold new initiative aimed at supporting the next generation of farmers on the Fleurieu Peninsula, is now up and running!

The scholarship is open to anyone aged between 18 and 35, and provides:

- Three training sessions in small business management and three training sessions in agriculture at the value of \$3,000
- \$7,000 start up capital to grow primary produce on the Fleurieu Peninsula
- A guaranteed licence to trade at WFM to supply primary produce and a weekly stall site for two years, with the first six months free of charge
- Assistance locating possible land on which to farm.

More information can be found on our website, and we look forward to announcing our successful recipient very soon.

This years **Wilmark Awards** were a great success and very well attended, with Fino restaurant filled to capacity... and we were still adding names to a waiting list on the day! If you missed out make sure to buy your tickets early next year so you won't be disappointed.

4 award categories were voted on by you, our shoppers, and we received over 100 nominations.

Without further ado, the winners are:

**Best Stall:** Bush Pepper Catering (breakfast stall)

**Best Service:** Tobalong Tomatoes

**Best Product:** Herbivorous Quacamole

**Best Dressed Stall:** Do Bee Honey

This year our stallholders also nominated their favourite shoppers for an award, with Michael Guinan picking up the gong. Michael has been a member since 2006 and shops at the market every Saturday with his gorgeous young son who loves to wear his dad's membership card Good one Michael and Luca!

We are looking forward to welcoming our summer seasonal producers back in over the next few weeks, with Adelaide Hills Avocadoe, Fleurieu Garlic and Helen Bariamis' table grapes making a return. We are also looking forward to this seasons cherries from Ashbourne Valley Orchards, McLaren Vale Orchards and Mt Compass Orchards due in before Christmas.

Wishing you all a very merry festive season and a Christmas full of joy and fresh, local produce!

**The WFM team**

**We would like to express our gratitude and thanks to those who sponsored our 2013 Wilmark Awards.**

**The food and wines were enjoyed on the night by a very convivial collection of stallholders and shoppers and induced some very lively conversation.**

Goodieson Brewery  
Cradle of Hills  
Virgara's Garden  
Hardings Fine Foods  
Lacewood  
Warrakilla  
B-D Farm Paris Creek  
McLaren Vale Orchards  
Andy Clappis  
Hart's Vegetables  
Luheng Chinese Vegetables  
Willunga Pasta Co  
Two Hills & a Creek  
Spice Girlz  
Zehle's Salad Greens & Herbs  
Blue Cottage Almonds  
Do Bee Honey  
Woodside Cheese Wrights  
Fino  
Haselgrove  
Wirra Wirra  
Kay Brothers  
Coriole  
Chapel Hill  
Penny's Hill

We recently sat down with Glenn Fitzpatrick from Adelaide Hills Avocados to learn more about him and his avocados



## PRODUCERPROFILE

### What varieties of avocado do you grow?

I grow Hass predominantly, but I do have a few other seedling varieties as the season allows. Hass is really popular because of its flavour profile. It has a very creamy and buttery flesh. Once I got into farming avocados and once I started learning about them, it became my passion. They're fragile fruit and it takes a lot of care to ripen them correctly for the customer and to not bruise the fruit. This years crop has been... well, we've had a lot of wind and rain this year, so we've lost a lot of our crop. Avocados aren't traditionally grown in our climate so they are quite fragile in our winters and hot dry summers. This year is only a moderate crop because we've had a lot of wind and rain this year, and that's knocked the trees around.

### Where is your farm?

The farm is at Chandlers Hill, on the hills face near Flagstaff Hill. It only takes about 30 min to get to the market from the farm.

### How long have you been at the market?

At least 5 or 6 years.

### How many people work on your farm?

It's really just me, and during harvest I get assistance from friends and backpackers or family. It's not a massive operation. The small scale of my farm lends itself to a farmers market.

### What's the best way to enjoy your produce?

My favourite way of eating it is in a salad with balsamic dressing or making it into a dip

### Can you sell your fruit straight off the tree?

No, the fruit will only ripen once the avocado has been picked, so I'm hoping to start picking in the first week of December then I'll allow a week for ripening. I should be back at the Willunga Farmers Market by the second week of December.

## IN Season

Summer is back, and with the warm weather comes an abundance of seasonal goodies!

Keep an eye out each Saturday for the best of what our local farmers have to offer. With such a short season for most of the summer seasonal produce you'll want to gorge yourself while you can!

**Cherries • Avocados • Garlic • Capsicum  
Apricots • Peaches • Nectarines • Zucchini  
Tomatoes • Beans • Cucumbers • Chillies**





Image: Steamed Thai Chicken Balls

# Recipe

It's summer, and that means picnic time! These little balls of joy are great served hot or cold, with a salad or just accompanied by a spicy Thai dipping sauce.

*\*There are a couple of contentious ingredients in here, so feel free to omit the coriander or replace the nut oils with olive oil.*

## Steamed Thai Chicken Balls

Serves 2 as a main meal or 4 as an entree

### Ingredients

- 2 chicken breasts
- 1 inch knob ginger, peeled
- 2 garlic cloves, peeled
- 1 red onion, roughly chopped
- 3 kaffir lime leaves, slice thinly
- ½ bunch coriander; roots, stalks and leaves
- ½ bunch sweet basil
- ½ bunch mint
- 3 stalks lemon grass, tops and hard outer leaves discarded
- 1 tsp sesame oil (can be omitted)
- 1 egg white
- 2 tbsp peanut oil (can be replaced with olive oil)

### Method

1. Boil kettle and place pan or wok on stove top, with boiling water filling the base. \*
2. Place all ingredients in a food processor. Blend ingredients until a paste forms.
3. Cover hands in oil and gather teaspoon sized portions of the paste. Roll into small balls and place directly on steamer tray.
4. Place tray over boiling water and cover.
5. Steam for 8 minutes, or until cooked if you rolled the balls to a different size.

*NB: We use a wok with a steamer tray, but cheap bamboo steamers are available from Asian grocery stores*

## Peach & Strawberry Vacherin

This layered alternative to the traditional pavlova will wow your guests and leave everyone wanting more!

Serves 6

### Ingredients

- 175gm almond meal
- 5 egg whites
- 110g unsalted butter, melted
- 300ml cream, whipped
- 1 punnet strawberries, hulled and quartered
- 2 peaches, stones removed and sliced into thin wedges
- 1 bunch mint, leaves sliced finely
- 200g caster sugar
- 70g plain flour, sifted
- 1tsp vanilla extract

### Method:

1. Preheat the oven to 120C.
2. Beat egg whites until stiff, adding the caster sugar gradually.
3. Fold in the almond meal, flour and butter, taking care to keep the air in the egg whites.
4. On 3 trays place 3 sheets of greased baking paper and spread meringue approx 1 cm thick onto the greased paper in 20cm circles.
5. Bake for 50 minutes and allow to cool.
6. Beat the cream with the vanilla extract.
7. Layer the meringue with the cream on the plate you plan to serve the vacherin on. (NB Once it is assembled it will be too difficult to transfer to a serving plate)
8. Top with cream and arrange the fruit on top. Sprinkle with mint and serve.



Image: Peach & strawberry Vacherin