



FLEURIEU FORAGER

WILLUNGA FARMERS MARKET NEWSLETTER | SPRING 2014

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CHRISTMAS BLISS BALLS
SUMMER FRUIT SPLITS



pg.4

@miss_mellyj

MARKETNEWS

Merry Christmas and Happy New Year from all of us here at Willunga Farmers Market!

2014 has been an exciting year with awards and events, guest presenters and new stallholders, a site extension and the success of the very first Young Farmers Scholarship.

So without further ado, let's jump straight into the year in review! We are very excited to announce that Willunga Farmers Market won this year's SA Regional Award for the Hills & Coast Region Community Group Category!

This year we have been fortunate to watch the growth and success of the inaugural Young Farmers Scholarship recipients (see Pg.3) and also the addition of the Willunga library car park to the market's trading zone, opening space for up to 10 more producers. The first stallholders in the extended site will start trading in December.

Together, these enterprises have enabled us to offer up to 12 more households in the region an opportunity to earn a living through selling their produce direct to you, our members and family. How exciting to be a part of something so important to our community!

We are kicking off the festive season with a bang, our Summer seasonal traders are starting to return to the market and we should see a full market site by Christmas time! KI Fresh Seafood and Kinkawooka Mussels are offering Spencer Gulf prawns for your Christmas table, cherries are back in with an abundance available from Mt Compass Orchards, Ashbourne Valley Orchards and McLaren Vale Orchards and Najobe Park Red Angus has your Christmas ham ready to go.

The warmer winter this year has meant that Adelaide Hills Avocadoes have made an early return, as have the abundant stone fruit from Soula Andonopoulos and the Kondoprias family.

We were sad to say goodbye to market stalwarts Gerry and Helen Bariamis this year, as Gerry finally retired (after threatening to do so for the last 4 years.) We are also sad to say farewell to Barry Gottfried and his family from Mt Compass Venison. After a tough couple of years Barry and wife Erica have decided to close up shop and reconsider their next move.

We are excited however to announce that Fleurieu Prime Alpaca will fill the gap, with a range of alpaca meat cuts and Floueurida will supply market shoppers with goat meat, sausages and ham, yabbies and goose eggs. What a combination!

The newly elected WFM Board has now been sitting for 2 months. Remaining fairly stable, we say goodbye to our retiring board members and thank them for their tireless efforts for the market over the past few years. Hani Mouneimne has now come on board, bringing with him a wide range of skills across IT management that will help steer the WFM ship through the next few years.

Across the summer our opening hours remain much the same, with a few exceptions. Traditionally we are **CLOSED** Australia Day Weekend (Sat 24 Jan 2015) to make room for Stage 5 of the Tour Down Under. So, to compensate, this year we are having our second ever **TWILIGHT MARKET. THURSDAY 22 JAN, 5:30 – 8:30PM.**

2014 has been a great year for us here at WFM, and we hope that 2015 brings you all joy and tables filled with local, seasonal produce!

See you on Saturday; Steve, Billy & Alex

SUMMER OPENING HOURS

This year is all systems go with WFM open from 8am til 12:30pm right through December.

While we will be **closed Australia Day long weekend** to make room for Stage 5 of the Tour Down Under, this year we are celebrating with a **THURSDAY NIGHT TWILIGHT MARKET!**

OPEN: THURSDAY January 22 5:30pm – 8:30pm

CLOSED: SATURDAY January 24th

Trading through the summer heat

We open at 8am every Saturday, however if the forecast for Noarlunga is predicted to be 38C or more we will review our closing time.

Any changes to our closing times will be published on the homepage of our website and our facebook page.

IN Season SUMMER

Sweet, luscious, juicy, sun kissed.

Summer brings with it mouth watering fruit and veg that only taste at their best at the height of the season.

Cherries: Pop them in your mouth, quick!
The season only lasts a few weeks.

Peaches • Plums • Apricots
Nectarines • Watermelon • Rockmelon
Honeydew Melon • Tomatoes • Avocado
Basil • Cucumbers • Eggplant
Zucchini • Garlic

Wilmarks AWARDS

This year's Wilmark Awards was another sell out success; with 100 farmers, producers and shoppers cramming in to Fino to share the abundance of the seasons and the triumphs of the past year.

WFM's new chair, Pip Forrester, led the evening announcing the winners of the shopper nominated awards:

Favourite stall: Harts Vegetables

Best Service from a stallholder: Bush Pepper Catering

Best dressed (decorated) stall: Willunga Pasta Co

Favourite product: Green Juice from Garden Farmers

Every year WFM's stallholders also vote for their favourite shopper. This year the award went to:

Best Shopper (stallholder nominated award): Lynne Harte

The chefs and wait staff at Fino excelled, serving up a delicious array of seasonal dishes, with ingredients sourced locally, accompanied by wines generously donated by friends of the Willunga Farmers Market.

Many thanks go to everyone who attended and the producers and wineries who donated items to help make the evening a success.

The evening's wines and drinks were generously donated by: **Battle of Bosworth, Chalk Hill, Doc Adams, Dog Ridge, Fox Creek, Olivers Taranga, Rosemount, Shingleback, Wirra Wirra, Goodieson Brewery, Mountain Fresh**

The award winners prize baskets were filled through the generous donations by: **Fat Goose Fruit, Fleurieu Lavender, Fleurieu Living Magazine, Small World Bakery, Spice Girlz, The Farm Willunga, Two Hills & A Creek, Unique Tree & Willunga Pasta.**

A Year Of Growth

The inaugural Young Farmers Scholarship recipients' first year is coming to a close.

THANK YOU GARDEN FARMERS!

As a way to give back to the program that gave them a start in the agriculture industry, the Garden Farmers have generously donated more than \$800 towards the 2015 Young Farmers Scholarship. Congratulations Jay and Alex, we wish you all the very best for your agricultural business ventures and thank you for this kind gesture!

It has been a productive year with growth, development and learning experiences, as well as a market stall full of fresh produce and cold pressed green juices (made from the Garden Farmers own greens with fruit from McLaren Vale Orchards and Fat Goose Fruits, and voted 'Best Product' at the 2014 Wilmark Awards!)

Growing pesticide free vegetables on their small plot in Whites Valley, the Garden Farm holds strongly to the principles of sustainable agriculture, with Jay and Alex incorporating permaculture elements into their woodchip based farming.

'Why woodchips? We chose to farm with woodchips because they are constantly feeding the soil underneath while offering a layer of protection to all the soil microorganisms and worms underneath.' Explains Jay.

'(The woodchips) hold in the moisture, holds in the warmth, creates soil underneath and keeps all the produce clean as well. One benefit is that we can pick our produce and it's clean, it doesn't have dirt splatters all over it from the rain and irrigation.'

It's been a year of hard work and steep learning curves but the Garden Farmers have seen great success this year. They have taken up the offer of expanding to a site at the top of Willunga Hill, and will soon be splitting the enterprise between the two properties. The inaugural Young Farmers Scholarship has also demonstrated the financial viability and agricultural success of a small farm run by two young people in their early twenties. The long term sustainability of the enterprise is positive, with both Jay and Alex earning enough to take a salary and continue to sow into the future of their farms.

Stay tuned for the opening of the second Young Farmers Scholarship, due to take place early 2015.

Recipes

Christmas Bliss Balls

These sweet little treats are totally guilt free and packed full of local dried fruit. With the texture of fudge and combination of spices, this is a great addition to your Christmas entertaining. Make these an Adults Only dessert by adding a splash of port or spiced rum.

From Willunga Farmers Market

- 1 cup sultanas
- ½ cup dried figs
- ½ cup currants
- ½ cup almond meal
- Zest 1 orange

From the Pantry

- 1 cup powdered cocoa (NB drinking chocolate is too sweet, the bitterness of cocoa will offset the sweetness of the fruit)
- 2 tsp cinnamon
- ½ tsp each of ground cloves and ground cardamom
- Pinch salt

Method

Blitz all ingredients in a blender until a smooth paste is formed. Add a splash of hot water if needed. The mixture should form a ball in the bottom of the blender when it is ready.

Wet your hands slightly and roll a teaspoon full of the mixture into a small ball. Cover in cocoa and place in an air tight container. Store in the freezer until your sweet tooth calls!



Image: Christmas Bliss Balls

Summer Fruit Splits

From Willunga Farmers Market

Stone fruit splash

- 2 peaches, chopped
- 2 nectarines, chopped
- Juice 1 lemon
- BD Farm Paris Creek Lemon Myrtle Yoghurt

Strawberry split

- 1 punnet strawberries
- ¼ watermelon, seeds removed
- ½ bunch mint
- BD Farm Paris Creek Lemon Myrtle Yoghurt

Method

1. Blend each fruit combination separately, until the fruit is completely pureed.
 2. Pour a layer of fruit puree into the bottom of a paper cup and place in freezer to set.
 3. Once almost set push a paddle pop stick into the centre.
 4. Add a layer of yoghurt and place back in freezer.
 5. Continue layering the fruit puree and yoghurt until the cup or patty pan is full.
- Store in freezer until ready to serve, then peel back the top of the paper and eat like a popsicle.

*Not a fan of yoghurt? Just layer the fruits, or keep them separate for a variety of sweet and tangy desserts.



Image: Summer Fruit Splits



@willungafarmersmarket



@lilybev

FOODIE
PHOTOS TO
drool
OVER

Share your WFM experiences and dishes with the world by posting your photos to our facebook and instagram pages. It's easy!



@miss_mellyj



@ellaandivy



@smallerapples

Add your photos to our facebook page by posting them to our wall as a comment. To share your photos with our instagram community add @willungafarmersmarket and #willungafarmersmarket in the comments of the photos you post to instagram.



@mrsmelissajean



@laurijade



@hummingpea

Mmmm, for photos so good you could almost eat them head to:

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@bozozobo



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