

FLEURIEU FORAGER

Newsletter of the Willunga Farmers Market Issue 3 Winter 2004

Trevor Stewart - 'The Worm Man'

Early on Saturday mornings, just before the Willunga Farmers Market opens, a gentleman of advanced years arrives bearing a small wooden box that carries four containers of *Eisenia foetida* or tiger worms.

Trevor Stewart, affectionately known as the "worm man" by Market members, sets up his display of the *Stewart Wormery*, worm containers and bottles of *Wormalizer* and quietly departs.

Trev was born in the Murray Mallee and grew up on a soldier settler block. He spent his working life as a fitter and turner and has been a 'shed man' all his life making windmills, stationary engines and lately worm farms.

Shortly after retirement Trev's friend Sandy Sylow called him in to advise on some technical aspects of Sandy's worm farm operation at Wirra Wirra winery. Some years earlier Greg Trott of Wirra Wirra had given Sandy the go-ahead to set up a large-scale worm farm operation to try to turn the waste grape marc into an organic fertiliser.

Breakfast Stall goodbyes



A big thanks to Sandra Mason and Anthony Steel. After more than a year of providing their delicious Market breakfasts Sandra and Anthony and their off-sider Jake are putting down their eggflips. We look forward to greeting them in their new Market roles - as shoppers.

Unfortunately failing health took its toll on several members of the project. Sandy retired from worm farming so Trev decided to branch out in a small backyard way. Being a practical fellow Trev soon came up with the concept of the *Stewart Wormery*. His ingenious design is simple to assemble, use and maintain and the products made by the composting worms are quickly available.

When the Willunga Farmers Market began Trev saw the opportunity to sell his wonderful worm farms and to help educate the public on the benefits of recycling organic waste in the backyard. Several Willunga Farmers Market growers are trialling the liquid worm fertiliser on a larger scale. They have 2m x 2m worm cots that produce 40-50 litres of *wormalizer* per week. This is stored then spread on vegie beds, under orchard trees etc. Early reports show great results. Trevor has always been one of Willunga Farmers Market's great patrons. He has consistently donated around 40% of all his profits to the Market and in honour

. . . and hellos

The breakfast stall tender has been won by Richard Zettler and partner Adrian Mathews, both successful chefs with a passion for Fleurieu produce. Their combined experience will no doubt see some exciting developments on the breakfast stall and offers opportunities to showcase our fantastic produce.

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The Annual General Meeting of the
Willunga Farmers Market

7pm Thursday 15th July 2004

Waverly House, Willunga

Several committee positions available.

ALL WELCOME ALL WELCOME



of this great contribution he was made Willunga Farmers Market's first Life Member at last year's Wilmark Awards. Thank you Trev!



\$5.00 per bottle

get the wonderful *Wormalizer*
from the Information Stall
at the Willunga Farmers Market

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

Deadline for winter issue: August 8th 2004

Margaret Jones receives business award

Congratulations to stall-holder (and committee member) Margaret Jones for winning the prestigious Women in Business Award.

Presented in May by Zonta and the Southern Success Business Enterprise Centre this is the second year in a row that the Women in Business Award has gone to a Willunga Farmers Market stallholder.

Under the Taronga Orchard label, Margaret value adds to the almonds grown on her orchard, producing fourteen varieties of sweet and savoury flavoured packaged almonds.

Like the Spice Girlz, who won the award last year, Taronga Orchard was one of the first stalls to appear at the Farmers Market when it opened over two years ago.



Margaret with her award

Inaugural Fleurieu Peninsula Barista Challenge

The Fleurieu Peninsula's first Barista Challenge to find the best coffees in the region has proved a great success.

Willunga Farmers Market coffee stall, "Piccolo Espresso" run by long time Market stalwart Jen Hanna, won the *Champion Barista Ambience* award.

Congratulations to Jen for her considerable efforts to provide a colourful and delicious coffee stop for Market patrons.

In her acceptance speech, Jen paid tribute to her dedicated customers and to the Market for supporting her business and her passion for great coffee!



Piccolo Espresso voted best for ambience

Meet me at the Market . . .



Is this the first Market marriage? Kaye Hannaford and Bob Semark recently tied the knot at their new home in Sellicks Beach.

A year after bumping into each other at the Farmers Market, Kay and Bob are now happily married and living in the region.

Market Recipes

Do you have a special recipe that features ingredients from Willunga Farmers Market?

We are starting to collect recipes with the aim of sharing them – perhaps in a Market cookbook. Send your favorite recipes to zanflan@comstech.com

Circle of Friends

Willunga's *Circle of Friends* has been successfully raising money to assist refugee families in the Baxter Detention Camp.

Each week members sell raffle tickets at the Market to help this worthy cause.

The *Circle of Friends'* committee also held a very successful quiz night in May, which resulted in raising over \$3,000 dollars. The money will be used to support families living in the Baxter Detention Centre and families who are now fortunate enough to be living within the wider community.

From the Market Manager

I love Saturday mornings! For me it's 'show day', the culmination of my working week.

I'm employed part-time by Willunga Farmers Market and my week starts on Wednesday with all those necessary office tasks - maintaining the books, following up queries from the previous Market, sending out membership forms and renewals, dealing with advertising, sponsorship and any Council business etc.

I also spend a lot of time talking to people who want to have a stall at the Market - explaining our philosophy as well as the rules and regulations, and requirements for such things as insurance and food safety. And I have started visiting the farms and kitchens of all our producers.

By Friday the buzz is increasing. I start the day by confirming all stallholders for the following day. Then I can draw up the site map and get a feel for the next day's market. I write the weekly producers' newsletter, go to the site and make sure it is clean, talk to Alma Hotel staff, erect the banners, pack up the car with all the requirements for the Market Information Stall.

On Saturday I'm up in the dark at this time of the year and down at the site to unlock, direct stall holders, set up the Information Stall and hold back the crowd until 8 am. Market mornings pass in a rush – dealing with enquiries, explaining membership benefits, chatting with regulars, collecting site fees, dealing with any problems that arise, before packing up the Stall, checking that the site is clean, taking down the banner, unloading the car . . . and collapsing.

Oh, and then there are the special events to be organised, the Forager to be distributed, committee meetings to be arranged, strategies and marketing plans . . .

Vardy Hirst

Coming events

July 14 *Food Lovers Guide to Australia* on SBS at 7.30 pm features Willunga almonds. local almond growers and the Willunga Farmers Market.

July 30 - August 1st Willunga Almond Blossom Festival. A weekend of events. For further details phone: 8556 2407

July 30 - August 1st & August 7-8 Strathalbyn Band Competition. Contact: 8536 2369.

September 3 -11 Taste South Australia. Fleurieu produce will again be featured at the Royal Adelaide Show. Contact Tori on 8323 0144.

Planning for the future

On 7th of June the Willunga Farmers Market committee held a strategic planning session to plot a course for the Market for the next 5 years.

The participants, including stallholders and customers, discussed the role of the Market now and in the future.

The session was so successful that another session was planned for the 21st June. Sustaining the growth of the WFM is a priority for all our members and the community at large. We will inform you of the outcomes of the planning sessions in the next issue of the Forager.

Thanks to all those who donated their time and energy to this very important process.

WINTER VEGETABLES AT THE MARKET

Many of our regular shoppers will recognise that the range and supply of fresh vegetables has increased considerably since those early days when Dom Scarfo's truck was the main supplier of vegetables. Since then many more growers have been plowing and planting. Nearly half our stalls now supply fresh seasonal vegetables. Your support for the Market has resulted in more land being cultivated for fresh food production and led to greater agricultural diversity in our region.

Wes Hart, our potato specialist, is back again this winter with over 10 different varieties of potatoes. Many of these are old-fashioned varieties such as the Bintje potatoes which originated from Holland in 1910. Wes's range has now grown to include cabbage, cauliflowers, leeks, spring onions and broccoli.

As well as their regular supply of onions, potatoes and carrots, the Scarfos' have some fantastic pumpkin, swedes, turnips and parsnip. Everything you need for a nutritious winter vegetable soup.

Barry Beach has heirloom varieties of salad greens, bunches of mixed spinach and also supplies seeds for the home gardener. Di and Trevor of Oaktree Hydroponics are back to provide a regular supply of tomatoes. John Edmeades and Dianah Bickford of



Bickleigh Vale Farm as well as selling organic seedlings, offer fresh salad greens, spinach, warrigal greens and silver beet.

Col and Ian of Starlight Springs have also increased supply and variety and sell their mixed salad greens in handy packs as well as a variety of seasonal veg.

Tony Russo is now putting all his energy into growing fresh vegetables and is supplying some fabulous celery, as well as other vegetables. Jill Stone of Herbivorous, Astrid and Will from Organic Wholefoods, Warrakilla and Hillside Herbs add to the range of locally grown vegetables and salad greens.

One of the main goals of the Market has always been to support and encourage sustainable agricultural production. The increase in vegetable diversity at the Market is a clear indication that goal is being met.

Potato Frittata

4 medium potatoes peeled & sliced thinly
2 medium onions, diced finely
3 large cloves of garlic, peeled & crushed
250-300 mls extra virgin olive oil
5 eggs
pepper and salt

Steam potato until just cooked but still firm (about 5 minutes). Pour a couple of tablespoons of oil through the potatoes.

Fry onion and garlic in oil until soft and lightly caramelised. Add to potatoes with freshly ground black pepper and 1 teaspoon of salt. Mix thoroughly.

Beat eggs and stir through onion and potatoes.

Heat a medium sized frypan with a heavy base. When hot cover base with olive oil, pour in potato and onion mix and turn down to low. Pull mixture away from edges of pan after 5 mins to form an edge to the frittata. Cook for approximately 10 to 15 minutes then place a plate on top of the frittata and turn pan upside down so the frittata is now sitting on the plate with cooked side facing you.

Add more oil to the pan then slide the frittata back into pan to cook other side.

Cook for another 10 minutes, then take off heat and serve hot or cold with a relish or chilli sauce. Delicious with the Spice Girlz' Moroccan Jam...

Willunga Farmers Market goes on-line

www.willungafarmersmarket.com

Our website is at last up and running.

Designed specifically for our needs it offers local producers the opportunity to be listed with their own web page and for producers to be contacted via produce or business name.

Check it out and send photos, recipes and letters to the editor on line.

The Forager can also be accessed from the site.

For all inquiries relating to the site, links or to develop your own page as part of the site contact Vardy at wfm@internode.com



Fleurieu Peninsula Food's celebration of the olive

Fleurieu Peninsula Food's Celebration of the Olive begins this year.

The settlers of Fleurieu Peninsula brought the trees and traditions of olives and olive oil production to the region. This year Fleurieu Peninsula Food are planning a series of events to celebrate the olive in our regional food culture.

In June new season oils were showcased during the Sea and Vines Festival.

During September and October there will be tastings, cooking demonstrations, culinary competitions, picnics, feasts, awards, and much conviviality. Restaurants, retailers and cellar doors across the Peninsula will feature the freshest flavours of new season's oil. Fleurieu Peninsula Food invite you to join in the celebrations. The Olive Festival program will be out in August. In the meantime contact Tori Moreton on 8323 0144 or tori@fleurieufood.com.au

It's olive pickling time. This recipe is from Patricia Wells' book, *At home in Provence*. Use very ripe, black olives.

Salt-cured black olives

1 kg ripe black olives
100 g coarse sea salt
6 branches of fresh thyme
6 branches of fresh rosemary
6 fresh or dried bay leaves
several spoons extra virgin olive oil

Remove leaves and stems but do not wash the olives. Prick each olive 3-4 times with small fork or toothpick. Place in shallow bowl and add salt. Toss to cover. Add thyme, rosemary and bay leaves and toss again. Leave uncovered at room temperature tossing once or twice a day. After 3 or 4 days sample one. If it tastes bitter cure for several more days. Transfer olives and any brine to small glass jars. Sprinkle with teaspoon of olive oil. Cover and store in cool, dark place for up to 6 months.

Backlash brings backflip from GM giant Monsanto

A consumer backlash throughout the world has had a remarkable effect on the future of GM wheat and canola.

Australian State Government moratoria on the production of GM canola in Australia, has led to biotech giant Monsanto pulling the plug on their plans to grow genetically modified canola in this country.

Two days before this announcement, Monsanto announced it was also abandoning its plans to release GM wheat onto the world market.

Consumer backlash in Europe, Canada and the US has played a huge role in the decision of wheat buyers internationally to reject GM wheat. They have made it clear they would not risk a consumer boycott by supplying wheat that was genetically modified for the lucrative EU and Japanese bread markets.

Julian Watson from Rank Hovis, one of the largest wheat millers in the EU, made the case loud and clearly in a letter quoted in *The Guardian*, May 11th 2004;

So that you are completely clear on Rank Hovis's policy toward GM wheat:

we do not want any level of such grain in our supplies from you.

To date, we have been able to say to our customers that GM wheat has not yet been brought to the market. This now needs to be backed up with preventative actions.

You should treat this issue with the utmost gravity and priority, given that the alarm generated by even the perception that spring wheat may contain GM traits could be enough to jeopardise the entire export program to the EU.

Pressure was also brought to bear by farmers in the US and Canada who supply 45% of wheat for the EU and Japanese markets. Following the boycott of GM maize and soy products in Europe and Japan, wheat farmers were not prepared to take the risk of losing the wheat market as well.

With the possibility of disruptions in the supply chain of the bread market if GM wheat was introduced, demand for an alternative supply chain could prove lucrative for Australian wheat producers. Though only one of the world's staple

food crops, wheat is grown in some of the world's richest regions allowing for bigger profits for seedsellers like Monsanto. Afraid of losing the oilseed and other grain seed markets following the wheat embargos, Monsanto's decision to withdraw from the wheat market was, by their own admission, economically driven.

As Australian consumers, we still have a role to play if we decide to continue to resist genetic modification of our food supply. Supporting our farmers determined to grow without using GM seeds, will continue to add economic weight to decisions being made by governments globally.

"The biotech industry and governments must now recognise that this technology is a blind alley, and that we should focus research on new crop management and technology aimed at sustainable farming," said Pete Riley, GM campaigner at Friends of the Earth in the UK. "This is a worldwide victory for consumers and farmers."

For articles from the world's press about developments in GM see www.connectotel.com/gmfood/