

FLEURIEU FORAGER

Newsletter of the Willunga Farmers Market

proudly sponsored by Hardys Tintara, McLaren Vale

Issue 7 Winter 2005

Celebrity Chefs showcase the Market

Not only does the Fleurieu Peninsula have fantastic produce it is also home to wonderful cafes and restaurants with chefs who are passionate about regional, seasonal produce. These two aspects of the Fleurieu's culinary culture are coming together with the Celebrity Chefs series of cooking demonstrations at the Market.

Once a month a guest chef from one of the region's restaurants demonstrates a dish that features produce bought fresh that morning at the Market. The restaurant then puts the dish on their menu.

"It's been a great success," says WFM Chair, Mikaela Willford. "Chefs and producers are able to meet face-to-face, the restaurants are sourcing more produce locally, customers enjoy the spectacle and love getting new recipes. Everyone loves it!"

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

First chef in the series, Glen Robson from Star of Greece agrees. Already a keen supporter of local produce Glen says, "Being at the Market was great fun and really opened my eyes to the amount and quality of the produce from this region."

The program of Celebrity Chefs for the rest of the year:

- 30 July - Red Dot Cafe, Penny Hill Winery
- 27 August - Willy Hill Cafe
- 24 September - Awganix, The Olive Grove
- 29 October - Black Duck
- 26 November - d'Arry's Verandah
- 17 December - Star of Greece

Coming up: AGM

The Annual General Meeting of Willunga Farmers Market Inc will be held on Wednesday 13th July at 6.30pm Waverley House in Willunga.

Three committee members are standing down and nominations have been received from 9 people to fill the vacancies. All Market members are eligible to vote. Come along and get involved with your Market.



Celebrity Chef, Glen Robson from the Star of Greece

Willunga Farmers Market

QUIZ NIGHT

Saturday 23rd July 2005
Visitor Centre, McLaren Vale
6.30pm for 7.00pm start sharp

Make up a table of 8 - 10
or join with others on the night

- * Prizes galore *
- * Raffles, auction & door prize *
- * Food platters available*
- * Bar facilities. Sorry no BYO *

Tickets \$10.00/person
from Information Stall at the Market,
or WFM office 30 High St Willunga

Organic Gardening Workshop

Willunga Farmers Market is beginning a new educational program with a focus of growing fresh produce for Farmers Market supply. The first event held is to be a practical, informative workshop on organic vegetable growing as a small business enterprise.

The guest presenters will be Joyce Wilkie and Michael Plane from Allsun Garden Farm, Gundaroo, ACT. Allsun Farm is a small scale organic market garden. It is also home to the Gundaroo Tiller business - a mail-order service offering unique farm and garden tools and useful, practical resources for gardeners.

Peter Cundall (ABC Gardening Australia) describes Joyce and Michael as "*Australian pioneers of organic growing who use modern techniques. They do it because they have long recognized the need to grow things, especially food crops, without the use of poisons and harsh, disruptive chemical fertilizers.*

Joyce and Michael have learned things the hard way, by practical, down-to-earth experience, experimentation and 30 years of hard work. They have proved how successful commercial organic growing can be and wish to share their experiences so others can do the same."

The workshop will be held over 2 days. On Saturday morning Gundaroo Tillers will have a stall at the Farmers Market. In the afternoon, at Coriole Vineyards McLaren Vale, Joyce and Michael will be looking at 'Starting Out' - a session for anyone interested in starting to grow for home, family or market. This will be followed on Sunday with the ins and out of small scale, commercial, organic veggie growing.

GROWING-IT FOR THE FARMERS MARKET

WHEN: 6th - 7th August

WHERE: Saturday morning: Willunga Farmers Market
Saturday afternoon: Coriole Vineyards, McLaren Vale

Sunday: Coriole Vineyards, McLaren Vale

INFO: For more information or to book a place, ph 8383 0603

OLIVE HARVEST NEWS

The 2005 olive harvest on the Fleurieu Peninsula started early this year and, as with the grape harvest, everything seemed to ripen in a rush.

The unusually dry autumn contributed to lots of shrivelled, ripe fruit. Many people held off picking hoping for rain to fill out the olives only to find it stayed dry and warm through May.

And then of course the rains did come - with more than 6 inches in some areas - making picking impossible! The farmers dilemma.

Much of the 2005 oil has softer flavours and less pungency than in recent years. Quantities of the larger sizes of table olives are well down.



Let them eat cake

For this year's Fiesta! celebrations in October the Farmers Market is organising a competition to find the best cakes made using olive oil.

There will be 3 categories: school, novice, professional and, of course, the oil must be from the Fleurieu Peninsula.

Great prizes! Start practising now!

From the Market Manager

Winter has finally arrived to the relief of all our farmer stallholders. The damp weather hasn't deterred our loyal customers however and the Market has been as busy as ever!

As well as guest chefs we have also started a Guest Grower spot. Occasionally we will allow a grower from outside our region who grows a product not otherwise available at the Market to sell here. Our first spot has been Mark McCarthy a pistachio grower from the Riverland and we have all been enjoying his delicious roasted nuts.

Recent discussions in the media about the source and safety of our food and the importation of ever-increasing amounts from overseas has meant that the profile of Farmer's Markets around Australia is rising. Every week I receive many enquiries from new customers about the principles and reasons behind the existence of our Market. Even better are the enquiries from potential new stallholders. Just wait for Spring!

Vardy Hirst

Becky's Big Adventure

Rebekah McCaul from Alexandrina Cheese Company has left us for six months. Becky has arranged an exchange with the World Jersey Cattle Bureau. She's off to get first-hand experience of dairy farming and cheese making in England, Jersey and France . . . and to visit as many Farmers Markets as she can locate. She'll be back in December with many tales to tell.

Winter events

June 21 *Winter solstice*

July 13 *Willunga Farmers Market AGM*

July 20 - August 6 *Almond Blossom Festival*, Willunga. A celebration of the spectacle of pink and white almond blossom and recognition of the almond industry.

July 23 *Willunga Farmers Market Quiz Night* Visitors Centre, McLaren Vale. Tickets available from the Information Stall at the Market or the WFM Office, 30 High Street Willunga.

July 29-30 *South Australian Farmers Federation* summit investigating sustainability of farming in South Australia.

July 29-August 14 *South Australian Living Artists Festival* exhibitions, open studios in towns throughout Fleurieu Peninsula. For program see: www.salafestival.com

August 6-7 *Growing it for the Farmers Market* Weekend Workshop organised by Willunga Farmers Market. See article for details.

September 20-23 *Shaping Sustainable Futures* - Conference of the International Federation of Organic Agriculture Movements. Saturday & Sunday the Go Organic Festival will be held in Botanic Park, Adelaide featuring stallholders from Barossa, Willunga and Limestone Coast Farmers Markets. For details: www.ifoam2005.info

Meat at the Market

The meat and associated smallgoods section of the Market has been expanding enormously over the last few months. For succulent, grass-fed (ie out in a paddock) traditional lamb head straight to Marilyn at Kookaburra Park. Tender roasts and chops full of flavour – think Sunday roast dinner with all the veg from the Hart Bros next door -Yum!!

Jane and Phillip Budich of Springdale Gourmet Rabbits have been expanding their range of livestock and now offer dressed ducks, geese, chevre (goat) with chickens on the way. And don't forget the rabbit. Try one of Jane's justly famous rabbit pies – pastry to die for! Or buy a whole rabbit or a pack of pre-cut pieces and make your own rabbit casserole – just the thing for cold winter nights.

Mt Compass Venison has been at the Willunga Farmers Market from the beginning. As well as the Market being an important part of her business, Judith Phillips also loves to try out new products on WFM's discerning and knowledgeable customers. Mettwursts, pates, gourmet venison sausages are just part of the range. And as for venison - see Carol from Salty Lime Cafe's recipe below for inspiration. Carol cooked this at the Market a few weeks ago as part of our Celebrity Chef program – it was a great hit and so easy!

Latest addition to the meat and smallgoods section are Inspyre Gourmet – smoked meats, smallgoods, sausages – eg: kranskys, bratwurst, fennel and parsley not to mention truly inspiring Spanish beef roast or Gypsy pork roast. Coming out of the smokehouse in the back of Hamlet's Meats in Willunga this young couple have seen the opportunity the Market represents to sell top quality products. Check them out.



Salty Lime's char-grilled fillet of venison on potato rosti with organic rocket & Moroccan Jam

Ingredients for 4 serves

500g Mt. Compass venison loin fillet, trimmed of sinew
4 tablespoons spelt flour (use plain flour if unavailable)
125ml Spice Girlz Moroccan Jam
Murray River sea salt & cracked black pepper

Method

Peel and grate potatoes, place on paper towel and squeeze out excess moisture. Place in a bowl with flour, season with salt & pepper. Form into 8 patties.

Heat olive oil in pan, season venison fillet and cook 5 minutes each side. Remove from pan, cover in foil and rest in a warm place for 5 minutes. Add potato rostis to pan, flatten slightly and cook for 5 minutes each side.

8 pink fir potatoes
Beach Organics rocket
Willunga extra virgin olive oil
Fresh beetroot zest & fried leeks for garnish

Warm Moroccan Jam in a small saucepan, adding 50ml of water to make a sauce consistency.

Slice venison on the diagonal into approximately 1-2 cm slices. Place 1 rosti on each plate, top with some rocket and one slice of the venison. Repeat layer.

Drizzle with the warmed Moroccan Jam and garnish with the beetroot and leek.

Country of Origin Labelling

Soon it could be even more difficult to work out where that supermarket potato comes from. Standards Australia and New Zealand (FSANZ), the government body responsible for food labelling, is considering changes to Country of Origin labelling requirements for fresh produce. The proposal would mean that, rather than being displayed, this information need only be available 'on request'.

Australian Consumers Association representative Claire Hughes says, "Instead of improving information for consumers, FSANZ is watering down regulations in an attempt to develop a standard that will be acceptable to New Zealand. Australian consumers shouldn't have to suffer because New Zealand doesn't have effective laws in this area.

"The proposed changes will mean that retailers won't have to actively indicate whether fresh produce such as fruit and vegetables and seafood is imported. Consumers will only be told where the food comes from if they ask."

The ACA was one of many groups representing consumers and producers that made submissions to FSANZ about the proposed changes. The submissions are now being reviewed. A recent press release from FSANZ emphasised that no final decision has been made and that they are aware of general public concern.

MARKET POWER

2nd National Australian Farmers Markets Conference

The second national Farmers' Market Conference will be held in Albury, NSW 27-29 August.

The conference is a sign of the continuing growth of the Farmers Market movement in Australia.

With more than 80 Farmers Markets held regularly around the country, a recent Victorian government study estimates they have an annual turnover of \$20 million.

The conference program says Farmers Market are an integral component of 'the real food revolution'.

Farmers' markets are undoubtedly an integral component of local economic development, especially in regional Australia. They address critical issues

like sustainable agriculture, regional development, business incubation, and revitalisation of both rural and urban communities, bio-diversity and food security.

Organised by the Australian Farmers Markets Association, the conference program will feature international speakers, Australian market practitioners, and food producers. Alongside the official program is a chance to share experiences with others passionate about Farmers Markets.

For further information and to see the program contact:

Australian Farmers' Markets Association
ph (02) 9360 9380 or visit the website at www.farmersmarkets.org.au

Organic Conference

In September this year Adelaide will host the World Congress of the International Federation of Organic Agriculture Movements (IFOAM).

IFOAM represents the worldwide movement of organic agriculture with members in more than 90 countries.

The IFOAM conference is being held in conjunction with the International Society of Organic Agriculture Research Conference and the International Organic Viticulture and Wine Conference.

With sessions dealing with everything from microbiology to marketing and a range of speakers from Europe, the Pacific region and around Australia the conference promises to be stimulating and challenging.

In conjunction with the Congress a giant organic fair will be held in Botanic Park on the weekend 24th -25th September. The *Go Organic Festival* will feature demonstrations and information about organic produce, live music, food stalls and the state's largest 'Farmers Market' with stall-holders from Willunga Farmers Market joining those from the Barossa and Limestone Coast markets.

For further information about the IFOAM Congress and the *Go Organic Festival* see: www.ifoam2005.info

Farmers Federation Sustainability Summit

The South Australian Farmers Federation is hosting a summit to investigate sustainability of farming at Parliament House on July 29 and 30.

General manager of SAFF, Carol Vincent says the intention is to address a wide range of issues and their implications for farming in South Australia.

"Climate change, globalisation, new market opportunities, value-adding are just a few of the topics to be addressed. The list is long," she says.

The President of the Paris-based International Federation of Agricultural Producers (IFAP) will be a special guest speaker at the summit.

People wishing to attend should contact Anne Artone at SAFF ph 8100 8702 fax 8232 1199 or email aartone@saff.com.au

FleurieuFood

Planning is underway for the **2nd Fiesta! celebration** of food and wine in October:

- This year the program will include a Regional Restaurant Guide - where to dine in October and enjoy a Fiesta! dish.

• The Chapel Hill Winery Gourmet Retreat Culinary Competition has secured two exciting judges - Cheong Liew from The Grange and Joanna Savill from Food Lovers' Guide to Australia.

• Application forms are now available for the 2005 Olive Awards. Judging - 20th October.

The Regional Food Trail is on again at the Adelaide Central Market on Friday 19th August and Fleurieu Peninsula Food will have a stand at the Royal Adelaide Show for **Taste! South Australia**.

For information on any of the above, contact Tori Moreton on 8323 0144 or tori@fleurieufood.com.au