

fleurieu forager

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It's Wilmark time... celebrate our Market community

The Wilmark Awards were inaugurated in the first year of Willunga Farmers Market's existence, and have been generously sponsored by Hardys Tintara ever since. Styled on the Oscars "...and the winner is..." and involving food, drink and frocking up, the Wilmarks are a celebration of our farmers' market community – stallholders, volunteers, shoppers and the wider community who sponsor and support our wonderful market in so many ways.

Voting is carried out among members for a month or so before Awards Night in a number of categories. Some are frivolous and a bit tongue-in-cheek, eg: Best Dummy Spit; Best Morning Person. Volunteers efforts are recognized and thanked as are other unsung heroes who go that extra mile to make the market the success it is. Other awards applaud our stallholders who put in such an effort week after week – Best New Stall; Best Dressed stall etc. Shoppers too are not forgotten with the Shopper of the Year getting the privilege of cutting the next birthday cake!

The high point of the evening is the announcement of the Producer of the Year. This category recognizes the achievements of the stallholder who most exemplifies the principles underlying the farmers' market movement – an owner/grower who tries to farm as sustainably as possible and has, by selling directly to the public at the market, taken responsibility for their produce all the way to the consumer.

In our hectic working lives it is important every now and then to just stop, take a deep breath and look at how far we have all come and what has been achieved in four short years. The Wilmark Awards are a wonderful occasion to do

just that – celebrate our community, take a bow and look forward to the next year!

This year's Wilmark Awards Night will be held on Saturday 9th September at Tintara Winery, McLaren Vale. Tickets (\$15 ea) are available from the Market Info Stall or WFM office and include welcome drinks and supper. All members of the Market are invited to cast their vote, and a voting slip is on page 3 for all the categories general members can vote for. So have your say as part of our Market community.

Vote early and vote often! Be there!!



*Ray Seidel receiving the very first
Producer of the Year award from Zannie Flanagan
at the inaugural Wilmark Awards in 2002.*

**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
Spring newsletter deadline:
Friday, 1 September 06



Producer's Profile

Herbivorous – and Jill-of-all-trades!

In 1977 I had a really good selection of herbs in my kitchen garden and contrived to sell some bunches to one of the stalls in the Central Market. At first it was just a hobby but since there was a real explosion of interest in herbs just at that time (Don Dunstan, Regency Park School of Food and Catering, and all that stuff) it wasn't long before I had outgrown my backyard, my mother's backyard and the house block down the road. In 1988 Herbivorous was born spreading out into the property at Darlington which had been the family orchard since 1947. It's been growing like topsy ever since.

While I have done stints at teaching and the public service I really have been happiest doing the practical things involved in growing herbs. It's not only that herbs are something that I can promote as healthy and completely pleasurable, but also that I enjoy the physicality of the life involved in growing. It does mean being a jack of all trades – plumber, builder, mechanic, etc.

These days I spend most of my time at the extended site at Hindmarsh Valley where we have set up a completely new operation because Darlington is too small. The cooler climate suits dill and coriander and the lighter soil suits many of the perennial crops which we grow on drippers. Believe it or not, we have a work force of kangaroos which weed grass from the crops each morning and

evening. The only crops they won't leave alone are chives and saffron. I have decided that saffron is just not a goer and have had to install an electric fence to protect the chives which we just can't do without.

I am intricately involved with the Australian Herb and Spice Industry Association which has been granted funding to develop an integrated pest management program for herbs and spices using the most effective, least harmful methods of controlling pests and diseases.

Most of Herbivorous production goes into the mainstream markets around Adelaide but it gives me a great deal of satisfaction to sell direct to consumers at the Willunga market each week. It always seems to me that helping people with home growing is something to increase consumption of herbs and I am very happy to give advice if I can. See you at the Market!

Jill Stone of Herbivorous



From the Manager

Autumn has been a busy time at the market seeing a record breaking crowd over Easter with in excess of 5000 people gathering goodies for the long weekend and enjoying the face painting and Willabrand chocolate figs...which made for a delicious Easter choccie fix!

We were lucky to have Dean Richardson demonstrate sheep shearing during April, a nice twist on your weekly shopping experience!

Looking forward to the cooler months we have guest chefs planned for the last weekend of each month, just check out the events column for dates. One of our guests for winter is John Hall. John owns and runs The Greedy Goose restaurant and is also cooking in Meadows on Sundays at the Longview Winery. It will be great to have him cooking up a sensation with produce from our market. It will also be great to have old favourites and ex Greedy Gooser Darren Ladd and Tristan from Willunga Golf Course, Zena and Carol from Café Lime and Colleen McLeod from Lilla's to give us some scrumptious fodder ideas.

It's not too late to plant out your veggie patch for winter, Di Bickford and her Greenseed Organic Seedlings are at the market every week, and Di is a wealth of knowledge when it comes to planting your veggies. I planted some Kale, Spinach and Broccoli from Di only few weeks ago, they are going well! It's not too late to plant these and other winter veg...potato, great time for lettuce, rocket, root veggies like turnips and carrots, broad beans, cabbage, peas, onions, chives, spring onions. Look out for these at the market and for Di's seasonal newsletter, a great little read.

Veggie of the Season... goes to Kale which I tried for the first time from Barry Beach's stall and it was sensational. It's a member of the cabbage family and has a great crunch to it. Apart from being an heirloom veggie it is actually one of the best vegetables for you, very nutritious.

When shopping warm yourself with a lavender tea from Fleurieu Lavender and look out for plenty of Almonds, Olives, Apples, Pears, the new season Navel Oranges, Walnuts and Pistachios from our guest stalls from the Riverland. Also available will be a fresh supply of eggs from Mrs. Stone's new chooks. Look out for free range ducks and chickens on sale at Springdale Farm and the gorgeous Relish Sisters are coming up with some delicious breakfast, brunch meals every week on their brand new BBQ proudly sponsored by Willunga Quality Meats... enjoy!

– Lisa Hall

Slow-cooked Rabbit Fricassee

The fragrance of this simmering on your stove on a cold winter afternoon will drive you wild...

Marinate 1 rabbit (1.5kg), cut into pieces in:

- 750ml hearty red wine
- 3 tbsp olive oil
- 130g thinly sliced red onion
- 1 carrot, finely diced
- Small bunch finely chopped fresh Thyme leaves

for up to 24 hours, refrigerated.

In a heavy-bottomed casserole, heat

- 2 tbsp olive oil

Add and cook, stirring, until veg are tender soft

- 1 lge leek, white part only, finely chopped
- 225gm whole small mushrooms

Remove veg from pan, add and lightly brown:

- 115gm bacon, diced

Remove and drain on paper towel. Remove rabbit from marinade and pat dry. Season with salt

and pepper. Add rabbit pieces to pan and lightly brown for 3 to 5 minutes each side. Remove and set aside. Add to the pan and brown slightly:

- 1 tbsp flour

Strained marinade through a sieve and whisk to blend with the flour. Bring to boil and add rabbit and bacon. Simmer on medium-low heat for 45-60 mins. Add the reserved leeks & mushrooms and:

- 350gm pitted prunes

Cover and simmer on medium-low heat for about another half hour.

Remove rabbit, veg, and prunes to a deep serving dish and keep warm. Boil liquid until reduced and thickened and pour over rabbit. Top with a generous handful of chopped fresh parsley to serve. Delicious with great dollops of mashed potatoes and roast winter veg.



Winter events

Guest Chefs

See *From the Manager* column for more info about these chefs – sure to inspire you to new heights of culinary delight with your market produce!

Saturday dates...

- June 24: Darren and Tristan from Willunga Golf Course, Willunga
July 29: Zena and Carol from Café Lime, Goolwa
August 26: John Hall from The Greedy Goose, Adelaide and Longview Winery, Meadows
September 30: Colleen from Lilla's, Yankalilla

Almond Blossom Festival

July 29-30: Our mascot chook Sir Wilmark will be towed down the main street of Willunga on Jude and Ian McBain's old Massey Tractor for the Almond Blossom Festival on the last Sunday in July!

The Wilmark Awards

9th September: Have your input on market winners at this year's gala event – see front page article for more info, and fill in your attached voting form to drop off at the Market info stall.

Then come along and join in the fun on the big night to celebrate the Market and enjoy a good feed! Tickets available at the Market info stall.

FARMERS MARKET AGM

The Farmer Market Annual General Meeting is on the 24th July. All members are invited to come along and take part in this meeting.

Our Farmers Market is a not-for-profit incorporated body and it is the role of the members to vote for the incoming committee members. Last year we were lucky enough to have 12 members volunteer for the job and it has been a very productive year. There is a real feeling of pride and achievement when we look back over the year at our work as a committee. There are 10 seats available with some of our members standing down or re-nominating, so we are inviting nominations for new members to come on board.

It is the role of the committee to oversee the strategic planning of our market and adhere to the rules as laid out in our constitution, copies of which are available on request from the market office. Being on the committee is a great way to get involved, have a say and learn new skills.

It's your market so get into it!

The AGM will be at Waverly House in Willunga on the 24th of July at 6.30pm for 7pm start.



New Market for Adelaide!

By now you may have heard the news that I am starting another Farmers Market – the Adelaide Showground Farmers Market.

You can be very proud that the model I am using to set it up is the Willunga model as outlined in the Online Farmers Market Toolkit that Helen Bennetts and I were commissioned to write for Food SA by the WFM Committee.

It is planned that the Market will operate on Sunday from 9am to 1pm at the southern end of the Showground.

We have been given a beautiful lawn about three times bigger than the WFM carpark and a huge covered shed area so there will be plenty of room for everyone.

The Market will be open to producers and farmers from all over the state, from Eyre

Peninsula to the Riverland. Of course I am keen to have as many WFM producers as possible – check the Market Info Stall for Expression of Interest Forms or download one from www.asfm.org.au

Thank you to all those producers who have given their verbal support so far to coming and I look forward to hearing from many more of you. So if you would like your business to be even more successful (think how many people live in Adelaide), just fill out the forms provided so that you are at the top of the list for a stall.

It won't commit you to taking a stall but at least we'll have you on our database.

Look forward to hearing from you,

Zannie Flanagan



Combine a wager, an heirloom pumpkin donated by Warrakilla, and a fun raffle run by the Farmers Market and you're sure to get all the gamblers and guessers around. Jude McBain was the lucky (and most accurate

Weighty wager winner...

guesser) winner this time, taking home (and since has donated to the Hackham West Community Centre) the prize of the 22.5kg rare heirloom beauty... but she's got to give some of the seeds back to Warrakilla so they can keep the pumpkin line going.

That's how you keep the Farmers Market growing!



Lisa Hall, Market Manager with lucky pumpkin winner Jude McBain, and Lina Frada of Warrakilla



Wilmark Awards 2006 Public Voting Form

Fill in your choices below and drop into the Market Info Stall or post to: PO Box 652, Willunga 5172 OR or email your nominations to: wfm@internode.on.net

Most Gorgeous Stall _____

Best Customer Service _____

Best New Stall (see below) _____

Wahroonga Dairy, Fleurieu Lavender, Relish Sister's @ the Brekkie Stall, Ashbourne Valley Orchards, Sam Francisco @ Eddy Piek's Bakery, Yvonne & Kym Ayliffe (Zucchini's & Tomatoes), Fox Creek Wines, Minko Wines, Happy Foods, Sweet Art, Hindmarsh Valley Cheese, The Goods

PEOPLE'S CHOICE:

Overall Favourite Stall _____



Organic Gardening Workshops



Beach Organics is running a series of Organic Gardening Workshops on the property at

Middleton situated between coastal townships of Port Elliott and Middleton on the beautiful Fleurieu Peninsula. The workshops are run on Sundays from 10.30am-3.00pm on the following dates:

- 16 July
- 1 October
- 3 December

The Beach Organics property is a four hectare parcel of land purchased in 1984 and run according to sustainable organic principles. It complies with the organic standards of Australia and guidelines prescribed by N.A.S.A.A.

A diverse ecology has evolved over several decades leaving a property with a distinct permaculture influence. The property has been extensively revegetated and landscaped with thousands of native trees planted and over thirty different types of fruit trees co-existing with dozens of different types of seasonal vegetables and herbs.

Poultry are used extensively to enhance soil fertility, recycle garden waste, reduce pests and weeds, provide superb free range eggs and adjust soil ph. Beehives are also part of the landscape.

A small owner built mudbrick cottage has been built, as well as a mudbrick wood oven. Clever, simple, innovative hand tools are used extensively in the food gardens.

You will find Barry Beach selling his surplus produce to discerning customers every Saturday at the Willunga Farmers Market and via his Farm Gate. Barry was the Producer of the Year award winner at last year's Wilmark Awards.

To book a place on one of the workshops, contact Barry at P.O. Box 104, Port Elliott, SA 5212 or via his email at:

class@chariot.net.au

Costs per workshop: \$70 per person or \$120 per couple. Includes a "design your own" delicious organic pizza from the wood oven.

Book early as class size is limited to 15 per session, and enjoy the pleasurable benefits of learning to grow your own organic produce.

Just who is the other half of the Spice Girlz?

The Spice Girlz have been at the Market every Saturday from its beginning, and most people have met the original founder, Mikaela. What most people don't know, however, is that 1 year ago Bronwyn Busbridge became the 'other half' of the Spice Girlz after original co-founder Sam left to pursue other interests. Bronwyn runs the production side of things, and is at the Market most Saturday mornings. She is always on the lookout for new recipes and delights in experimenting in all and sundry food things. Bronwyn's home overlooks the vines and life there revolves around the activities of her young family.

Bronwyn says this about being a Spice Girlz partner: "During my involvement with the business I've helped it come into another phase of growth, and feel excited about the future horizons that we will explore. There are so many possibilities!" Some of these include expanding Spice Girlz presence in



Bronwyn Busbridge on deck on Saturday morning – all smiles

the Adelaide market through now having a distributor, and exploring opportunities in the national market.

FleurieuFood



F L E U R I E U P E N I N S U L A

Bring on Spring!... taste your way across four wine regions over five weekends this Spring during Fiesta!

Mclaren Vale, Langhorne Creek, Currency Creek and Southern Fleurieu – wines matched to Fleurieu Peninsula food. Fleurieu Peninsula Food welcomes Cheong Liew (Executive Chef Adelaide Hilton) as our Ambassador for Fiesta in 2006! Cheong Liew says "I look forward to Fiesta! this October when curious culinary explorers are invited behind-the-scenes and really get to know the food and wine of the Fleurieu."

"The Culinary Competition is really exciting to see the talented chefs in this region cooking at Chapel Hill's Gourmet Retreat kitchen. And their regional dishes are available at the local restaurants."

"The Olive Awards is such a great way of finding the best new season's oils, easy for us to buy the best when you know that the winning oils are regionally distinctive and full flavoured."

Pip Forrester, Chair of Fleurieu Peninsula Food says "In October we share our secrets and our table, open our kitchens, barrels and groves."

"Visitors will learn how to make cheese, pickle olives and taste wines, meet the

makers and growers and share trade secrets with our chefs, winemakers and cheesemakers. Seasonal celebrations with regional produce are at the heart of what we do in the Fleurieu Peninsula."

"We are very excited that in 2006 we introduce the inaugural South Australian Cheese Show – a celebration of hand-crafted cheeses judged and offered for tasting in the first Australasian Alfresco Cheese Show."

Region-wide events will focus on fresh tastes in the Fleurieu: new release wines and new season's extra virgin olive oil, in a host of culinary celebrations during every weekend of October.

Appetite for more and want to get involved? Put your name on the mailing list for a program: tori@fleurieufood.com.au

From June the full Fiesta! Program of events will be online at www.fleurieufood.com.au and available at all Visitor Centres across Fleurieu Peninsula in October, or contact the McLaren Vale & Fleurieu Visitor Centre on 1800 628 410.

