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# fleurieu forager



NEWSLETTER FOR THE WILLUNGA FARMERS MARKET

Issue 26, WINTER 2010

## *Changing of the Guard*

### Goodbye and Good Luck!

WFM wishes both Graham Boyd, Market Manager and Zara Lupton, Assistant Market Manager a fond farewell, with both leaving in short procession of each other. Graham is chasing the summer and moving with his partner to Northern Queensland and Zara is reconnecting with family back in Scotland.

We'd like to extend a huge thanks to both Graham and Zara for bringing Willunga Farmers Market as far as they have. WFM has gone from strength to strength under their leadership and innovation and has benefitted greatly from their time, dedication and skills. We wish you both all the best for the future!



Graham rings out



Steve explores what the Fleurieu has to offer

### A warm welcome

With the departure of both Graham and Zara, all involved with WFM are excited to see the transition between old and new taking place.

Steve Ashley, a local Willunga resident, will step into the position of Market Manager. Steve comes fresh from a role as Major Events and Economic Development Officer with Alexandrina council. His extensive experience in event management and the development of many community based projects stands him in good stead to not only fulfil this role, but also take it to the next level.

'I've always had a keen interest in the relationship between community, food, social justice and ecological sustainability' Steve explains, 'and I'm really looking forward to applying these in the market context.'

My partner Ange has been involved in the market for a couple of years now so I've got a fairly good knowledge of the markets from the stall holders side of things as well! It's a great market and I hope to build on the good work and fine traditions already in place.'

Billy Doecke stepped into the position of Assistant Market Manager mid April. She comes fresh from a two year stint as Marketing Coordinator with SA Ambulance Service. With experience in communications, marketing and event management in both South Australia and Asia she is ready to jump into the role.

'I've always been passionate about fresh, local produce anyway, but my appreciation for it exploded after living where it's actually hard to find it. Where every patch of land is covered with high rise apartment blocks and most produce is imported. It is pretty cool to see little home veggie patches spring up virtually overnight on the site of a demolished building though!'

Both Steve and Billy are keen to meet market members, and you can come and say G'Day to both at the information booth each Saturday morning. We are looking forward to this new team taking the WFM to the next step.

### AGM - coming to the farmers market near you!

That's right, the Willunga Farmers Market AGM is just around the corner. If you are a current WFM member you are welcome to come along and vote. You are also eligible to take a hand in the future direction of the market by becoming a member of the governing committee. Please note that nominations for committee membership must be in by Saturday 24 July at the very latest. Keep an eye on [www.willungafarmersmarket.com](http://www.willungafarmersmarket.com) for more information.

**WHEN?** Tuesday 24 August, 7PM

**WHERE?** Waverley House, St Peter's Tce, Willunga

Phone: 08 8556 4297 • Fax: 08 8556 4293 • PO Box 652, Willunga, SA 5172

Email: [info@willungafarmersmarket.com](mailto:info@willungafarmersmarket.com) • [www.willungafarmersmarket.com](http://www.willungafarmersmarket.com)

WILLUNGA FARMERS MARKET fresh, healthy, local produce every Saturday 8am-12.30pm, Willunga Town Square



## National Volunteer Week - WFM thanks a valued volunteer

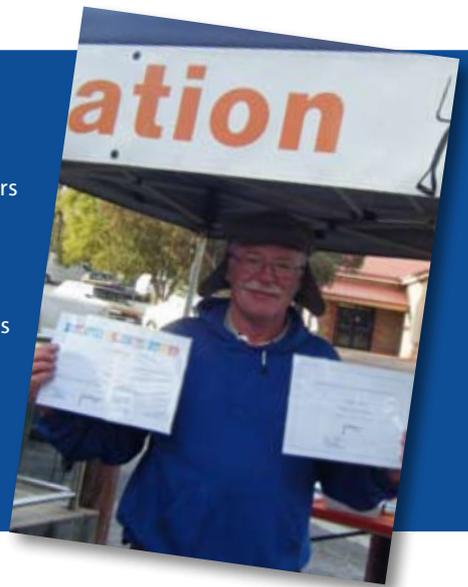
Jake Fowler was officially recognised for his valued contribution to Willunga Famers Market as part of National Volunteer Week Saturday 15 May.

Jake has volunteered with the WFM since 2002, missing a market day only if he was away on holiday or sick in hospital.

'His contribution is second to none,' Jude McBain, WFM Chairperson says. 'He really is part of the fabric of this market.'

When asked about how he became involved with the WFM, Jake explains how he tackled the new project with enthusiasm. He started with the Willunga Farmers Market on the third day.

'I've been involved ever since,' he says. 'It gets in your blood.'



## School Kitchen Gardens Round 2

Ding, ding, ding! Welcome to round two of WFM's School Kitchen Garden Project!

WFM has been overwhelmed with applications for schools seeking to be involved, and

now that applications have closed WFM has added a further five schools to the project.

The successful schools are Mount Compass Primary, McLaren Vale Primary, McLaren Flat Primary, Kangarilla Primary and our first urban school; Hackham East Primary School.

The grant provides each of these schools with \$500 for one school year to either develop or maintain a kitchen garden. The project aims to enable children to understand where their food comes from, and to help them take an active interest in both growing and consuming fresh healthy food.

With a total of nine schools now involved in the project, stay tuned for further updates on how the schools have used their grant.

You can help support this project personally by buying WFM merchandise from the information stall. All proceeds from available merchandise goes towards the funding of this project.

## Congratulations!

A big congratulations go to Triple B - Burns Biodynamic Beef who were nominated for this year's Vogue Entertaining and Travel Producers Award. Good luck, and we are waiting to hear the results!

Congratulations also go out to two of our local cheese producers, Alexandrina Cheese Co and Woodside Cheese Wrights, who have had huge success at the Royal Sydney Show.



## Polacco Family Trust

Product range: Scallops and sea urchins in the future

'Our scallops aren't farmed,' Lucy explains. 'We travel the coast looking for patches. Basically Paul gets dragged behind the boat for up to six hours at a time until we find a patch. We actually just had a period of about three weeks where we didn't find anything.'

Lucy and Paul move around the South Australian coast in an effort to ensure that spots don't become fished out. The couple started in Kangaroo Island and are now finding their catch off of the Yorke Peninsula.



Lucy and Paul only started scalloping about eight months ago, coming across the business opportunity by Paul's interest in it and working on the water.

'As soon as we saw this opportunity it hit home and Paul said that's where he wanted to be, on the water. It's been really hard work, but also really rewarding.'

'I love hearing his stories. A cuttlefish will just come and swim around his head and change colours, and he'll just pat it on the head like a pet. It's quite gorgeous!' she says.

'We love being at the Willunga Farmers Market because everyone has an appreciation for good local food. I like being able to chat with our customers

and they can appreciate it even more knowing that they are meeting the person that actually harvested it.'

Contacts and Business hours: You can find Paul and Lucy at the Willunga Farmers Market every Saturday.

To pre-order your scallops please contact Lucy on 0422 267 808 or [lucy@polaccoenterprises.com.au](mailto:lucy@polaccoenterprises.com.au)

For more detailed information on Polacco Family Trust and other WFM stallholders see the Producers section of the WFM website at [www.willungafarmersmarket.com](http://www.willungafarmersmarket.com)

### Simple Scallops!

#### INGREDIENTS

1 Doz Scallops  
Butter  
Garlic  
Parsley  
Lemon Wedges

#### METHOD

Place prepared scallops (with roe) in half shell with a knob of butter and as much garlic as desired. On a hot pan or BBQ, place scallops shell to the hot plate. Cook for 3-5 minutes or until cooked through and serve immediately with fresh parsley and a wedge of lemon.

## Did you know???

Did you know that there is a full and comprehensive list of all our stall holders on our website? You can access detailed information about each producer, including production methods and contact details.

## Missing your membership card?

The information stall is getting swamped with membership cards that have not been collected. If you have become a member or renewed your membership but do not have your card yet, drop past the information stall to pick it up.

## Winter – cooking for warmth

Winter weather is well upon us, and if you are looking for some serious comfort food there is nothing like a good hearty soup.

I know, every celebrity chef is pouring 'hearty soups' and 'comfort food' down our throats every winter, BUT this *Ribollita* is truly brilliant when you come in from the cold.

This recipe comes from Return to Tuscany – Recipes from a Tuscan cookery school, by Giancarlo & Kate Caldesi. It has fast become a favourite winter staple and it makes great use of the fresh produce available at Willunga Farmers Market.

### Ribollita - Serves 6

#### Ingredients

200ml olive oil

2 garlic cloves, 1 chopped

300g carrots, roughly chopped

300g celery, roughly chopped

400g zucchini, roughly chopped

300g black kale (cavolo nero), roughly chopped

200g spinach, chopped

500g potatoes, roughly chopped

100g tomatoes, peeled and chopped

800g cooked or canned cannellini beans

1L vegetable stock

1 white farmhouse loaf of bread

#### Method

Heat the olive oil in a large pan and add the chopped garlic and onions. Cook gently until the onions are soft. Add the carrots and celery and season with salt and pepper. Cook over a low heat for 15 minutes until the veg turns golden, stirring occasionally.

Once golden, add the zucchini, cabbage, kale and spinach. Leave to sweat for about 10 minutes, add half the beans and stir into the pan. Cook gently for 5 minutes.

Add the stock and simmer covered for 30 minutes, stirring regularly. About 10 minutes before the end of cooking add the remaining beans. Pre-heat the oven to 160C.

Toast the sliced bread, rub with the whole garlic clove and drizzle with a bit of olive oil.

Place a layer of toast in the bottom of a shallow oven proof lasagne dish and pour over some of the soup. Repeat until all the toast and soup have been used. Place in oven for 10 minutes, making sure that all the toast is covered with soup to stop it burning.

Serve in warm bowls, drizzled with extra-virgin olive oil and scattered with pecorino cheese.

