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Willunga
farmers market

NEWSLETTER OF THE WILLUNGA FARMERS MARKET

WINTER 2012

Coming Events

Inspired by the first two instalments of Willunga Farmers Markets 10th Anniversary Guest Chef program with Cheong Liew and Simon Bryant?

Our next episodes feature award winning chef David Swain from renowned Willunga restaurant Fino Restaurant and Callum Hann, SA's 2010 Masterchef runner up.

Watch them weave their magic with dishes created specially from produce bought fresh at Willunga Farmers Market that morning.

FINO

Does David look familiar?
You may have seen him at Willunga Farmers Market most Saturday mornings shopping for fresh produce for his award winning restaurant FINO.
www.fino.com.au



David Swain
Sat 16 June, 10:30am



Callum Hann
Sat 25 August, 10am

AGM

Tuesday 9 October 2012

6.30pm for a 7pm start

Waverly House, St Peter's Tce, Willunga

It's that time of year again!
Market members are invited to come and share a glass of vino or two with the people behind the market, see where it has come from and have a say in where it's going.

Take the opportunity to have Callum's new cookbook *The Starter Kitchen* signed by Callum himself on Sat 25 August

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

WFM Virtual Tour takes to the clouds

Check it out from 1st July 2012 at
www.willungafarmersmarket.com

Willunga Farmers Market has gone virtual! Search for key produce, see who's in on a weekly basis and get to know your producers with video interviews and even footage of their farms and kitchens!

Use it every Saturday to find the location of your favourite stall.

Smart phone app coming soon.



Root veg are at their sweetest in winter



Cavolo Nero, or Black Tuscan Kale, adds a great crunch to stews and soups

in SEASON

Believe it or not!

Planting your own seasonal veg?

Try dissolving a tablespoon of molasses in some hot water then adding the mixture to your watering can.

The molasses activates all the good enzymes in the soil!

Kale in every beautiful form, from the delightfully ruffled Purple Russian to the dark, crinkly Black Tuscan (aka Cavolo Nero). Lightly braise it with garlic and you'll be in heaven!

Plump fennel and zesty oranges make a fresh salad with a handful of olives while root veg like parsnip and beet-root are at their sweetest, giving your Sunday roast something to live up to.

kitchen secrets

Avoid tough, stringy chicken by poaching it!

The outcome is super moist, healthy, and easy chicken you can eat hot or cold, in salads or curries.

Use it however you want!

How to poach:

1. Bring a small pan of water to the boil.
2. Pop your chicken breast in so that the water covers the breast, cover and take off the heat.
3. Leave to sit for 20 minutes, then bring back to a rapid boil.
4. Take pan back off the heat as soon as water comes to the boil and let chicken sit in hot water for another 10 minutes.

Voila, you have poached chicken AND a preservative free chicken stock to freeze for future use!

NB make sure your chicken is cooked by shredding or cutting the meat before serving. The meat should be white the whole way through the breast. If the chicken breast is still slightly pink it will need some more time in the hot poaching water

Use a coffee thermometer and aim for an internal temp of 74C.

Don't have a thermometer? Stick to the guidelines above and you'll be fine!

Yankaponga Lamb

Garry Gum answers
the tough questions

Fourth generation farmer Garry Gum loves his Suffolk Marino X sheep, choosing the breed because they are naturally leaner than other breeds and well flavoured.

Garry runs the majority of his sheep on his property between Yankalilla and Myponga where they are pasture fed between Spring and early Autumn. Their diet is supplemented with hay from late Autumn.

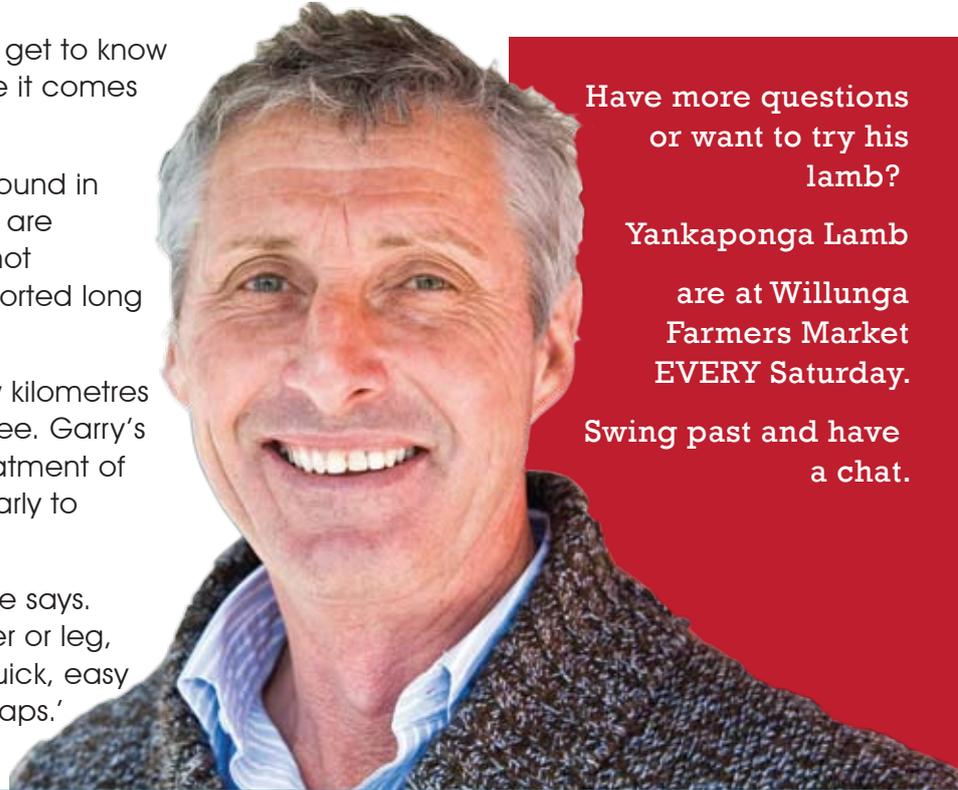
When it comes to meat it can be hard to ask the tough questions, but Garry is always happy to answer, enjoying the customer interaction.

'I love it,' he enthuses. 'The customers can get to know the product, they can trace back to where it comes from and how its farmed.'

'We have a long history and good background in animal husbandry.' Garry says. 'Our lambs are happy lambs. They are kept on pastures, not penned up in yards and they aren't transported long distances.'

In fact Garry's lambs are only driven a few kilometres to the abattoir, keeping the lambs stress free. Garry's so dedicated to ensuring the humane treatment of his animals that he visits the abattoir regularly to ensure they are well looked after.

'I eat more lamb now than ever before!' he says. 'We often do a nice roast, either a shoulder or leg, for Sunday dinner. And when we want a quick, easy meal I choose some loin chops or backstraps.'

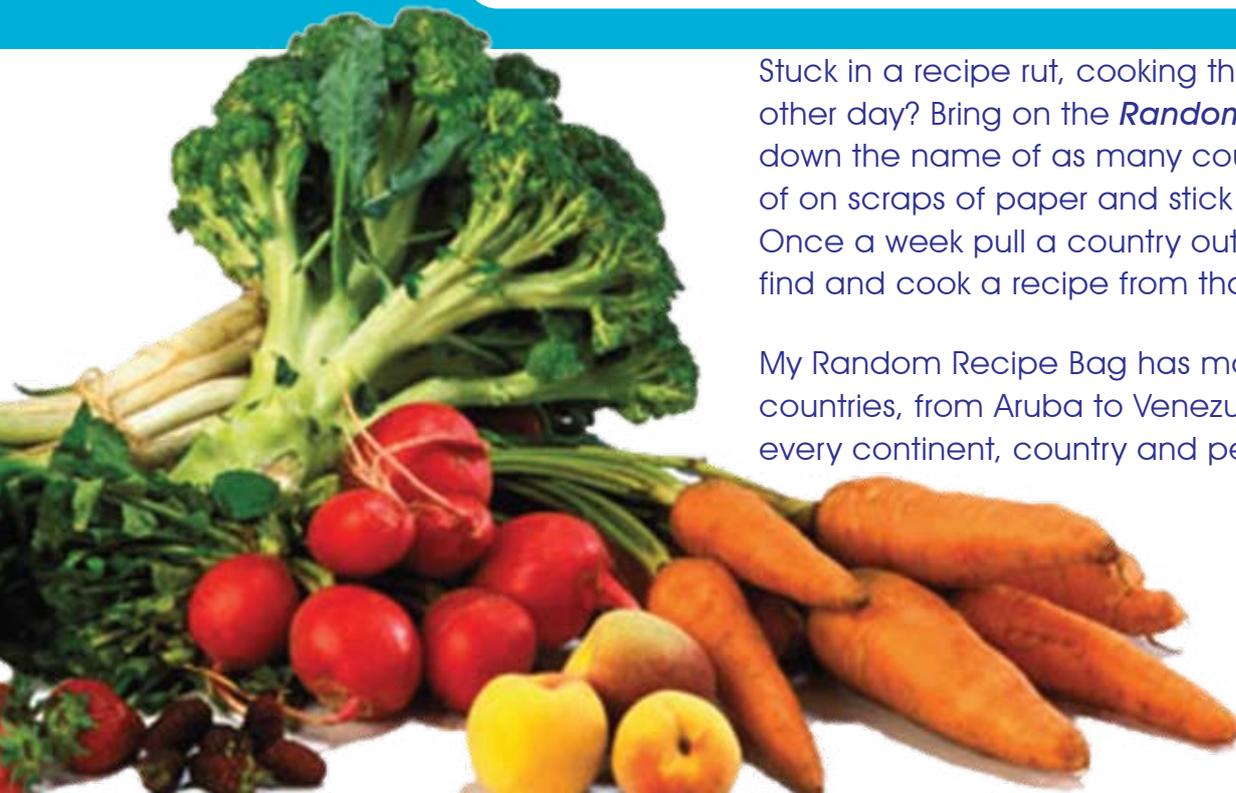


Have more questions
or want to try his
lamb?

Yankaponga Lamb
are at Willunga
Farmers Market
EVERY Saturday.

Swing past and have
a chat.

Recipe *RUT*



Stuck in a recipe rut, cooking the same meal every other day? Bring on the *Random Recipe Bag!* Write down the name of as many countries you can think of on scraps of paper and stick it to the fridge. Once a week pull a country out of the bag and find and cook a recipe from that country.

My Random Recipe Bag has more than 60 countries, from Aruba to Venezuela and covers every continent, country and people in between!

Don't be scared by lentils

Yes, they have a bad reputation, but give this recipe a try and they will change your world for the better... Trust me!



Warm citrus, fennel & goats chevre salad

Ingredients:

- 1 cup French Lentils
- 1 small bulb fennel, sliced finely, stalks and fronds discarded
- goats milk cheese (Chevre), cut into rough, small chunks
- 2 large handfuls mixed salad greens and herbs, finely chopped
- 1 ½ cup Pumpkin, cut into small rough chunks
- olive oil
- juice of 1 orange
- juice of 1/2 lemon
- 3 fresh bay leaves
- 2 drops sesame oil
- 1/2 tsp dijon mustard
- salt and freshly ground black pepper

Method

Smother the pumpkin pieces in olive oil and sprinkle with salt.

Cook in a moderate oven for 20 minutes until soft and caramelised. Remove from oven when pieces are golden brown and allow to cool.

Bring a medium saucepan of water to the boil. Once boiling add the lentils, 1 tsp sea salt and the bay leaves. Cook for 20 – 25 minutes.

Remove from stove top and strain. Allow to cool slightly and remove bay leaves.

Add warm pumpkin, warm lentils, fennel, goat chevre and herbs to a large serving bowl.

In a jar combine 1/3 cup olive oil, orange and lemon juice, sesame oil, dijon mustard and a small pinch of salt and pepper. Put lid on tightly and shake well, until the mix has emulsified and looks creamy.

Add the dressing to the salad and mix through well.

Serve in the bowl or heaped on a plate with anything you like!

Try it with fresh fish, lamb or steak, or just enjoy as is!

