

f fleurieu forager

WILLUNGA farmers market

NEWSLETTER OF THE WILLUNGA FARMERS MARKET WINTER 2013

COMING SOON

AGM

Tuesday 10 September

6:30pm

Waverley Homestead, Willunga

Join us to explore the future of your market. As a community organisation we value your contribution and thoughts, so come hear what we have been up to and have a say in our future.

This year 9 positions on the Board of Management are open for nominations; 5 Stallholder positions and 4 Community members. If you have a passion for the market and are a current member you are eligible to join our Board of Management.

Either nominate at the info stall at the market or email your nomination to info@willungafarmersmarket.com

Please see nomination form on page 7 of the forager.

**Nominations close Saturday
10 August 2013.**

MARKET NEWS

Well, it's been an eventful year so far!

We've been busy, busy, busy and there have been loads of developments that we are now able to share with you.

The threat to remove our onsite storage unit has been successfully resolved by working closely with the City of Onkaparinga. We now have secure storage until at least 2016 when it will be reviewed in line with our current site agreement.

The current market site in the Willunga Town Square was designed in 2006 by Willunga local Jerry Keyte with its use by the farmers market in mind. It fits the needs of both the market and township perfectly and we're looking forward to spending many more long years serving our community in this ideal and picturesque space.

We shared everyone's dismay when Slate Hill Café's tables were removed from the footpath in front of their café.

Ctd. pg 2

COMING SOON

Callum Hann graces the demo kitchen again!
Saturday 10 August - 10:30am

Pick up Callums' tips and seasonal recipes made from ingredients bought direct from our farmers at Willunga Farmers Market. Buy a signed copy of his cookbook *The Starter Kitchen* straight after his demo for only \$25!



MARKET NEWS ctd.

We offered café management the opportunity to extend into the market site directly in front of the café, but they have chosen not to take up our offer and have applied to the City of Onkaparinga for a licence to resume trade on the footpath instead. We wholly support their application and are looking forward to seeing them trading in front of their café again soon.

Our first survey in a couple of years has been enlightening! Thanks to everyone who contributed, we love hearing what you think about the market and getting to know you better.

Here are some quick stats:

- 46% of you come weekly
- Vegetables are the most bought item, with meat and value added items the least bought
- 30% of you travel to the region solely to shop at the Willunga Farmers Market

We've also been busy searching out new stallholders and spending time with our current farmers on their properties.

We've seen Najobe Park Red Angus' cattle cruising around paddocks, Willunga Olive Farm and Harding's Fine Foods olives being harvested, Virgaras' Garden's carrots being pulled, Goodieson Brewery's beer being bottled and Lina and Sam Kondoprias' grapes and oranges being picked as well as many more!

We take our commitment to the community seriously and always strive to make sure that the produce you buy is legitimately coming from the farmer and is in line with our Code of Practice.

Looking forward to seeing you all at your favourite Farmers Market on Saturday!

Steve & Billy

What's in a name?

The phrase Farmer's Market has been used a lot lately, often by organisations that aren't true Farmer's Markets. So what is a Farmer's Market and not just a store that sells seasonal produce?

A Farmer's Market is a place where you buy DIRECT from your farmer. No middle man and maximum accountability.

If the farmer isn't serving you then you're at the shops!

We'd like to extend a huge thanks to everyone who filled out our survey. It's given us some great info that we will use as part of our upcoming Strategic Plan.

KITCHEN SECRETS

– busting those urban myths

Oh, the epic quest for that perfect hard boiled egg!

While everyone has their own rules passed down from their great great great grand aunt's best friend, here's the secret for a perfectly boiled white and gooey yolk:

Bring water to a rolling boil first.

Ease room temperature eggs into boiling water and leave for 4 minutes for a runny yolk, 4 ½ minutes for a gooey yolk.

Eat immediately, or run under ice cold water to stop it from continuing to cook if you want to eat them later.

It's as easy as, well, that!





It's time to shine a spotlight on some fabulous winter veg that look great but may be slightly daunting in the kitchen!

Crisp, juicy and firm with a mild taste, much like a cucumber.

Peel, chop roughly and add late in a stir fry. Use raw and grated in coleslaw.

KOHLRABI



Slightly bitter but a well rounded and more buttery flavour than spinach or silverbeet. Crunchy, firm texture that withstands long cooking.

Remove stalk that travels along the stem and roughly chop. Either steam or braise with olive oil and crushed garlic until slightly wilted. Great tossed through pasta or in soups as it holds its shape.

CAVOLO NERO



Tasting like a cross between broccoli and cauliflower, it has a more mellow taste than either. It also has a fine, smooth texture, less gritty than broccoli.

Always remove outer leaves to prepare. Boil with a clove of garlic then puree with garlic and cream. Eat it raw with a smoky eggplant dip or lightly steam and serve alongside a tender steak with a creamy cheese sauce.

ROMANESCO CAULIFLOWER



Nutty and sweet, with a very distinctive flavour. The smaller ones tend to be sweeter and less woody. Takes slightly longer to cook than carrots.

Peel, remove the long, straggly end and roughly chop. Add to stews or roast. Peel, quarter and braise in butter, red wine vinegar and thyme. Add a touch of brown sugar to caramelise towards the end.

PARSNIPS



Mild, delicate and slightly sweet flavour that tastes more like Wombok (Chinese cabbage) than the usual thick leaved cabbage. Very fresh flavour means it can be substituted for lettuce in some recipes. Crisp and very crunchy but cooks down quickly.

Always remove and discard core and outer leaves to prepare. Use raw as a wrap for cold rolls and sliced finely in salads. Wrap tightly around a mix of rice, mince meat and finely chopped veg then cover and cook slowly in tomato sauce (passata). Chop finely, sweat down and add to mashed potato for Colcannon or use in pasty fillings.

SAVOY CABBAGE



Fresh, slightly aniseed flavour. Great as a substitute for cucumber in winter. Crunchy and slightly dry, with a texture very similar to celery but without the stringy threads through it.

Always remove the feathery leaves and outer layer. Eat fresh, slice length ways and rinse to remove any grit. Dip in French mustard or slice thinly and add to salads. Char grill slices and serve with a cheese sauce or panfry in butter and balsamic vinegar to slightly caramelise the outside.

FLORENCE FENNEL

Winter In Season:

Leeks

Kale

Brussel Sprouts

Oranges

Limes

BORSCHT

Borscht brings to mind the warming wonders of icy cold of Russia. This soup is another fabulous way to dish up the best of what's in season and keeps you warm to boot!

1kg beetroot, topped and tailed

Juice of 1 lemon

3 small potatoes, peeled and diced

1 large onion, coarsely chopped

1 large bunch of fresh dill, roughly chopped

4 cups vegetable stock

1 Tbs sugar

Pinch of pepper

2 Tsp salt

Natural yoghurt or crème fraiche (about 1 dessertspoonful per person)

Peel the beetroot and place whole into a large pot.

Add the juice of half a lemon and water to cover. Cook over a medium heat for 40 minutes until the beetroot is tender.

Remove the beetroot from the liquid and cut into small pieces. Discard cooking liquid.

Put the chopped beetroot back into the pot with the potato, onion and dill, reserving some dill for garnish.

Add sugar and lemon juice to taste. Season with freshly ground pepper and salt and add stock (or water if stock unavailable).

Cover and return to the stove. Bring to the boil then simmer for 20-30 minutes.

Blend the mixture and serve with a dollop of natural yoghurt or crème fraiche and finely chopped dill.

DID YOU KNOW?

Adding the lemon juice doesn't change the flavour of the final dish much but it does keep the beetroot a vibrant pink colour. Without it the soup turns an unappetising dull purple.



THE EDIBLE GARDEN; how does your garden grow?

We know you love the farmers market but understand that you still want to grow some of your own produce right by your back steps.

Follow these hot tips to keep your garden growing over the winter months.

Get planting!

Early winter's the time to plant your crops for spring and summer. Plant broad beans, peas and spring onions. Now is also the time to plant fruit trees while they are dormant.

DID YOU KNOW?

The veg you eat through winter was actually planted in summer!



TROUBLES WITH SLUGS IN YOUR VEGGIE PATCH?

Half fill a small jar or even a deep jar lid with beer. The slugs are attracted to the beer, get drunk and drown. You'll be surprised how many drunken slugs you pull out of the jar in the morning!

Not a fan of the beer method? Sprinkle some fine sawdust or coffee grounds around your plants, the slugs don't like to cross them.

COMPOST'S THE KEY!

Now's the time to get some compost and aged manure into your garden. Don't worry about digging it through the soil. Just pop it on the top, the rain will water it in from above and the worms will dig it in from below.

Don't have a compost bin? Simply dig a trench where you plan to grow your summer veg and pop your veg scraps in the trench. They will breakdown and nourish the soil right where your veggies need it the most!

The rules:

- *Don't put bread, meat, dairy or cooked food into your compost! It will go rancid and attract vermin.*
- *Don't add weeds that have seed heads or diseased plants. Throw these in your council green bin.*
- *Turn it regularly to help air get into the compost. This speeds up the breakdown.*
- *Try to layer dry green waste like grass clippings with 'wet' green waste like veggie scraps.*
- *Watch the water. Add a little bit of water if it looks dry or some soil or dry green waste if it looks slimy and wet.*



PRODUCER PROFILE *VIRGARA'S GARDEN*

We sat down with Sarina Virgara recently to have a quick chat and get to know her, and her produce, better.

Tell us about your farms

We have three properties, one in Myponga and two in Willunga. Our largest block is based on Malpas Rd in Willunga and we have a total of about 25 hectares under cultivation at any one time.

My Dad started the farm, but my husband Francesco and I took over the business in 2004. I've always worked on the farm, but Francesco started farming when he moved to Australia in 2002.

I do all the farming with Francesco, and my niece and our friends help us out at the market on Saturdays.

What's important to know about your farming practices?

We use minimum spray techniques, which means that we do everything we can to avoid using sprays but sometimes we need to for disease control. But we try not to use any chemicals if we can avoid it.

Because we strive to only bring the best quality and freshest possible veg to the market we only pick our veggies on Thursday and Friday. We leave the most delicate produce to be picked late Friday, so the veg you buy on Saturday has only been picked a few hours before.

What vegetables have you grown for the market this Winter?

We plant what we like to eat, which are mainly European varieties. This year we have experimented with some different cauliflowers, the Romanesco which are bright green with an unusual shape and the Viola, which is a vibrant purple.

We also have cavolo nero, rape, leeks, fennel, all sorts of things. And come Spring we'll have broad beans and artichokes too.

What's your favourite vegetable?

My favourite vegies are seasonal, I don't have one standard favourite because that's a bit boring. I really look forward to seasonal things because they are only there for a short time so I have to enjoy it while I can.

My favourite winter meals though are minestrone, because I can use everything that's in season and baked veggies. Well, anything baked really!

Virgara's Garden can be found at the far end of the market opposite the Alma Hotel every Saturday.

VENISON MINISTRONE

This slightly different take on a Winter favourite is an easy meal to whip up on a cold dark night. Make your own version and add any other root veg you find, it's all tasty!

- 1/2 stick Mt Compass Venison chorizo, roughly chopped
- Splash olive oil
- 2 garlic cloves, roughly chopped
- 2 leeks
- 3 carrots, roughly chopped
- 2 parsnips, roughly chopped
- 300g mushrooms, roughly chopped
- 1 bunch cavolo nero, roughly chopped
- 500g potatoes, roughly chopped
- 800g cooked or canned cannellini beans
- 1 jar passata (tomato puree)
- 1L vegetable stock

Team this hearty meal with a hearty red wine. A robust McLaren Vale shiraz is the perfect accompaniment to the rich venison chorizo.

Remove bottom and green tops of leeks. Peel off 2 outer layers and discard. Slice leeks down the middle and rinse under cold water to remove grit. Chop roughly.

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

Add the beans, stock and passata. Cover and simmer for 30 minutes, stirring regularly. Add the cavolo nero, simmer for another 5 minutes

Serve in warm bowls, drizzled with extra-virgin olive oil and scattered with Alexandrina Cheese Co's Romano cheese or dot with Kangarilla Creamery's goat curd.

WILLUNGA FARMERS MARKET COMMITTEE NOMINATION FORM



I.....

Membership number.....

Would like to nominate the following candidate/s for WFM Committee

1.

2.

3.

Signed Dated

Please return this form to the information stall or mail to PO Box 652 Willunga SA 5172

No later than Saturday 10th August, 2013