

FLEURIEU FORAGER

WILLUNGA FARMERS MARKET NEWSLETTER | WINTER 2015

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ZEHLE'S SALAD GREENS AND HERBS!

Photo Credit @smallerapples



COMING EVENTS

- Sat 13 June:** Fruit tree pruning workshop with rare fruit specialist Ross Boag, Ashbourne Valley Orchards. 10am, Willunga Town Square, FREE
- Fri 19 June:** Fleurieu Living Magazine's 3rd birthday party. Pennys Hill Winery, \$35 per ticket. www.fleurieuliving.com.au
- Wed 9 Sept:** Willunga Farmers Market AGM. 6:30pm for 7pm start, Waverley Homestead, Willunga.

MARKETNEWS

The seasons have changed, the weather has cooled and the crops have slowed.

Things are still busy in the WFM office though, with plans being made for the coming year and developments and improvements always on the go so we can continue being the best farmers market we can be.

We were sad to say goodbye to Simon Crowden, WFM's deputy chair, who stood aside due to personal commitments. While he was a quiet influence and often flew under the radar, we all valued his insightful and balanced contributions he made to the direction of the market over the past couple of years.

Off the back of last years election results, Tess Sapia has been co-opted onto the WFM Board until the AGM on Wed 9th September, where she has the opportunity to stand for election as a permanent member of the board. Glenn Fitzpatrick, of Adelaide Hills Avocados, is now fulfilling the role of acting deputy chair.

The great success of the Library Car Park extension over this past summer period has been encouraging and we will soon be compacting back down for the colder months. All our year round stalls from the extension will find a home in the main market site in the town square as our summer seasonal producers head into hibernation. We are looking forward to reopening the extension site in spring as the warmer weather swells our producer numbers once more.

The next instalment of the Young Farmers Scholarship has been rolling along with gusto, as Kate Washington was appointed and has been meeting with her mentors and working the earth. She anticipates having her baby veg ready for harvest and sale at the market by September this year. You can read more about Kate and get an update on last year's scholarship graduates on page 4.

We have a great series of events coming up, so make sure you check out the Coming Events above to stay up to date on events at the market and also through the week.

And a final note to say we thank you for your ongoing support. The winter is often a hard slog for our farmers, so we appreciate every Saturday when you come out to buy the freshest, local produce available.

Steve, Billy & Alex

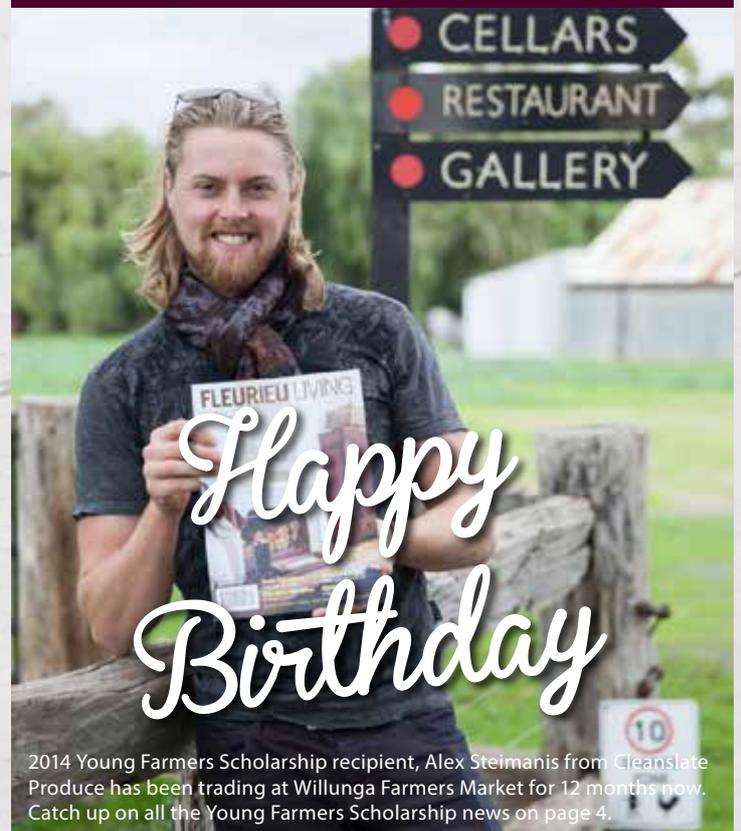
We are already preparing for the next Young Farmers Scholarship, with the help of our great friends at Fleurieu Living Magazine.

Friday 19 June the Fleurieu Living Magazine team are throwing a party to celebrate their 3rd anniversary, and you're invited!

Held at Penny's Hill, the evening will be a celebration of all things Fleurieu with local food, local wine and great music from DJ Musical Sherpa.

Tickets are \$35 and are available online at www.fleurieuliving.com.au or at the WFM info stall.

The icing on this birthday cake is that part proceeds from the ticket sales will go to the 3rd Young Farmers Scholarship!



2014 Young Farmers Scholarship recipient, Alex Steimanis from Cleanslate Produce has been trading at Willunga Farmers Market for 12 months now. Catch up on all the Young Farmers Scholarship news on page 4.

Don't forget to pick up the current edition of Fleurieu Living Magazine for \$9 from the info stall.

Congratulations

ZEHLE'S SALAD GREENS AND HERBS!

Who's organic and how do you know?

While a large number of our farmers use organic practices, not everyone is certified organic. Certified organic stalls display signage saying they are organic.

Still unsure? The best way to know is to ask. Here are some simple questions to help you get started:

- How do you manage pests and diseases?
- How do you fertilise your crops?
- Do you use chemicals on your produce?
- What do you do about weeds?
- Why did you choose to be/ to not be certified?



It's official. Zehle's Salad Greens & Herbs now have a range of certified organic veg!

While still growing most leafy greens in the hydroponic section of their farm using minimum spray practices, the family has organic certification on the following crops:

Carrots • Beetroot • Cavolo Nero • Curly Kale • Leeks • Rhubarb

As only part of Zehle's range is certified organic, we encourage you to take advantage of the fact that we are a farmers market and ask Judith, the farmer, about her growing practices when you come to shop on Saturday.

SOIL SANDWICHES

I know, I know.

It's cold. It's wet. It's windy. And you really don't want to head out into the garden to potter in your patch, but now's the time to get your garden going.

Use this time wisely to get your soil into shape in time for your spring plantings. Make a soil sandwich by layering straw, manure and compost. Leave this sandwich for at least 3 weeks and it will start to break down, creating a rich humus that your home grown veg and flowers will love.

Plant straight into the sandwich, regardless of if it has fully broken down, and the mixture will provide both warmth and a slow release fertiliser to get your next crop off to a flying start.



Young Farmers

SCHOLARSHIP

Meet Kate, the 2015 Young Farmers Scholarship recipient!

Kate Washington, 32, is now farming heirloom and baby vegetables using organic methods on a disused vineyard block in McLaren Vale and already the learning process has begun.

She hit the ground running, having already set up part of the land she is leasing as a trial plot in anticipation for applying for the 2nd round of the scholarship.

These first few months she has been meeting with her mentors, adjusting her initial plan accordingly and getting her crops in the ground.

'It's a really exciting time. I've been thrown into the deep end, but I feel like I've got the support of my community, the farmers market and of course my mentors. They have been essential in helping me shape the direction of my business, identify growing techniques and management models for the farm that are more efficient and less labour intensive.' She says.

'I am growing on a small scale, currently quarter of an acre, however to incorporate cover crops which I wanted to do this winter, I need to use a tractor. Incorporating machinery has been the biggest shift in my land management and the Leasks (landowners) are willing for me to use their tractor occasionally for some of the bigger jobs, like clearing rows of finished crops and seeding cover crops so I can green manure, which is fantastic.'

Following advice from her farm mentor, Annmarie Brookman, Kate will set up the new block spacing the rows to the width of the tractor tires planning for the future management of the block.



Kate Washington, 2nd recipient of the Willunga Farmers Market Young Farmers Scholarship, will be showcasing her heirloom & baby vegetables at the market this Spring.

Alex Steimanis (Cleanslate Produce) & Jay Kimber (The Garden Farmers)
Photo courtesy gardenfarmers.com.au



WHERE ARE THEY NOW?

12 months trading at Willunga Farmers Market and last year's scholarship recipients have gone from strength to strength. Both Alex Steimanis and Jay Kimber have created separate businesses growing a wide range of vegetables using organic and permaculture practices.

Jay has established a larger plot of land on the top of Willunga Hill where the Garden Farmers green juice greens are grown. She has also started trading at other markets throughout Adelaide.

In addition to the original farm site, Alex has established a second plot at Aldinga where he continues to grow the heirloom veg that Cleanslate Produce has become renowned for.

We are so proud of everything these guys have achieved in such a short space of time. Congratulations guys, you are an inspiration!

Recipes

Thyme & Quince Shoulder of Lamb

This dish is so easy to make, all it takes is time. Perfect for those long, cosy afternoons while you potter in the garden or read a book with a steaming cuppa as the house fills with delicious aromas.

The meat should be so tender it falls to pieces once it's ready, serve with the caramelised quinces and team with a rich red, some steamed greens and dinner is delicious as well as easy!

Ingredients

- Lamb shoulder roast*
- 3 quinces, peeled
- 1 bunch thyme
- 1 lemon
- Olive oil
- Salt (to cover lamb, approx 3 tbsps)

Method

1. Combine the salt and most of the thyme, reserving $\frac{1}{4}$ of the bunch, in a mortar and pestle and pound to release the oils from the thyme.
2. Drizzle the olive oil over the lamb and rub salt and thyme mixture all over the skin, cover and set aside at room temperature for at least 30 minutes. (This will help the fat to render when it's cooking, as well as infusing the flavour through the meat)
3. Preheat oven to 120C.
4. Chop the peeled quinces into thumb sized chunks. Place each into a bowl with lemon juice and water to stop from oxidising.
5. Place the quince chunks in the bottom of a roasting tray, pop the rest of the thyme on top of the quince then lay the lamb over the top of the thyme and quince.
6. Cover with alfoil and roast for 3 hours, removing the alfoil for the last 20 minutes.
7. Serve

**NB: can be substituted for a leg of lamb, but the shoulder has more fat allowing the meat to stay moist and tender in the cooking process*

Mushroom Pot Pie

This one pot wonder is truly a wonder. Flavoursome, economical and full of goodness, this easy pot pie only takes a short time to make and is incredibly filling. It easily ticks all the boxes on a cold winter night after you come home from a long day at work!

Ingredients:

- 750g Swiss brown mushrooms, diced into large chunks
- 1 leek, cleaned and finely chopped
- 2 cloves garlic, finely chopped
- $\frac{1}{2}$ cup parsley stalks, finely chopped
- Zest $\frac{1}{2}$ lemon
- $\frac{1}{4}$ bunch sage & thyme, tied into a bunch with kitchen string
- 2 bay leaves
- Olive oil
- 2 cups chicken OR veggie stock
- 1 Dstsp plain flour
- 1 sheet puff pastry
- 1 small knob of butter melted in a splash of milk
- Salt & pepper to taste

Method

1. Preheat oven to 180C
2. Over a low heat on the stove top, sweat the leek, parsley stalks and garlic in a little splash of olive oil until leek turns translucent in a large, heavy bottomed casserole dish.
NB: Cast iron pots are great as they can go from hotplate to oven with no difficulties.
3. Add mushrooms to the pot and stir through. Cook with lid on, stirring occasionally for 15 minutes.
4. Add sage, thyme and bay leaves to pot with lemon zest and 1 $\frac{1}{2}$ cups stock. Simmer for 15 minutes.
5. Quickly whisk the flour into the remaining stock and pour into the pot. Stir constantly until the mixture thickens and remove from heat.
6. Season to taste with salt & pepper and remove herb bunch and bay leaves.
7. Lay the puff pastry sheet over the mushroom mixture, trimming the edges. Pinch a little hole in the centre of the pastry to allow steam to escape. Brush pastry with butter/ milk mixture and place in oven for 15 minutes, or until the pastry turns golden brown.
8. Voila! Serve hot on it's own or with a side of steamed veggies.



Image: Swiss Brown Mushrooms



LIKE 2 PEAS IN A POD

Some foods just seem to go together like 2 peas in a pod.

It's a little early to start dreaming of spring peas with mint, but what a great combination?! Mint can tide you over through the winter by chopping it finely and adding it to freshly boiled potatoes with a splash of olive oil and pinch of salt for a refreshing lift.

Try matching sage or thyme with mushrooms or pumpkin. Or mushrooms and pumpkin! Lime and coriander seem to be best friends as are thyme, lemon and honey.

Chilli and garlic go with, well, almost everything and finely chopped parsley adds a fresh touch to many dishes that may just be too darned rich.

The kitchen is a great place to experiment with flavour profiles. There are so many complimentary combinations that you may just find some magic that becomes your signature flavour!

A little less than confident? A good rule of thumb is to use ingredients that are in season at the same time as each other, and if in doubt just keep it simple.

Kitchen Secrets

Did you know that yoghurt is traditionally used to tenderise meat?

Add ½ cup natural yoghurt with a spoon of honey, squeeze of lemon and finely chopped rosemary for a Mediterranean marinade that is beautiful on lamb or fish.

Add ½ cup natural yoghurt with a pinch of cumin, chilli, smoked paprika and turmeric for an Indian inspired marinade that works well with beef, chicken or pork.

Rub the marinade over the meat and allow to rest for at least a half hour, but overnight will give you the best results.



Image: Yogurt Marinade



Image: Yogurt Marinade

Try not to use metal bowls to mix your marinades or leave marinated meat in. The acid in the marinades that tenderise the meat will react with the metal, resulting in an unpleasant flavour that permeates through your meal.



@earthmama2four



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Mmmm, for photos so good you could
almost eat them head to:



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