

# FLEURIED FORAGER

WILLUNGA FARMERS MARKET NEWSLETTER | SPRING 2015

## *Recipe*

pg.5

STRAWBERRY, RHUBARB  
& LAVENDER POT PIE

## COMING EVENTS

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YOUNG  
FARMERS  
SCHOLARSHIP  
ROUND  
THREE  
pg.3



## Willunga Farmers Market AGM

Wed 9 September, 6:30pm for a 7pm start

Waverley Homestead,  
St Peter's Tce, Willunga

## MARKETNEWS

### We survived winter and are heading into the warmer weather with a Spring in our step!

The AGM is only a week away and we are once again electing new board members. We have 3 open positions, 1 stallholder and 2 community members, with 3 nominees for each category.

Head to Pg 4 for more info on our nominees and details on how to vote.

We were pleased to receive a number of applications for the supply of hot food, covering a wide variety of offerings. The WFM Board are now in the process of assessing the applications and we will be able to announce our new hot food additions to the market in the next few weeks.

Our second Young Farmers Scholarship recipient, Kate Washington, has been hard at work and we should start to see her produce in the market once the warmer weather sets in. Applications for Round 3 of the Young Farmers Scholarship open Friday 16th October. Head to Pg 3 for more updates on Kate, her farm and round three of the scholarship.

With the weather warming up, our producer numbers are starting to swell again as seasonal producers start to return. To help accommodate everyone, we are reopening our site extension in the Willunga Library car park. Make sure you include the extension into your Saturday morning market trip and see what each of our stallholders has on offer.

Over winter we launched our new website. Keep checking back in for new recipes, coming events, producer profiles, and so much more. (Including 'The Market Song (Another Market Morning)' written and performed by WFM manager, Steve, soon to be uploaded for a listen or download.)

The new website is also home to the Willunga Farmers Market short films: a Taste of Willunga Farmers Market, a 5 minute short film



showcasing the range of stallholders we have and their properties, and A Quick Bite of Willunga Farmers Market, a 30 second short ad. Made by local lad, Daniel Bovalino, these short films really capture the vibrancy of the market and our producers.

After the success of this years' Tour Down Under Twilight Market, we're hosting another Twilight Market this coming summer! Head to Pg 3 for more details on our special Christmas Twilight market and other upcoming events.

The soil is starting to warm up, the sun is starting to peek out from behind the clouds and Spring is on it's way.

We look forward to sharing the warmer weather with you all each Saturday, 8am til 12:30pm.

### The Willunga Farmers Market team

## SPRING KINGS

### IN Season

It's been a cold winter, so Spring produce is running a little late this year. Once the soil starts to warm up a bit more we can start to see the following produce make its way back into our shopping baskets and bellies:

Artichokes • Asparagus • Broad Beans  
Loquats • Peas • Rhubarb  
Strawberries

# Coming Events

Pop these events in your diaries to make sure you don't miss out!

## WFM AGM - FREE

WED 9 Sept, 6:30pm for 7pm start

Come along to find out what we've been up to the past 12 months and where we are planning on taking the market in the next 12. More details can be found on Pg 4.

## TOMATO MASTER CLASS - FREE

SAT 10 Oct, 10am, Willunga Town Square

Do you want to grow the best tomatoes in the neighbourhood?

Join Graham Coventry from Tobalong Tomatoes in the Willunga Town Square, next to the breakfast stall, as he gives a master class in pruning, feeding and growing jealousy inducing tomatoes.

## PUNTERS PICK - FREE

SAT 10 Oct, 8am-12:30pm, WFM Info stall

A stalwart event as part of the Fiesta! Olive Awards, have

your say in this prestigious award. Take part in a blind tasting of a number of award winning olive oils, guided by one of the Fleurieu's award winning olive producers. Vote for your favourite and have your say in who wins the 2015 Fiesta! Olive Awards Punters Pick.

## 2015 WILMARK AWARDS - \$40

THURS 29th Oct, 6pm

While it's still a while away, make sure you pop this not to be missed event in your diary. More details to be released closer to the date, with tickets going on sale Sat 17 Oct.

## TWILIGHT MARKET!

We are so excited to announce that this Christmas we are having a Twilight Market!

Fill your Christmas pantry, grab some last minute gifts and bring the family for a great night out.

Wed 23 Dec 2015, 5:30-8:30pm

NB: We are CLOSED Sat 26 Dec 2015, Boxing Day

## YOUNG FARMERS SCHOLARSHIP:

### An update on Round 2 and Round 3 on it's way!

**With the hint of spring in the air, our Young Farmers Scholarship recipient, Kate Washington, tells us a little bit about how she's managing risk on her new farm and what solutions she's trialling to better manage crop succession and keep all the pests, big and small, at bay.**

I'm planning a very diversified farm. This will help spread the risk both within the micro-ecosystem I've created between the old vine posts on Sand Road, as well as financially at the market. I want customers to be able to buy a selection of vegetables when they come to visit my stall. In turn, this also helps keep the biodiversity up on the farm, and if there's a crop failure then at least I haven't put all my eggs in one basket.

Talking of eggs, I'm going to incorporate a few chickens into the system to assist with weed and pest control. Combined with my rabbit proof fence at the perimeter and hoop netting over beds, these methods are helping to keep the larger pests at bay.

The cold frosty mornings of mid-July led to frost damage on lettuces and early sprouting peas making them more susceptible to fungal and pest infestations. Smaller pests, mainly the red legged mite, is being managed by attracting them to an alternative host, calendula flowers, which are inter-planted between the crops. I've also been spraying a combination of pyrethrum and a vegetable based oil every 3-4 weeks.

It's been a quiet winter and I really can't wait to get cracking this spring. Getting the succession planting right is a challenge, as it's still a new growing space for me. It will be a bit of trial and error to work out timing for regular harvest and supply. I've got some great advice and taking the time to plan and record will be key to success.

I've re-sown almost all of the sugar snaps and snow peas, but their growth will be hurried along with the weather warming. Keep an eye out for heirloom french beans, baby watermelons, sweet corn, and 'dirty little carrots' that are perfect for lunch boxes and dipping platters.

The Cos lettuce heads survived being a rabbit salad bar in their first weeks of maturation, and now are filling out quite nicely. The snails haven't found me yet (!), but it's only a matter of time. The leeks, onions and garlic are growing strong, and I anticipate about 500 heads of garlic (which I'll plait and sell as garlands) and onions that will store and be incorporated into my roasting packs.

Are you keen to become the next Willunga Farmers Market Young Farmer?

ROUND 3 YOUNG FARMERS SCHOLARSHIP APPLICATIONS OPEN FRIDAY 16th OCTOBER

Application forms can be downloaded from the Willunga Farmers Market website from Friday 16th October. [www.willungafarmersmarket.com.au/young-farmers-scholarship](http://www.willungafarmersmarket.com.au/young-farmers-scholarship)

# WFMAGM

Wednesday  
9th September  
6:30pm  
for a 7pm start  
Waverley  
Homestead,  
Willunga

As per our constitution, all members are eligible to vote but to do so they need to attend the AGM. All members can also carry 1 (one) proxy vote from current market members.

If you are unable to attend and wish to vote, please print the back page of this edition of the Forager and detach the proxy voting form. Your vote can then be lodged at the AGM by another attending member.

If you wish to vote please ensure your membership is current.

## 2015 Willunga Farmers Market Board Member Nominees

We had a quick chat with our Board Member Nominees so you can get to know them a little better.

Come and hear more about them and their experiences before voting takes place at the AGM,

### Community members: 2 positions open

**Q1. Why are you standing for a position on the Board?**

**Q2. What do you hope to achieve in your tenure as a Board Member if you were elected?**

**Adam McInerney**

A1. I'm new to the area, we have just relocated to McLaren Vale from the city. I am keen to get involved in the community and see this as the perfect opportunity to do so.

A2. I'd like to see the market continue to develop and grow. I am passionate about food and where it comes from, so promoting that is very important to me. I would love the opportunity to be a part of the future of the market and help promote all things Fleurieu Peninsula.

**Bronwyn Busbridge**

A1. I was a stallholder for 11 years and became a community member this year. It was really interesting to be there as a shopper for the first time and having my shopper eyes on. I saw a couple of changes that could be made, just simple changes. And I want to see it continue to thrive. With my experience and current Board positions on Fleurieu Food and McLaren Vale Harvest Festival there's a lot that I can bring to the table, so to speak.

A2. I guess it would be to see the market continue to thrive. No matter how good anything is, there's always room for improvement. As a past stallholder, past WFM committee member and now a shopper that gives me a really broad experience at the market. I can see lots of different points of views, from the shoppers to the stallholders.

**Liz Packer**

A1. I'm standing because I think the market is a wonderful thing and I'd like to be a part of it in some way. I've had a portfolio career and have skills that might be valuable. I maintain a professional interest in all things related to food.

A2. To maintain and develop the success of the market. It's a fantastic thing. I've only been living down south for a year but I'd like to make a contribution to the community.

### Stallholder nominees: 1 position open

**Q1. Why are you standing for a position on the Board?**

**Q2. What do you hope to achieve in your tenure as a Board Member if you were elected?**

**Ben Heath (Najobe Park Red Angus Beef)**

A1. I'm standing for a position on the Board because I'd like to be more involved with that side of the market. I feel that being a farmer and selling at farmers markets for 7 years I have something to contribute and would be a good addition to the farmers market board.

A2. I would like to keep the market positive, see growth and to keep it moving. To carry it into the future. I'd like to be involved in any restructure of the market, when hot foods are introduced, and keep it real, as an evolving market. Just to be part of something positive and to bring young enthusiasm.

**Brendan Lineage (Sunshine Ice Blocks),**

A1. To give something back to the market and to offer my services to the community. And I'm interested in it.

A2. To represent the market in general and to improve on whatever needs to be done. I don't have any set goal as to what needs to be done at the moment as I don't really know what's going on in the background. I'm pretty much coming into it with an open mind. I think I could represent value add stallholders.

**Rebecca Moore (From Humble Grounds)**

A1. I've always wanted to join the board as it's always been in my heart to be involved in the farmers market so I can truly uphold the ethos of the market, and help the public to get excited about the quality and variety of produce. Particularly I'm quite passionate about educating the younger people in the community so that they better understand the importance of farmers, how to farm and how to utilize the produce as well. I just like the community spirit, it's like a big family to me.

A2. It depends on some of the issues that are being brought up and the direction the market is trying to go in. I have a young perspective, and growing up on the Fleurieu I feel I understand the people and their stories and I don't want to see that get lost. I have ideas I'd like to see implemented, like having some wooden street sign posts directing customers to stalls and having a dedicated face to the market. We need someone to be a maitre de, who supports management, interacts with customers and helps people so customers know who to speak to eg what's in season and available on the day. I would like to help create more collaboration between stalls and business to generate more financial gain throughout the market. I hope to encourage more networking evenings between stallholders and the community.



# Recipe

## Rhubarb, Strawberry & Lavender Pot Pie

This quirky dessert is an easy sweet that packs a flavour punch. Perfect for the start of Spring, impress your dinner guests or just cocoon up in front of the TV with the pie dish and a spoon.

### From Willunga Farmers Market

- 1 bunch rhubarb, tops discarded and chopped into inch long pieces
- 2 punnets strawberries, hulled
- zest 1 lemon
- 1 ½ tsp culinary lavender\* optional
- 2 tbsp butter

### From the Pantry

- 1 sheet puff pastry
- ½ cup caster sugar
- 2 tsp cornflour

### Method

1. Preheat oven to 160C
2. Lightly grease an oven proof casserole dish. Add rhubarb, strawberries, lemon zest, 1 tsp lavender, sugar and cornflour. Toss to combine.
3. Cover dish with alfoil, and place in oven for 15 to 20 minutes.
4. Remove dish from oven, remove alfoil and allow to cool slightly.
5. Lay sheet of pastry over the top of the fruit and brush with the remaining melted butter. Make a small hole in the centre to allow steam to escape and sprinkle pastry with ½ tsp lavender.
6. Place back in oven and cook until pastry is golden.
7. Serve immediately, and perfect with a dollop of cream or icecream!



As per clause 8.8 of the Constitution: "A member shall be entitled to appoint in writing one natural person who is also a member of the association to be their proxy"

I (name)..... Membership number.....

Hereby appoint (name)..... Membership number .....

To carry this proxy vote in my absence for the WFM AGM 2015

Signed ..... Date.....

There are 3 positions open for nomination at the 2015 AGM. 1 Stallholder and 2 Community Members.  
 To vote, number each column from 1 to 3, 1 being your most preferred candidate, 3 being your least preferred candidate.  
 Seal form in an envelope and give to an attending member or WFM staff to lodge at the AGM.

**Stallholder Positions**

- \_\_\_ Ben Heath (Najobe Park Red Angus)
- \_\_\_ Brendan Lineage (Sunshine Ice Blocks)
- \_\_\_ Rebecca Moore (From Humble Grounds)

**Community Positions**

- \_\_\_ Adam McInerny
- \_\_\_ Bron Busbridge
- \_\_\_ Liz Packer



**FOODIE  
PHOTOS TO  
drool  
OVER**



Share your WFM experiences and dishes with the world by posting your photos to our facebook and instagram pages. It's easy!



Add your photos to our facebook page by posting them to our wall as a comment. To share your photos with our instagram community add @willungafarmersmarket and #willungafarmersmarket in the comments of the photos you post to instagram.



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

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