

# fleurieu forager

NEWSLETTER OF THE WILLUNGA FARMERS MARKET

Issue 22, AUTUMN 2009

FREE  
take me home!

## Eat the view... Plant a garden on your front lawn

**P**resident Obama is safely in the White House after a long and gruelling campaign. For possibly the first time, food, sustainable agriculture and food policy surfaced as an issue during the presidential race.

The United States has many food activists who lobbied the candidates, pushing for new approaches to agriculture and food. Michael Pollan (author of *In Defense of Food: An Eater's Manifesto*), wrote an open letter that was published in the New York Times arguing, amongst other things, "for preserving every acre of farmland we can and then making it available to new farmers."

With Obama heading to the White House, chef Alice Waters, a passionate advocate of farmers markets, organized a series of pre-inauguration dinners. Well-known chefs brought the message of 'local, organic and sustainable' food to Washington at the sold-out events.

Now many are feeling optimistic about the recently-appointed Secretary of Agriculture, Tom Vilsack. He has stated that the Department of Agriculture should represent people who eat food as well as those who produce it and that the Department will work "with those who seek programs and practices that lead to more nutritious food produced in a sustainable way".

So maybe the kitchen garden will return to the White House.

Tens of thousands of farmers marketers, kitchen gardeners and food lovers have supported the Eat the View campaign (see [www.eattheview.org](http://www.eattheview.org)). This is a citizen-led petition requesting President Obama to convert one acre of the White House's lawn to vegetable garden to supply the White House kitchen. Not a new idea, Eleanor Roosevelt planted a Victory Garden during WW2 and the country followed her example. Supporters believe the same will happen if Obama follows her lead.

**LOCALLY** - At its February Management Committee meeting Willunga Farmers Market Inc decided to join the Southern Community Coalition (SCC). The SCC operates

under the chairmanship of community development expert Jim Hullick OAM, as a coalition of community groups in the Willunga, Maslin Beach, Aldinga, Port Willunga, and Sellicks areas. The coalition aims to establish a constructive and effective working relationship with the City of Onkaparinga and other State and Federal government agencies by being included in the formative stages of planning for the region.

In discussion on this growing community move to protect the Willunga Basin, our members decided to participate on behalf of and put forward the views of horticulturalists and farmers. Willunga Farmers Market was established in large part as a very successful attempt to help save the livelihoods of the remaining orchardists and small farmers who were not grape growers in the Basin. Our members are very concerned for example that any future statutory authority takes into consideration water rights issues, and "right to farm" issues.

Contact the WFM office for more information on this project.



This photo was created by Roger Doiron in support of the Eat the View! campaign to plant an organic garden on the White House lawn. Check out [EatTheView.org](http://EatTheView.org) for more info.

**Willunga Farmers Market CLOSED Anzac Day –  
Saturday 25 April 2009**



Articles, letters to the editor, advertising and sponsorship enquiries should be directed to Fleurieu Forager, PO Box 652, Willunga 5172 or [wfm@internode.on.net](mailto:wfm@internode.on.net)  
Winter newsletter deadline: Friday, 8 May 2009

Design and production by:



08 8351 5868 | 0418 836 600

[cherise@graphicallydelicious.com.au](mailto:cherise@graphicallydelicious.com.au)

Newsletter of the Willunga Farmers Market, proudly sponsored by Hardys Tintara, McLaren Vale  
WILLUNGA FARMERS MARKET fresh, healthy, local produce every Saturday 8-12.30, Willunga Town Square



# PRODUCER'S PROFILE

## Hardings 'very fine' Foods

One of Tony Harding's early memories is of his grandfather, a superintendent of docks in Colombo, Sri Lanka, bringing home exotic spices and oils such as olive oil. Cooking was a treasured family pastime and olive oil became a great favourite.

After an adventurous life including being a merchant seaman, a stint at the Waldorf Hotel in London and then ship surveying at Port Adelaide after he and Margaret emigrated to Australia in 1974, Tony's thoughts naturally turned to farming as his next career move!

The Hardings purchased a 15 acre olive orchard at Morphett Vale. At that time not many people knew what to do with olives. Luckily the neighbours were Greeks who turned the olives into oil and pickled them. The suburbs encroached

so the Hardings moved to an old almond orchard on Colville Road, Willunga. They persisted with the almonds for around eight years, then sold some land to their neighbour and went back to olives.

By 2002, when Willunga Farmers Market began, the Hardings were not only growers but olive oil processors. They gained a district wide reputation not only for the quality of their oil but also Tony's willingness to always help out a fellow grower no matter how small the batch or how late into the night he had to work during harvest.

After a couple of years Tony's ever-active and creative mind turned back towards all those exotic oils of his childhood. He sent off to Korea for a state-of-art seed and nut oil expeller and began

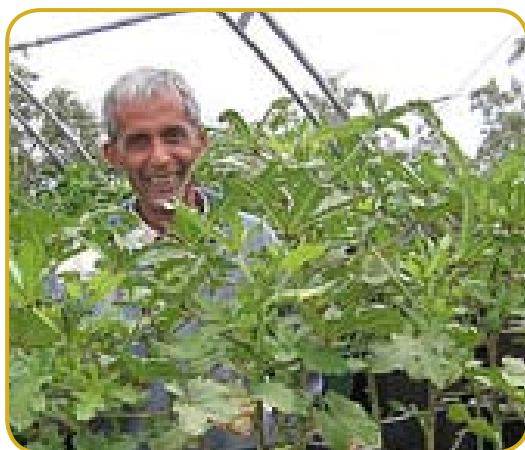
experimenting. Almonds, walnuts and mustard seed were all turned into beautiful fresh fragrant oils that have become highly sought after by chefs and enthusiastic home cooks alike. There have been failures – 5kg of wattleseed which turned into 50ml of oil "that smelt terrible and tasted worse!" but Tony persisted and the range now includes macadamia, pistachio and pumpkin oils.

The next step was the big step that many farm-based micro businesses have to choose – whether to expand into distribution networks or stay small and local. The Hardings were approached by a distributor and decided to give it a go. Tony says it has been a very expensive exercise, having first class labels designed and gearing up to produce in sufficient quantities but for them well worth it.

The latest Hardings' venture has been to get back into the kitchen and get cooking, producing a

wonderful range of chutneys and pickles. Tony's sister, who is an excellent cook (try the famous aubergine pickle!), helps out and other family members all pitch in around the property.

At this point most people would think they had enough to do but Tony decided to take the ultimate step and try to grow pretty much all of his own ingredients as well as the olives for olive oil. A 10sqm poly house behind the processing shed has been turned into a modern version of the old "wicking" system of growing plants in tubs. Chillies, thyme, basil, oregano, okra, eggplants, tomatoes were all flourishing the hot day that FF visited – testimony to the Hardings' dedication and determination, and essential ingredients in some very fine foods indeed!



Tony Harding looks after his thriving okra plants



A small sample of the growing range of Hardings very fine foods...

## From the Manager



Summer has seen the market flourish with fresh produce and primary producers. This has raised our profile and reputation which,

in turn, has attracted interest from so many applicants wishing to become stallholders. To help with the demand from stall applications we became the first farmers market to initiate a points based selection system which has been focusing on primary produce as its main category. This has allowed us to expand and grow whilst maintaining a very balanced product base meeting the demands from our customers and members. The success of this can be measured not only by the great variety we have but also from the new and continued support from our membership base. We have welcomed many new members over the period and we are grateful for the ongoing support from our regular group. What we are now seeing is very dedicated and regular customer groups who have made the farmers market a weekly shopping activity. This also helps the farmers and producers as they can more accurately plan their stocks according to customer needs and demand. Getting to know their customers and hearing the feedback about the produce is something every stallholder enjoys and often makes the hard preparation work during the week all the more satisfying.

Your comments and feedback are always welcome as a way to continue to make our market the best it can be – feel free to contact me in the market office with any comments you may have, or email them to [wfm@internode.com](mailto:wfm@internode.com)

Best wishes,  
Graham Boyd,  
Market Manager



Kitchen gardens are all the rage again as people everywhere get back to old-fashioned home economics – growing your own fruit and vegies, preserving the excess for the winter months, making jam and pickles and eating food that tastes wonderful straight from the garden and into the pot! Retailers of irrigation and nursery supplies across Australia reported record sales over summer. Even here

in SA despite the recent terrible heat which caused devastation in many gardens and orchards, some growers managed to keep producing great crops using shadecloth, drip irrigation, mulches etc.

Well, hopefully the worst of the heat is behind us now, so let's look forward to autumn in the garden. Make compost with all the summer disasters, sow cover crops, plant out **brassicas** of all

kinds, **spinach, turnips, parsnips, carrots, leeks, lettuces, beetroot, spring onions** to name just a few. Prepare areas for **onions and garlic** which are traditionally planted out before the shortest day. **Broad beans** if you like them! Don't forget herbs, many thrive in the cooler months, **coriander** being the prime example!

Most of all – have fun doing it!

## "Girls" roam free!

out and check the yards. Egg collections are done regularly throughout the day, the eggs are washed in a sanitiser and rinsed after each pickup, trayed up and put in a coolroom. In between, drinkers, feeders and the fence line (those foxes!) are all checked. The Tooperang chickens have around two acres to roam around in and forage. They are grain fed and GM free.

stall the business is booming.

The Kings are hoping to expand production in the future – as well as the market more and more orders are coming from local chefs and restaurants. Good tasty eggs laid by happy stressfree chooks reared in a humane way sell themselves! With plans to make the farm self-sufficient in renewable energy over the next couple of years as well, Nick and Sue will be as heads down and as busy as their own "girls!"

**PS: CHOICE magazine gave one of its famous Shonky Awards in 2008 to the Australian Egg Corporation who certify about 90% of producers for its voluntary standards for "free range" chooks – 14 chooks/square metre of shed area. The standard for cage systems is 18 chooks/square metre. CHOICE states there's an urgent need for a clear national definition of free-range and tighter regulation rather than continued reliance on a shonky industry scheme. FF thinks customers should buy free-range eggs from farmers markets where you can ask directly how the chooks are treated!**

The happy lives the chooks lead is reflected in the quality of Tooperang's eggs. Nick says "you only have to try fresh free range eggs once and you would not go back to other kinds. The taste, yolk colour and the texture and firmness of the whites are far superior to non free range eggs".

As with any small farm, growing and producing food is one thing, selling for a fair price and return on labour to make an economically viable small business is another. Word of mouth about its success from multiple sources led Nick and Sue to the Willunga Farmers Market. Tooperang eggs have had a very favourable response there and with both sets of parents helping out on the

Nick and Sue King decided six years ago to do the "treechange" thing and moved to the country. They bought an idyllic smallholding on Cleland Gully Rd in the Tooperang area. The Tookayerta Creek, one of only two permanent water courses in SA (the other being the Murray!) runs through. Says Nick "We would not want to live anywhere else and seem blessed".

Neither had any real farming experience but they have found the local community to be very welcoming and supportive. Encouraging them to do something with the land "other than just look at it" a local grower offered to mentor them in free range egg farming. Tooperang Free Range Eggs began business.

Working days at the egg farm begin at 7am to let the "girls"

## Another day at our Market



Bradley Mills gives a customer some gardening advice at Hillside Herbs stall.



Customers benefit from and enjoy the direct relationship they have with our growers



## In Memoriam – Trevor Stewart

It is with great sadness that we report the passing of Trevor Stewart on Thursday, 27 November, 2008 at McLaren Vale. Trevor was known to all during the first two years of WFM's existence as "Trev – the Worm Man". He was made our first Life Member in recognition of his enormous generosity towards the market. Trevor donated a great deal of the proceeds of sales of his famous worm farms to the market. In our first year especially, when finances were strained, Trev's generosity made a big difference. Trevor was also a classic "shed man" and made many contraptions and trolleys for the market to assist the staff. He spent many hours sitting in his chair at the gate of the

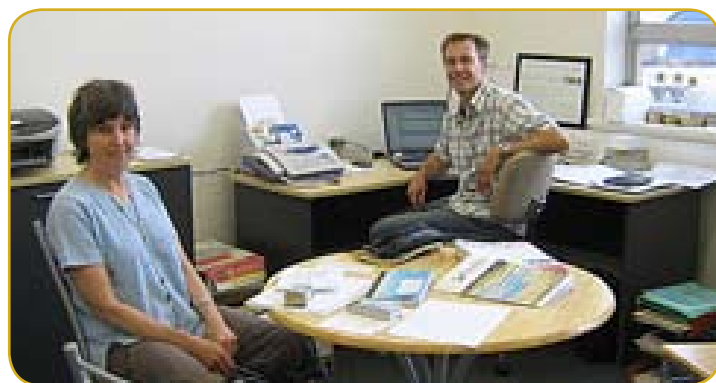
Alma carpark counting customers until ill health made him unable to attend.

Trevor also became a very good friend to several market families especially Colleen and Ian Francis of Starlight Springs. He made them seeding machines and an amazing carrot washing machine amongst others. Trevor was still working in his shed until very recently – his mind active as ever trying to find ingenious and environmentally sound ways of doing horticultural tasks. He was a wonderful human being.

WFM extends its condolences to all Trevor's family and friends. He will be greatly missed.



*Trev's 'Wormilizer' gave a boost to many a garden, as well as profits from sales donated back into the WFM... thanks Trev!*



## WFM has a new office!

*Thanks to City of Onkaparinga for their support! Zara and Graham settle into their bright new space located at The Hub (cnr St Peter's Tce and Main St) in Willunga. Drop in for a cup of tea if you're passing by!*

## Eggs-cellent recipes from Karena...

### Middle Eastern Meatloaf of Lamb, Eggs and Burghul

**SERVES 6**

500g Fleurieu lamb shoulder finely minced  
4 soft boiled free range eggs  
¾ cup burghul  
¾ cup boiling water  
1 medium onion finely diced  
3 garlic cloves finely chopped  
1 tbsp ginger finely chopped  
1 bunch coriander finely chopped

1 tsp ground coriander  
1 tsp ground cumin  
1 tsp ground paprika  
½ tsp all spice  
1 tsp sea salt  
Freshly ground black pepper  
1 free range egg

Pre heat the oven to 180°C.

Place the burghul into a bowl and pour over the boiling water. Leave to stand for 10 minutes and then place into a clean tea towel and squeeze out the excess water. Leave to completely cool.

In a large bowl, combine the minced

lamb, burghul, onions, garlic, ginger, coriander and all seasonings. Add the raw egg and with clean hands beat energetically until the mix has become very sticky yet cohesive.

Line a loaf tin with baking paper and place half the mix in, pack it in well. Put

the boiled eggs on top and then cover with the remaining mix, gently pushing out any remaining pockets of air. Cover the tin with aluminium foil and bake for 40 minutes. Remove from the oven and allow to stand for 10 minutes. Serve with salad greens.

### Brown Rice, Honey and Sultana Pudding

**SERVES 6**

3 free range eggs  
¼ cup honey  
¼ cup caster sugar  
½ vanilla bean

2½ cups full cream milk  
½ cup cooked brown rice  
¼ cup sultanas  
½ tsp ground cinnamon

Pre heat the oven to 170°C.

Whisk together the milk, eggs, honey, sugar. Scrape the seeds from the vanilla bean and fold through with the

rice and sultanas. Pour the mixture into a heat proof 1L dish. Then set the dish into a larger tray and fill the outer tray with hot water so that it comes up half

way. Bake the pudding for 15 minutes. Stir well and then bake for another 15 minutes, or until just set. Remove and serve with runny cream.



**Slow Food®**  
Fleurieu Peninsula

**Fleurieu Peninsula Convivium – Calendar of Events 2009**

**M**ore details as soon as possible, please register your interest in attending: **Annual General Meeting** at Russell's Pizza, High Street Willunga. Wed 4 March, 6-8pm. Join the Committee and share Slow News. Please bring a dish and bottle to share.

RSVP: tori@producers.net.au  
**Fleurieu Peninsula Slow Food Lunch at Fino**, Main Road Willunga. Sun 29 March 12.30pm. David Swain will design a five course menu showcasing Fleurieu produce and Sharon Romeo will select wines, highlighting newer varieties being grown on the Fleurieu. A glass of wine to accompany each course is included. \$85.00 Limited places. Book: grace\_l@iprimus.com.au

**Winter Pork Butchery and Cooking Demonstration at Chapel Hill Retreat**, Chaffey's Road McLaren Vale. In June - Date TBC. Join Ellis Butchers' Ian Shaw for a butchery demo and discussion on cuts of pork followed by a cooking demonstration by Chapel Hill Retreat Chef Peter Hogg. \$90 includes discussion, tastings and lunch. Info or to book: info@chapelhillwine.com

**Farmer John – Film Night, Adelaide** In July – date & venue TBC. Register your interest: stefanivilette@hotmail.com

**Herb Picnic at Jill Stone's Hindmarsh Valley Herb Farm.** In Sept – date TBC. Bring a herb inspired picnic plate to share amongst the gum trees, hosted tour of Jill's Herb Farm at Hindmarsh Valley. Register with Jill Stone herbs@tne.net.au

**A McLaren Vale Conversation continues at Producers**, 126 Branson Road, McLaren Vale. Oct – date TBC. Discussion, demonstrations and a long table lunch. Register interest: tori@producers.net.au

**Goolwa Cockles, Goolwa** In Nov/Dec (cockling season) - date TBC. Try cockling and share a picnic lunch. Register interest: elizabethwoodward@bigpond.com

**Membership: If you would like to know more about joining Fleurieu Peninsula Slow Food contact tori@producers.net.au**

