

# fleurieu forager

Issue 15, WINTER 07

## The Backyard Garden A simple way to save your world

**G**loom, doom, climate change, global warming, water shortages, food security, the obesity epidemic... sometimes you just don't feel like listening to the news anymore, it seems so depressing! Luckily, humans are wonderfully adaptive and optimistic creatures – hope springs eternal!

The original organising committee of Willunga Farmers Market got a huge impetus from the events of September 11, 2001. In the face of such tragedy there was only one way – forward as fast as possible and in February of 2002 the market opened. Five years on and it seems we hear the doomsday scenarios daily – with food security being very high on the list. But look around and see what's happening at the market and in our local communities.

Eating well is something we all need to do every day to nourish our bodies, our families and make our communities healthy. Where our food comes from, who grows it, and how is vital to our existence. The industrialisation of our food supply, with all the problems of chemical overuse, and food transport miles adding to carbon emissions, is known to us all. We don't have to do it all by ourselves though and this is where farmers markets come in. By supporting local producers customers become what the Slow Food movement calls "co-producers of their own food" and thus help to ensure their families' food security.

Market growers are responding to the increased demands of customers for fresh produce. *Because the market exists* it is possible for growers to plan

for expansion and for increasing varieties. Poppy's range of baby vegetables is expanding, Eve and Lorraine from Hillside Herbs are venturing into eggplants, radishes, salads; Tuscan kale and Asian greens are to be found at Barry Beach's stall and Starlight Springs are getting into Italian and heirloom varieties in a big way (see story inside).

Our community is also getting into gardening in a big way. Sales of seedling vegetables are going through the roof as people are rediscovering the pleasure to be found from growing and then eating your own food – even just lettuce in a box.

The McLaren Vale Primary School has begun growing food gardens with their pupils and the Willunga Waldorf School is planning a major series of gardens on their recently purchased 10 acre block. Both schools hope to feed not only their own communities but to generate surplus which would be sold at WFM.

More importantly is the relearning of skills vital to all communities – how to grow food. Being at the end of a very long supply chain from China is not a future – it's dependence.

In March this year over 300 people attended workshops given by master gardener Eliot Coleman and Barbara Damrosch from Four Seasons Farm in Maine, USA. Whether growing for a kitchen garden or small scale market garden this inspirational pair asked "Why isn't everyone doing what is really the most basic activity of human civilisation – growing food!" In other words let's be responsible for ourselves.

So, shop at your farmer's market, grow some vegetables and fruit – and don't eat anything your great grandmother wouldn't recognise as food!

– Jude McBain & Di Bickford



Willunga  
Farmers  
Market



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 Spring newsletter deadline: Friday, 10 August 07

Design and production by:



08 8351 5868 | 0418 836 600  
cherise@graphicallydelicious.com.au



# Producer's Profile

## Starlight, Star Bright!

A modest sign on a bend on a dirt road in the backblocks of Myponga points the way to Starlight Springs Farm. Like everything on this farm it was handmade by the owners, Colleen and Ian Francis. Driving



Colleen & Ian Francis. Below: Colleen knee-deep in homegrown bounty.

down the farm track, the vista opens from scrub to fields of vegetables in all stages of growth. There are pumpkin patches, potato patches, polyhouses with the last of the zucchini flowers, tomatoes and eggplants, fields of carrots and brassicas of all kinds, and wacky ornamental gourds on fences – “because you’ve got to have a bit of fun!” Running around behind mobile electric fences cleaning up the zucchinis and harvested summer veg beds are happy chooks of all colours – “on annual leave at the moment!”

It’s a labour of love – and commitment. Colleen and Ian are passionate about growing healthy, organic vegetables and making a living from “honest, honourable work”. They have been stalwarts of Willunga Farmers Market for over four years selling their beautiful produce and until recently Colleen’s homemade quiches and pies using the vegies they grew. Last year however, came decision time. Colleen had had enough of all the cooking and both felt that they were going away from their true passion. It was time to grow vegetables full-time.

A longtime friend, who is a rural counsellor, helped them gain some seed funding (no pun intended!) to set up a business plan and put financial management of the business on a sound basis. With mentoring from locals and fellow growers, building

on their own past experiences and lots of “bloody hard slog with plenty of mistakes” – nine months later they feel that things are heading in the right direction. The reaction from customers at Willunga market has been especially pleasing. “People thank us for growing such beautiful veggies for them!” says Colleen, a bit amazed. “We wouldn’t have had the courage to go for it without the market either”.

The future is full of plans for increasing their range and productivity. Heritage and Italian varieties feature strongly and customers can look forward to a fascinating range of flavoursome, organic, healthy veggies unobtainable in supermarketland. A customer recently gave Colleen some Hungarian gourd seeds her father had saved from the 1970’s. She awaits the results with interest!

Colleen and Ian have had the courage to follow their passion. They claim to be simple folk but what they are trying to achieve at Starlight Springs is deeply sophisticated. We wish them every success!



## From the Manager

Hello old friends and new readers. How fantastic to have the rains of autumn so far, let’s hope it continues well into winter for the sake of our farmers.

It has been a busy autumn with some busy markets, and even though the rain has come down during many of them – it does not keep the dedicated lovers of good food away.

Easter market was huge, with up to 5000 people walking through our gates! It was a real bustling market with a great scarecrow display thanks to Mt. Compass school students, face painting for kids, live music and plenty of seasonal goodies.

We have had some great food cooked from our market produce by local chefs from the Fleurieu on the last Saturday of every month. And there are more chefs coming up, see the events list.

Other events coming our way are the AGM which all members are invited to attend on August 28th and we already have a date for the ever popular Wilmark Awards – the Academy Awards of the market! The voting slips for our members are attached to this Forager. Please fill them out and send them back to the market office address or drop them into the information stall at the Saturday market.

It is great to see so many people inspired to plant their own vegetables. It does not matter how big your back yard is, it is easy and so worthwhile planting veggies yourself. Now is a good time to be getting all those brassicas – broccoli and cauliflower into the veggie patch, spinach, artichokes, brussel sprouts and potatoes. I still have chillis and eggplant going crazy in my garden which I was able to donate to the Coriole feast organised by Di Bickford, Helen Bennetts and Jude McBain to coincide with the Eliot Coleman workshop held at Coriole. The girls put on such a great show we have decided to have another Market Feast on June 30, see events calendar. Have a cosy winter,

- Lisa

## Last call for entries: Willunga Farmers Market LOGO COMPETITION

As part of the move to our new Market location in the newly constructed Willunga Town Square sometime mid-2007, the Willunga Farmers Market committee has voted that a new Market logo will be launched. We are looking for a warm, sophisticated and inviting logo which will reflect the new

space we will be in, while retaining the charm, energy, and passionate involvement that has come to characterise our Market as one of the best in the country.

The competition will be open to all who wish to enter on the Fleurieu Peninsula, whether you are a schoolgroup, art group, market goer, stall holder, community

group, or commercial enterprise. A selection of finalists will be hung in the Tintara barrel room, McLaren Vale, and the winning entry will be announced at the official opening of the new Market venue in July or August. The winner will enjoy a prize of \$500 and a substantial hamper of delectable market goodies,

plus the pleasure of seeing their design on our new market space.

**Deadline for entries is June 30, 2007. Entry forms and guidelines for submission are available at the WFM Information Stall every Saturday, or by calling the Market office on 8556 4297.**



## WINTER EVENTS

### JUNE

**Saturday June 30th**

**Guest Chef:** Adam Byford from Awganix, McLaren Vale

**Farmers Produce Pizza night at Coriole – 6.30pm.** For more info or to book please phone office on 8556 4297. Limited numbers so book early!

### JULY

**Saturday 28th July**

**Guest Chef:** Zena and Carol from Café Lime, Goolwa

**38th Almond Blossom Festival**  
Willunga

### AUGUST

**Saturday 25th August**

**Guest Chef:** Jonathan Kemble from Star of Greece, Port Willunga

**Tuesday 28th August**

**Willunga Farmers Market AGM**  
6pm – Waverley Homestead, Willunga  
**Anyone interested in nominating for WFM Committee please contact Lisa on 8556 4297 or wfm@internode.on.net**

### SEPTEMBER

**Saturday 15th September**

**2007 Writers Festival comes to Willunga Farmers Market...**  
10:30am: Meet and taste the creations of food reviewers David Sly and Howard Twelftree at Willunga Farmers' Market

**Saturday 22nd September**

**Wilmark Awards at Tintara Winery.**  
Book early, will be a fantastic night not to be missed! Call office on 8556 4297 for more details and don't forget to get in your votes attached to Forager.

## Committee Member Profile



**Brett Harris** has been on the Willunga Farmers Market Committee for nearly one year now and what a busy year it has been for Brett and his wife Anne. They have a beautiful son

Lachlan and another baby due in October.

Brett and Anne have been long-term market stall holders. They started specializing in native flowers at the market almost five years ago, later introducing wine to their business.

Brett and Anne have a 120 acre property at Myponga. After 25 years of work it is now a picture of native beauty including also an olive grove, small vineyard, vegetable patch,

cattle, four geese, three alpacas, and a dog named Molly.

Their motto is going native – flowers grown naturally with chemical free practices. Yes, they pull all the weeds out by hand!

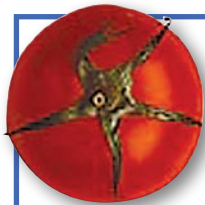
They believe that there is a huge untapped market for natives. The Willunga market has allowed them to have direct contact with the buying public and they are thrilled with the new interest towards natives. They believe this is due to their beauty and longevity as cut flowers, and low allergy qualities.

Brett and Anne now look forward to the Market's big move to the Town Square later this year, which Brett expects will generate further interest in Willunga and the Farmers Market, which he hopes will further establish Willunga as the best Producers Market in South Australia, if not Australia.

## Coming up...

"Willunga Walks" was a successful event in the calendar for 2006, so organisers are looking to put the event on again for 2007 – watch our Events column for the exact date in October. Brian O'Malley, a local artist and innovative resident, put together a very interesting photo exhibition last year and so has decided to do the same this year basing it on the Willunga Farmers Market.

With the kind support of Leslie and Mark Bakker at Office and Image, and Kennards Hire, Brian was able to use a crane to get an aerial view of our market setting up and closing up again to become the simple car park it is most of the time. These photos, taken on March 31st 2007, capture the buzz our market creates. Look out for the pics on the Willunga Walks Festival event schedule. Thanks Brian for looking at our market in a different way!



## FARMERS MARKET BUSINESS FOR SALE!

**G**reat opportunity to run your own business and be a weekly part of the Willunga Farmers Market!

Oaktree Hydroponics, run by Trevor and Di Wendelborne, grow and sell hydroponic tomatoes and fancy lettuces, as well as produce a selection of tomato sauces and pickles which are well sought-after by weekly market goers. Sale includes 22m long x 10m wide twin-skinned poly tunnel complete with growing channel, benches, pumps, heater and accessories. Sale also includes the brilliant opportunity to maintain and grow the business through a weekly stall at the Willunga Farmers Market.

**For more details or enquiries ring Trevor on 0427 700 176 or Di on 0431 830 065.**



## Wilmark Awards 2007 Public Voting Form

Fill in your choices below and drop into the Market Info Stall or post to: PO Box 652, Willunga 5172 OR or email your nominations to: wfm@internode.on.net by

Membership Number: \_\_\_\_\_

Most Gorgeous Stall \_\_\_\_\_

Best Customer Service \_\_\_\_\_

Best **New** Stall (see below) \_\_\_\_\_

*Chantelle Hunt, Fleurieu Milk, Flour Power–Matt & Maryke, Judy Mitton's Organic Beef, Tooperang Raspberries, Sylvia's Chai, Vicki Matchett–Matchett Productions, or anyone new to market after this vote created on 15/5/07*

**PEOPLE'S CHOICE:**

Overall Favourite Stall \_\_\_\_\_

PROUDLY SPONSORED BY:  
HARDYS

**Tintara**  
McLAREN VALE



# Slow Food Fleurieu Peninsula Convivium

Slow Food is a non-profit, eco-gastronomic member-supported organisation that was founded in 1989 to counteract fast food and fast life, the disappearance of local food traditions and people's dwindling interest in the food they eat, where it comes from, how it tastes and how our food choices affect the rest of the world. Today, there are over 80,000 members all over the world.

## Slow Food philosophy

We believe that everyone has a fundamental right to pleasure and consequently the responsibility to protect the heritage of food, tradition and culture that make this pleasure possible. The Slow Food movement is founded upon this concept of eco-gastronomy – a recognition of the strong connections between plate and planet.

*"Slow Food is good, clean and fair food. We believe that the food we eat should taste good; that it should be produced in a clean way that does not harm the environment, animal welfare or our health; and that food producers should receive fair compensation for their work."*

We consider ourselves co-producers, not consumers, because by being informed about how our food is produced and actively supporting those who produce it, we become a part of and a partner in the production process.

In short, food must be good (healthful and delicious); it must be clean (produced sustainably in ways that respect the environment), and it must be fair (produced with respect for social justice).

## Joining Slow Food you will receive the following Annual benefits:

### INDIVIDUAL MEMBERSHIP

- a personal membership card
- three issues of the international Slow magazine
- the Slow Food Companion (upon first joining)
- Snail Pace, the quarterly national newsletter
- the right to attend all events organized by Slow Food throughout the world at a reduced price and support:
  - the Slow Food Foundation for Biodiversity
  - Slow Food Presidia worldwide, saving animal breeds, plant varieties and traditional products
  - a new type of agriculture which respects the environment, human beings and taste
  - new educational projects in schools and wider society

### Slow Food Convivium activities

Learning can take place in many ways in a convivium: by visiting an apple orchard or local farm, through food and wine tastings, by inviting a guest speaker or local producer to a dinner. On a local level, Slow Food convivia bring producers and consumers closer together and help support Ark and presidium producers and Terra Madre food communities.

For more information on Slow Food and becoming a Member please visit [www.slowfood.com](http://www.slowfood.com) and if you would like to become actively involved in the local Slow Food Fleurieu Convivium projects please nominate the Fleurieu /McLaren Vale Convivium when you join. Or contact Tori Moreton [tori@producers.net.au](mailto:tori@producers.net.au)



*You don't just come for the bounty of fresh, vibrant produce each week do you? Not when guest chefs like Craig Philpott from The Barn sizzle up the freshest of fresh, Mount Compass students adorn the market space with unique and colourful scarecrows, and the range of buskers rivals the Adelaide Fringe Festival! Come to the market, one and all, for a total community experience!*

## Jean's Lamb Shanks

*Melt in your mouth succulence from Jean McBain, Forager proofreader extraordinaire!*  
Serves 2. Cooking and preparation time: 2-3 hours.

### INGREDIENTS:

- 2 lamb shanks.
- 1 roughly diced onion
- 2 cloves garlic, diced
- 2 large swiss brown mushrooms or 5 button mushrooms
- 2 sprigs fresh rosemary or thyme
- 2 bay leaves
- 1 400ml can diced tomatoes (or if you have time peel and dice your own!)
- 1 cup red wine
- stock of any kind (you need enough to cover the shanks so the amount depends on your pot)
- 1 tablespoon olive oil
- salt-n-pepper

Place a large frying pan on a med heat and sauté onion, garlic and mushrooms with the oil for 4 minutes. Add the shanks and brown slightly all over. Once this is done transfer everything from the frying

pan into the casserole dish. You want the shanks to have room to lay down on the bottom of the pot, or at least to mostly do this! Deglaze the frying pan with the red wine then pour it over the shanks.

Tip in the tinned tomatoes and then pour in enough stock to just cover the shanks and then add the herbs, salt and pepper.

Now place the casserole dish on a med/high heat. Bring the pot up to simmering point and then turn the heat right down.

Cover and cook for 2 hours checking now and again. When your shanks are 10 mins away from done take a small pot and ladle some of the liquid from the casserole dish into it. Put this on a med heat and allow to simmer until it has reduced and become thicker for a sauce. All that's left to do is serve (preferably on a bed of mashed potato). Place one shank on each plate, make sure you get some mushrooms and then pour some of the thickened sauce over the top. YUM!

## WHAT A COMPLIMENT!!



Willunga Farmers Market's founding chairperson and food activist Zannie Flanagan was recently asked to address the Don Dunstan Foundation on the topic of "Food Justice in SA: From the ground up".

The event drew a crowd of over 80 people to enjoy Zannie's inspiring speech relating the story of WFM and the Adelaide Showgrounds Market. She pointed out the clear relationship of these initiatives to community health and wellbeing. A wonderful meal of SA produce was then provided with all food coming from producers at both markets.

Congratulations, Zannie – you are a tireless campaigner!

