

# f fleurieu forager

Willunga  
farmers market

NEWSLETTER OF THE WILLUNGA FARMERS MARKET

WINTER 2011

## From the Market Staff

### Lost your membership card?

Members, have you lost your card or left it at home? You can get a temporary card from the info stall or buy a replacement card for \$5.

Please don't forget to show your card when paying for your produce to be eligible for your 10% discount.

It has been a wonderful autumn, full of excellent produce and crisp, clear days.

We here at the market are getting ready to plunge into winter: crisp heads of broccoli and cauliflower, abundant root vegetables like parsnips and turnips and an incredible array of beans, from large flat ones, to thin purple ones.

Mouth watering, yes?!

We have a busy season ahead of us, and we look forward to joining you all here at the market every Saturday.

Almond meal is a terrific way to thicken gravies and sauces. Use the ground almonds at the end of your cooking for casseroles and curries for a healthy, natural thickening agent!

Almonds can be dry roasted whole then ground in a food processor or mortar and pestle, or you can buy almond meal direct from one of our almond producers.

### Did you know?

# WFM online!

Find us on facebook for up to the minute info on what's what at the market. Check out all the pictures from our latest events too!



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WILLUNGA FARMERS MARKET fresh, healthy, local produce every Saturday 8am-12.30pm, Willunga Town Square

Here are a few questions to help you get started:

When was this picked?

Have any chemicals been used in the process of growing this? If yes, why were they used?

What do you feed your animals?

Where is your farm?

How has this been stored?

How is this grown/ made?

# Want to know more about your produce?

Are you keen to bond with your beans, comprehend your cabbages or better value your venison? A little knowledge goes a long way.

When you're at the market don't be afraid to ask the question! The wonderful thing about shopping at the Willunga Farmers Market is that you are talking to the person who grew your food, so take the time to ask what you've always wanted to know.

Don't feel pressured to take your produce and run. All our stallholders are proud of their produce and are more than willing to explain it to anyone who is interested.

Remember, there is no such thing as a dumb question. If all else fails, come see us at the information stall. We are a wealth of information!

## COOKING WITH APPLES

coming events

# AGM

Have you have ever wondered what goes on behind the scenes at the Market? Here is your chance to find out!

Come along to the next WFM AGM at Waverley House on Tuesday 27 September, 7pm.

All WFM members are eligible to attend and nominate for a position on the WFM committee. If you are interested in becoming a committee member, nomination forms can be collected from the information stall. All nominations close Saturday 23 August.

### WFM AGM

#### When?

Tuesday 27 September, 7pm

#### Where?

Waverley House, St Peter's Tce, Willunga

While the market has many different varieties of both modern and heirloom apples, ask the orchardist which apple is most suitable for the recipe you are cooking. If you are too shy to ask or short on time, your best bet is to go with the Granny Smith.





# POTATOES THE ULTIMATE COMFORT



This winter Wes Hart, AKA Spud Man, gives you an insight into just some of the 16 varieties of potato W&B Hart carries and what they are best used for!

It's already been a long start to winter, and now is the time to indulge in all those comfort food treats. Nothing screams comfort food more so than potatoes! No matter how many varieties you find and what you use them for, there is nothing better than some hot, steaming potato on your plate.

Brothers, Wes and Brentyn Hart have 8 to 10 acres of farmland dedicated to the humble spud, and they are continuously trialling more.

'When we first started people kept asking for different varieties, so we tried to source all the types that weren't available in the shops.' Wes says.

'We just keep trying different varieties. At the moment we are trialling one called a Banana, which is like a kipfler. We are also trialling one called a Red Norland. Because this variety hasn't been available in SA we aren't sure what it's like yet! We just have to wait and see.'

Both the Banana and Red Norland will be available from W&B Hart from July.

Pop this chart on your fridge for easy reference

Variety	Best Use	Looks like
Bintje	Salads & boiling	Yellow skin with waxy, yellow flesh.
Dutch Cream	Boiling, baking and roasting	Yellow skin with floury, yellow flesh.
King Edward	Roasting & baking	Pale cream skin with pink markings. Creamy, floury flesh.
Kipfler	Salad	Yellow skin and waxy, yellow flesh. It's long and knobbly, not round and smooth like most other potatoes.
Nicola	Roasting, boiling	Yellow skin and flesh.
Otway Red	Mashing, boiling and roasting	Red skin with white, floury flesh.
Pink Eye	A great all rounder, use for anything!	Creamy colour skin with pinky coloured eyes. Yellow, waxy flesh.
Pink Fir	Salad	Same shape as a kipfler, but with pale pink skin. Waxy, yellow flesh.
Pontiac	All rounder	Red skin with crisp, white flesh
Purple Congo	Mashing, boiling and salad	Looks like kipfler but deep purple flesh and skin. Waxy flesh retains its colour when cooked.
Russet Burbank	Frying	White flesh with sandy colour skin.
Sapphire	Roasting and baking	Both skin and flesh are a blue/purple colour. Retains its colour when cooked. When you first cut the potato open it has a white swirly pattern in flesh.
Sebago	All rounder	White, floury flesh and skin.
Spunta	Baking and chipping	Pale yellow flesh and skin.
Toolangi Delight	The best for mashing and highly recommended for making gnocchi	Purple skin with snow white, floury flesh.

# PRODUCER PROFILE

Judith Zehle

## Zehle's Salad Greens & Herbs

Judith and her husband Sven, started up farming mixed salad greens and a range of herbs in Longwood in 1993, and continuing to expand ended up in Echunga five years ago.

This larger property has allowed the Zehle's to diversify their range. 'Diversification is the key to our survival,' Judith says. 'We need a large variety of produce because we just can't keep up with the big guys.'

While their main crops of mixed lettuces, Asian greens and herbs are grown hydroponically, their new crops of root vegetables (beetroot, turnips, leeks, carrots and more) are grown in the soil. These veg are grown without using any chemicals or sprays, while the hydro lettuces are sprayed to guarantee the pretty, perfect crop their core customers demand.

'Coriander is our best seller,' Judith says, 'but because of my European heritage I use a lot of dill, chives and watercress in my cooking.' 'Watercress is fantastic because it's so versatile and also has the most antioxidants out of all the range of herbs we supply. You can use it in salads, soups and sandwiches even.'

Picked fresh every Friday ready for Saturday's market, Judith is conscious of not keeping produce in cold storage for lengthy periods of time.

Zehle's Salad Greens and Herbs can be found alongside the breakfast stall every Saturday.



Fresh herbs can often be taken for granted, being used as a mere garnish or sparingly sprinkled over a heavy dish like pasta. Let me tell you, there is more to these fragrant greens than meets the eye.

As well as adding flavour and colour to a dish, fresh herbs have an incredible array of beneficial effects on the human body. Both mint and basil are said to cleanse the blood and aid in digestion, while parsley is packed with vitamins A, B complex, C and E, and also iron and calcium. It is also said to clear the complexion, be a digestive aid and prevent the formation of gallstones, amongst other things!

If you are eager to incorporate more of these wonderful little leaves into your daily diet, here is a brief introduction to the two WFM producers who specialise in fresh herbs.

If you're interested in growing your own, we suggest chatting to either Hillside Herbs or Bickleigh-Vale Seedlings to find out which herb will best suit you and your garden.



# PRODUCER PROFILE

## Jill Stone & Michelle Vidau Herbivorous

Jill Stone started Herbivorous in the late 70's, supplying a stall in the Central Markets with herbs she had grown in her backyard.

Moving on from the confines of her small suburban backyard to 12 employees and a property covering 120 acres in Hindmarsh Valley has shown a huge growth for the business.

'Growing 15 varieties of culinary herbs across 120 acres keeps me off the streets,' Jill laughs. 'It really did take over my life.'

Wanting to keep her focus on the growing of the herbs and let the business side of things take a backseat, Jill sold Herbivorous in 2007 to long time employee Michelle Vidau.

'I had worked for Herbivorous for 18 years and wanted to make sure the future of the business was safe. I didn't want to see it sold off and pulled apart.' Michelle explains. 'I love my work so much that I bought it!'

Tending towards the use of biological and organic controls on their property, Herbivorous use minimal sprays. When sprays are used, they are only used as a very last resort, and are never used on the herbs.

Cutting and packing their herbs late each week for the market, Herbivorous also supplies retail outlets and restaurants.

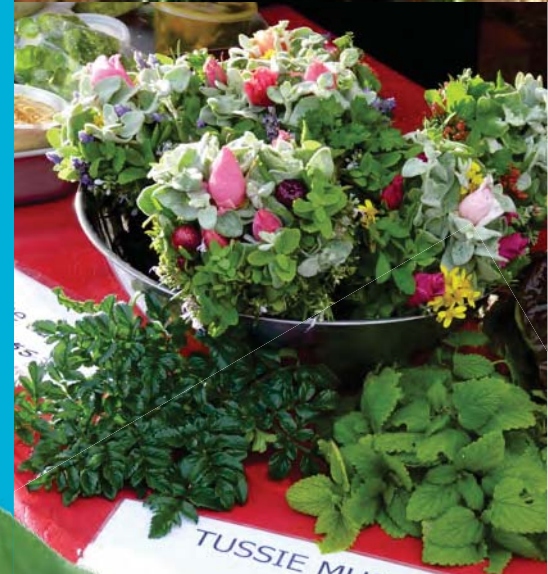
'Because we cut everything specially for the market, customer requests are always welcome.' Michelle says. 'We have supplied tussie mussies for several weddings since Christmas time.'

Tussie mussies are unique to Herbivorous at the market. The colourful and fragrant posies originated in Victorian England, where people used to walk around holding them under their nose to mask the unsavoury odours common on Victorian Streets.

'The beautiful thing about the tussie mussies is that we can make them to request. They are adaptable to our customers needs including the colour and size.'

While Jill and Michelle each have their favourite herbs, they both love the wonderful aroma of lemon verbena.

Jill is now also supplying small amounts of plantation fire wood, grown on her property at Hindmarsh Valley. They are located between Piccolo Espresso and Spice Girlz every Saturday.



# Lemon & Fresh Herb Risotto with Coorong Wild Seafood Hot Smoked Mullet

**This dish is both rich and warming, while still remaining fresh and uplifting. The perfect antidote for breaking through those dark, cold winter nights.**

**Serves 4**

## **Ingredients**

- 1 pack Coorong Wild Seafood natural hot smoked mullet, skin discarded and flesh shredded
- 2 cups Arborio rice
- 1 small tub Woodside Cheese Wrights goats curd
- 1 cup grated cheese (I recommend Alexandrina Cheese Co romano cheese)
- 2 cups flat green beans, sliced into small pieces
- 2 spring onions, finely sliced
- 1 large bunch Italian (flat leaf) parsley, roughly chopped
- 1.5 litres chicken stock, warmed
- 1 cup white wine
- 1 medium brown onion, finely chopped
- 3 cloves garlic, finely chopped or minced
- zest of 2 lemons
- juice of 1 lemon
- salt and pepper, to taste
- olive oil
- 1 tsp butter

## cooking with **WINE**

I like to use Pinot Grigio for this risotto, but whatever one you choose make sure that it's good quality.

Never use any wine for cooking that you wouldn't drink for pleasure!



## **Method**

1. Over a medium heat melt the butter, then add a good glug of olive oil in a large, high sided pan. Add the chopped onion and sweat until it turns translucent.
2. Add the rice and stir until each grain is thoroughly coated.
3. When the rice turns slightly clear add the wine and stir continuously until all the liquid has been absorbed.
4. Now add one cup of stock and stir continuously until all stock has been absorbed. Continue this process until almost all stock has been used.
5. Add the garlic, lemon zest and juice, beans, shredded fish and salt and pepper. Continue to cook for another 5 minutes, adding more stock if the risotto gets too thick.
6. At the very end of the cooking time, stir through both cheeses, the spring onions and the parsley. The risotto should then be quite creamy, but not gluggy. If the risotto is gluggy add more stock.
7. Serve immediately