



## ***DIGEST***

### **The Adelaide Showground Farmers Market Members' Newsletter May 2007**

Hello! Welcome to our May edition of Digest. We welcome the continuing rain and whilst we miss the sunshine the much needed rainfall is to be celebrated, so keep up those rain dances!

We have quite a bit of news and information for you this month much of which affects our members directly.

#### **1000<sup>th</sup> Member Celebration:**

**Yes we are almost there! We will let you know when and where the celebration will be! Thank you everyone for supporting our membership scheme. Our membership is very important to us and underpins the sustainability of the Market!**

#### **Winter Site Move:**

The Market will be moving on June the 17<sup>th</sup> to the Leader Pavilion and adjoining car park. We have been offered the Pavilion until the Royal Show to provide cover for the stallholders who usually reside on the lawn and under the wash down area. Our bulk producers will be set up on the car park in front of the Pavilion and will be visible from Leader Street. To assist members and customers a map of the area showing stallholder whereabouts will be posted on the website prior to the 17<sup>th</sup> June and maps will be distributed on the day of the move at the entrances to the Market.

The move will also protect the grass during its dormant period over winter and we plan to be back again after the Show.

Parking from June the 17<sup>th</sup> will be available in what is now the bulk producers' area and as usual when needed within the Showgrounds. All areas will be clearly signed so look out for the changes when you arrive. Parking staff will also assist.

We hope this change will assist you in times of wet and cold weather over the next few months.

#### **New Masterclass Series Launched:**

This Sunday's Masterclass *Fresh from the Press* with Zannie Flanagan, is the last in our current series. It will highlight the new season's oils and demonstrate how best to use them. Prepare to clear your pantry of oils after discovering the pleasures of oil *Fresh from the Press*! Tickets will be available from the Info Trailer next Sunday, but ring the office to book your place on 08 82318155 or email [admin@asfm.org.au](mailto:admin@asfm.org.au). Cost is \$11 for Members and \$12 for non-members.

**Our next series starts on 24<sup>th</sup> June and we have some real surprises in store. See complete program below and mark the ones of interest in your diary.**

### **Adelaide Showground Farmers Market Masterclass Program June - November**

**When:** Last Sunday of every month

**Time:** 10.00am

**Where:** Demonstration Kitchen

**Tickets: Available for pickup or sale on the day at the Information Trailer**  
**Bookings: Via email [admin@asfm.org.au](mailto:admin@asfm.org.au) Book early to secure your place!**  
**Ph: 82318155 or 0415162037**

**24<sup>th</sup> June 10am**                      ***Simply Chocolate* with Brendan Somerville**

As quality controller for Haigh's, (how did he get that job!) Brendan is highly qualified to take us through the history, use and processes of making chocolate. This will be an informative and practical session where you will learn the secrets of making chocolate at home with the knowledge of professional technique. And of course there'll be plenty of chocolate to taste and sample!

**29<sup>th</sup> July 10am**                      ***One Pot the Lot* with Chef Andrew Kuhl**

Chef and caterer Andrew Kuhl will demonstrate how easy it is to cook your family meal before you leave for work! Stock pot cooking and casseroles using beans and pulses are the ideal way to prepare nutritious and delicious meals that have flavour and winter appeal that the whole family will tuck into with gusto. This class is a must for busy Mums and Dads.

**26<sup>th</sup> August 10am**                      ***Slow and Easy* with Chef Genevieve Harris**

The secrets of braising are being lost in today's busy world. Long, slow cooking, using those cheaper cuts of meat that take time to release their flavour, will be the subject of Genevieve's Masterclass. If you've ever wanted to know how to cook like your grandmother use to now's your chance.

**30<sup>th</sup> September 10am**    ***Secrets of Stocks and Soups* with Aaron Roussos**

All chefs will tell you the secret to their kitchen is in the stocks. Stocks form the basis of sauces, soups and poaching dishes and are crucial to flavour development in most dishes. Learn how to prepare, use and store stocks, and how to make delicious and simple soups like that old favourite Chicken Noodle!

**28<sup>th</sup> October 10am**                      ***Cooking for Christmas* with Simon Camp**

Its time to think about Christmas mince pies, cakes and puddings before we run out of time! Learn the secrets of making Christmas mince and how to make a Christmas cake and a traditional pud like mother used to make, full of mature rich fruit flavour and laced with brandy!

**25<sup>th</sup> November 10am**                      ***Pasta Fresh and Simple* with Tony Zilio**

Join Master Pasta-maker Tony Zilio and learn how to make the most delicious pasta in your own kitchen. If you've never tasted fresh pasta, now is your chance to taste the difference and really get some use out of that pasta machine you bought years ago! Tony will demonstrate how to combine simple, fresh ingredients to compliment his pasta. Nutritious, delicious meals for the whole family to prepare.

**Market Highlights Coming Up:**

**May 27<sup>th</sup>**

Pick up a brochure for *Body, Mind and Psychic* Exhibition on June 3<sup>rd</sup>.

*Sing Australia* the Glenelg Choir will be performing at the Market.

*Fresh from the Press* Masterclass with Zannie Flanagan 10.30am Demo Kitchen

New Stall for this week Only: Urrbrae High School with their own Pickled Olives and Oil.

Fox Creek Wines will be at the Market for the first time sharing with Mt Compass Venison.

**June 3<sup>rd</sup>**

**First Sunday of Every Month: Demo Kitchen Ethical Eating Series with Amanda Daniel**

Amanda Daniel will be presenting the first in her new monthly Kitchen Sessions. Amanda's special interest is Ethical Eating and on the first Sunday of each month she will prepare and present menus that reflect how to make ethical and healthy food choices. Nutrition will be a big focus of Amanda's special sessions. Admission will be free.

**Eco Living Expo**

Our Market Manager, Pia Vogrin will be wearing her exhibition hat this week to present at the Showground the 3<sup>rd</sup> Eco Living Festival. Join her and her exhibitors to learn about new products and services that will ensure your eco footprint is as small as it can be!

Adelaide's leading lifestyle expo for Sustainable Living. 3 stages featuring guest speakers, demonstrations, a fashion parade plus for kids 3 daily shows by the Amazing Drumming Monkeys.

**For more information visit: [www.ecolivingexpo.com.au](http://www.ecolivingexpo.com.au)**

**Entry Fee: \$10 Adults, \$8 Concession, children under 16 free**

**Body, Mind and Psychic**

Also on at the Showground this week is the Body Mind and Psychic Expo. Health, lifestyle, natural remedies, tarot, astrology etc. [www.body-mind-pschic.com.au](http://www.body-mind-pschic.com.au)

Entry Fee: \$12, \$10 Concession, Children Under 12 free

NB: Walk through from the back of the Market to visit these exhibitions. Fun for all the family!

Remember to get your card scanned each week to go into the prize draw and to wear your card to receive your discount!

**Market Survey**

Thank you to all those members who took the time to fill out the Waite Institute's customer survey. The Master's students who developed the survey were very appreciative of everyone's support. We also would like to express our thanks as the information you have provided will assist us in with our Market development in the future, and help us to provide for you an even better service. Results of the survey will be published on the website when the report is finalised. Information provided in the survey is of course confidential and non identifying. Also many thanks from Professor Randy Stringer who supervised the survey.

**Market Volunteers – *Your Market needs you!***

You may have seen our latest volunteer Paul who has been manning the gate for us each week handing out newsletters and info sheets. Paul used to turn up to the Market at 7.30 am and read the paper outside the gate so we talked him into becoming a volunteer. Also thanks to Ann Duncan who assists in the Info Trailer and is the beautiful young assistant in the Demo Kitchen every second Sunday.

If you would like to be more involved with your market please let us know! We can always find a job for you.

See Julie at the Info Trailer.

**New Generation of Market stallholders in the Pipeline!**

New Babies due at the Market in the next few months! Is it in the veges?  
Congratulations to Serena at Vigaras, Meri at the Tsmikilis veg stall close to Goodwood Rd,  
Deborah at Warrakilla, Anne from Going Native, and Marykea at Flour Power. You may also  
have seen the new baby at Friebes Honey – welcome baby Zac.

**That's it for now, see you at the Market!**