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Digest

Adelaide Showground Farmers Market Newsletter Issue 27 September/October 2008

Well I don't know about you but my fridge is empty and I can't wait for Sunday to stock up again from the Market. Yes, the Show is over for another year and we are planning our 2nd birthday. Hard to believe it was only 2 years ago that we opened for the first time! A lot has been happening behind the scenes over the last couple of weeks – we have been selected as a finalist in this year's Premier's Food Awards; our DVD entitled, **The Making of a Sustainable Farmers' Market**, has been completed and will be launched on our birthday, and the really great news is that it looks as though we'll have fresh fish from Port Lincoln at the Market from the middle of October!

We also have a fabulous new Demo Kitchen generously donated by ETSA and Electrolux which we plan to put to good use in the coming months! One of our first special guests will be Liz Harfull whose book **The Blue Ribbon Cookbook**, tells the stories of Country Show cooking in South Australia. Liz and one of her country cooks will be cooking up a storm on **October the 19th at 10.30am!** There will be copies of her book on sale which Liz will be happy to sign. This is a special opportunity to own a real piece of South Australian culinary history! We also have a special guest on October 26th. **Nico Moretti** author of **Food for Friends** and founder of Cooking Passions Cooking School will be at the Market for a special cooking session.

We will be **outside for the 21st and 28th September** markets to help air the shed properly and back to a full market on **October the 5th** for our birthday. Please join us, together with Simon Bryant for a piece of birthday cake, and to watch **The Making of a Sustainable Farmers Market** which will be played on the day. Copies will be available on the day to members at the special price of \$10.

In the meantime we look forward to seeing you all again this Sunday.

Important Dates:

21st & 28th September
5th October

Outside Markets

2nd Birthday Celebrations and reopening of the Leader Street Pavilion.

ASFM Inc AGM:

Due to a constitutional requirement to hold an AGM within 18 months of start of trade, it was necessary to have our first AGM earlier this year at which our new committee members were elected. However, we are also required to hold an AGM at the end of each financial year. Therefore for this year only we will be having 2 AGMs! The date the committee has set for the AGM is **Wednesday 22nd October**. The committee elected earlier this year, will all be standing again so we do not actually need new nominees. However, if you do want to nominate, you are free to do so and nominations must be received on or before 15th October. Nominations must be submitted and signed by a financial member of the ASFM Inc, signed by the nominee and emailed to admin@asfm.org.au or faxed to 8231 8518. Nomination forms are available from the website asfm.org.au/member_info.html

Staff Changes: Julie Walker, from the Info Tent, who started with us right at the beginning, has decided to become a shopper instead of working at the Market! We would like to thank her for her dedication to the cause over the past two years. We will miss her! Sarah, who was our café manager, is coming back after having her baby, to take up Julie's position in the Info Tent and to act as assistant Market Manager when Erica is on leave.

Plastic Bag Free: When we return after the Royal Show we will be plastic bag free! To assist customers and stallholders with this transition we now have string bags available at \$2 each. These will help to separate apples from potatoes and will be easy and light to carry in a pocket or purse. They are available from stallholders and from the info tent. Please bring your own bags and trolleys to assist this important initiative.

Willunga Farmers Market says thankyou to our members who shopped at Willunga during the Royal Show.

Invitation to visit The Food Forest down on the farm!

Many of you have asked whether you would be able to visit some of the farms and businesses that produce the beautiful food that you buy each week at the Market.

The Food Forest, one of our original stalls, invites you to its Open Day on Sunday September 21 from 2-5 pm. Bring your member's card for a 10% discount.

The farm walk will start with a brief introduction to Permaculture, the design system for sustainability and healthy food production. Then there will be a walk inspecting re-vegetation work along the Gawler River and visiting the vegetable gardens and poultry. Then to the sanctuary, where native vegetation adds to the diversity amongst fig, apple, pear, carob and pistachio orchards. There will also be a chance to look at the passive solar, energy efficient buildings, solar hot water and photovoltaic systems, rainwater catchment, compost toilet and reedbed systems.

Cost: \$10.00 adults (less 10% discount for ASFM members), children free. No pets. Tea, coffee available. Tastings and sales of organic produce will also be available. No need to book.

Further details: www.foodforest.com.au

What's Hot in September and October?

There are some new stalls joining us this month including some beautiful handmade chocolates, seafood, nuts and nut oils, and native flowers. Keep your eye on the webpage to find out more!

Bush Tucker is now making some fantastic sorbets with unique Australian flavours.

Kainga Park has chicken, but be quick because it goes fast! They will be back on the 12th and 26th of October

Food Forest will be in on the 28th of September, the 12th and 26th of October

Rugosa Paddocks Goat Meat will be in on the 5th and 19th of October

Chomp is here on the 21st and 28th of September, as well as the 5th, 12th and 26th of October

Pendleton Estate will be back on the 28th of September and the 26th of October

HQ cuisine will be here on the 28th of September and the 19th of October

October in the Demo Kitchen

5th October Simon Bryant and the Kids' Club

12th October Thermomix present Strawberry Sorbet; banana, orange and apple Juice, red lentil casserole and a tasty dip

Launch of Sumptuous Magazine

19th October Grant Schooling from the Gilbert Street Hotel

Liz Harfull cooks from The Blue Ribbon Cookbook

26th October **9.30am** Nico Moretti presents 'Food for Friends' with Thermomix

10.30am Hilton Hotel's Dennis Leslie cooks with Barossa and Clare produce

kids' club

Register and sign in with Kate at the Demo Kitchen 9.30-10am

Life.Be in it. Now every week on the beef cattle lawn behind the Market!

21st September Mr Wiggles – Andrew the Modern Gardener shows you all about worm farming!

28th September Milking the Jersey with Fleurieu Milk – a real hands-on experience!

5th October ASFM 2nd Birthday celebrations- cooking with Kate and Simon Bryant!

12th October *culinary magic* – Fun with Food and Science with Belinda Barr.

19th October Cooking with Kate.

26th October Dennis Leslie from the Hilton.

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