



**Keeping it Hot**  
**Annual ASFM**  
**Chilli Festival**  
**March 1<sup>st</sup> 2009**

# Digest

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## Adelaide Showground Farmers Market Newsletter Issue 30 February 2009

**Special Adelaide Film Festival Offer for ASFM members!!!**  
**The first 5 people who email [info@adelaidefilmfestival.org](mailto:info@adelaidefilmfestival.org) with the subject header 'Adelaide Showground Farmers Market' will receive a free mini-pass to the festival. More information on the films and booking tickets can be found at [www.adelaidefilmfestival.org](http://www.adelaidefilmfestival.org)**

### HAPPY NEW YEAR TO EVERYONE

The *Obamarama Show* has to have been the most exciting TV news coverage in a long time. So, in light of the hope and the hoopla, I thought I would share with you part of an open letter sent to President Obama just before the US election, by Michael Pollan, the renowned US writer on food and agriculture. The letter was published in the *New York Times* magazine on October 12<sup>th</sup> 2008. In part it read...

"National security also argues for preserving every acre of farmland we can and then making it available to new farmers. We simply will not be able to depend on distant sources of food, and therefore need to preserve every acre of good farmland within a day's drive of our cities. In the same way that when we came to recognize the supreme ecological value of wetlands we erected high bars to their development, we need to recognize the value of farmland to our national security and require real-estate developers to do "food-system impact statements" before development begins. We should also create tax and zoning incentives for developers to incorporate farmland (as they now do "open space") in their subdivision plans; all those subdivisions now ringing golf courses could someday have diversified farms at their centre. "

Obama's response as reported in an interview was....

"I was just reading an article in the *New York Times* by Michael Pollan about food and the fact that our entire agricultural system is built on cheap oil. As a consequence, our agriculture sector actually is contributing more greenhouse gases than our transportation sector. And in the mean time, it's creating monocultures that are vulnerable to national security threats, are now vulnerable to sky-high food prices or crashes in food prices, huge swings in commodity prices, and are partly responsible for the explosion in our healthcare costs because they're contributing to type 2 diabetes, stroke and heart disease, obesity, all the things that are driving our huge explosion in healthcare costs."

Personally, I can't wait for the White House lawn to be dug up and planted out as a food garden! Click here to see what it would look like [White House front garden](#)

This year we are planning a number of forums to be held at the market based loosely around the politics of food, and we would like you to join us in a community debate about issues such as GE and importantly the politics of water. We will update you on the program as soon as it is finalised. Feel free to email us with any ideas and areas of expertise you may have that could contribute to the program. We look forward to hearing from you with your ideas.

### WHAT'S HOT THIS MONTH

More summer fruit is arriving with melons in season now. This month we are welcoming a new stallholder Liberty Dellow with a selection of prepared salads as well as dips. Her stall is called Bubble 'n' Squeak and she will be in site 14 from Sunday the 22nd. The Blok Estate returns in Site 37, and Aussea are back from the 1<sup>st</sup> of February. **Ashbourne Valley** are back again with their early season apples just in time for the school lunch box! And while you're there you must try their tiny new Paradise Pears – they the size of crab apples! Crisp and full of flavour the kids will love them and they are perfect for serving with cheese. **Aussea** are also back with their seafood! Try their smoked tuna, great for salads in this hot weather! **Waechter's** are back on the 1<sup>st</sup> of Feb with their poultry! **Cooinda Proprietors** have some sensational Hunter Apricots in season that taste delicious! Limestone Coast Cheese will return this month – congratulations on your new baby Matt and Sandra!

Along with our usual guests we have a few special events and some great prizes coming up in the next few months.

**Diana Bickford** of **Bickleigh Vale Farm** is joining the Kid's for their monthly session in the Garden from this month – we are very excited to have Diana on board!

We will be having a special **garlic** presentation on February 1<sup>st</sup> with Pat from **Patlin's Garden** and **Amanda Daniel** on the health benefits and how to grow garlic. Amanda will also show us how to cook with this amazing ingredient. On February 15<sup>th</sup> our Kids' Club patron **Simon Bryant** will again be our guest for a special Kids' Club presentation in the Demo Kitchen. **Belinda Barr** will be presenting the very popular Culinary Magic Science segment on the 22<sup>nd</sup> February and expect to be hot and bothered when we present our annual **Chilli Festival** on 1<sup>st</sup> March. We will again have our Market Chilli Trail, some hot and spicy flamenco and **Joel**

**Adams** from **Chile Mojo** in Norwood will be in the kitchen spicing things up with some very special recipes. The **Hilton** have offered our members a fabulous prize of a special **family mini break** Hilton Hotel package so make sure you scan in on the 22<sup>nd</sup> February.

#### THIS MONTH'S PROGRAM OF EVENTS

##### 1<sup>ST</sup> FEBRUARY

**Member's Prize** A Basket of goodies prepared by Thermomix AND a free Thermomix home demonstration.

##### Demo Kitchen:

**10.00 am** Garlic with Patlin's Garden and cooking with garlic with Amanda Daniel.

**10.00 am** Kids' Club Edible Garden with Diana Bickford, Bickleigh Vale Farm

We all know Diana at the market! Come and join our garden guru in the vegie patch and get the low down on what's good to plant now. Discover how to create your own snacking garden at home.

##### 8<sup>th</sup> FEBRUARY

**Member's Prize:** Gift Basket with Range of Fioraia Fruit Juice Cordials

##### Demo Kitchen:

**10.00 am** Thermomix

**10.00 am** Kids' Club Cooking with Kate

##### 15<sup>th</sup> FEBRUARY

**Member's Prize:** 3 kilos of Apples from Ashbourne Valley Orchards

##### Demo Kitchen:

**9.00 am** Grant Schooling from Gilbert Street Hotel

**10.00 am** Kids' Club with Simon Bryant our Kids' Club Patron

##### 22<sup>nd</sup> FEBRUARY

**Member's Prize:** Family mini break package at the Hilton International Hotel

##### Demo Kitchen:

**10.00 am** The Hilton International – The Hilton's Young Guns

**11.00 am** Tanya Agius from the very popular *Let them eat...yum yum stall.*

**10.00 am** Kids' Club Culinary Magic with Belinda Barr

**1<sup>st</sup> MARCH 2009** KEEPING IT HOT CHILLI FESTIVAL Put this one in your diary!

#### WHO'S IN THIS MONTH:

**Fat Goose Fruits** 1<sup>st</sup> and 15<sup>th</sup> February

**The Food Forest** 1<sup>st</sup> and 15<sup>th</sup> February

**Rugosa** 1<sup>st</sup> and 15<sup>th</sup> February

**Pendleton Estate** 22<sup>nd</sup> February

**Aussea** Now back each week

#### WOMAD 2009

Members who would like to take advantage of reduced ticket price for a 3 day **WOMAD** pass please email [admin@asfm.org.au](mailto:admin@asfm.org.au) by 8<sup>th</sup> February and payment will be required by 15<sup>th</sup> February at the latest.

#### LOST - BERNIE THE BEAR

Bernie was lost on Sunday 18<sup>th</sup> January. He might be having fun but his loss is causing some trauma to his young owner. If found please hand in to Info Tent.

#### WEB INSIGHTS

[Sustainable Urban Growth](#) Conference sponsored by SA Gov and Property Council seems heavily weighted towards development industry but some interesting speakers.

If you can't afford the registration Professor Peter Hall is speaking for free at this public lecture on March 11<sup>th</sup>

[Sir Peter Hall's free talk](#)

[www.truefood.org.au](http://www.truefood.org.au) A new networking site with up to date info on the GE debate and includes a list of non GE ingredient brands.

[ABC Four Corners "The Price We Pay"](#)

Watch the full version of Stephen Long's report **on the supermarket duopoly** first broadcast 1 Sept, 2008.

**MEMBERSHIP RENEWALS** for 2009 are in full swing. ASFM staff have been doing a great job but they have been really swamped with new and renewing membership applications. Thankyou for your patience. Meanwhile we have an exciting start to the New Year and plans to add plenty of spice and value to your weekly shopping expeditions at the ASFM in 2009. Stay cool!

**To renew you membership, please complete and return the slip below, with your payment.**



#### 09 Member Renewal - \$60

First Name:..... Surname:.....

2008 member number.....

2009 member number..... (office use only)

Payment method: Cash / Credit / Cheque(office use only)

Date Paid: ...../.... /09