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

# Digest

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## Adelaide Showground Farmers Market Newsletter Issue 31 March 2009

### Welcome to all our new 2009 members!

During the ten days following the aftermath of the bush fires, it was amazing to watch the continuous line of cars arriving at the Showground, loaded with generous donations for the survivors. Almost every day a semi trailer or two, filled with every imaginable item, left the Showground for fire devastated Victoria to be directly unloaded in the stricken areas. We asked the organisers what we could do to help and were told that shovels, rakes, spades, wheelbarrows and other implements were now needed to assist in the cleanup of properties. So we are appealing to our members to check sheds and backyards to see if you have any implements in good working order you would like to donate to the ASFM's Victorian bush fire appeal. We will be storing everything under the wash down area on the western side of the pavilion until pickup on the 8<sup>th</sup> March. The tools and equipment will then be taken into the fire zones to be given directly to those in need. Check at the Site Office for directions to the wash down area and thank you for your support.

### WHAT'S HOT THIS MONTH

#### MARCH 1 KEEPING IT HOT CHILLI FESTIVAL

The **Chilli Fest** on March 1 sends the market temperature soaring! The Chilli Trail will take you from chilli chocolate to chilli and fennel venison sausages and back to chilli almonds!

Pick up a **Chilli Trail Map** from Pablo or the Site Office to taste your way around the Market. At around 9.30am, we will be having a **How High Can You Go! Chilli taste off**. Test your tolerance for chilli by tasting your way up the plates of increasingly hot chilli varieties with Lorraine from Hillside Herbs. Joel Adams from Chilli Mojo in Norwood will be in the Demo Kitchen cooking up a storm with fabulous traditional Mexican recipes. The kids will be learning how to make a natural garlic and chilli garden spray and will end their session with a piñata bash. Studio Flamenco will hot up the Square with a fiery flamenco demonstration during the morning! Click here to download a map of the Chilli Trail.

#### MARCH 15 ADELAIDE LAUNCH OF THE LIMESTONE COAST REAL FOOD TRAIL

Join the food producers of the Limestone Coast as they provide a taste of their new regional food trail at the Market. Susie Chant will be in the kitchen showcasing this region's growing food reputation.

More summer fruit is arriving with melons in season now. This month we are welcoming a new stallholder **Liberty Dellow** with a selection of tapas, mezes as well as dips. Her stall is called **Bubble 'n' Squeak** and she will be in site 2. **The Blok Estate** wine producer returns in Site 37. **Ashbourne Valley** are back again too with their early season apples just in time for the school lunch box! Popular **Kalangadoo Organic Apples** are also back this month travelling up weekly from the Limestone Coast. **Aussea** have returned. Try their smoked tuna, great for salads in this hot weather, or try their squid with some salt and pepper squid mix and dipping sauces from **Passionate Foodie**. **Waechter's** are back from March 8 with their free range ducks and whole chickens and Amanda Daniel will be using one of Waechter's ducks in her kitchen session on March 8. **Bushmin's** have a few new products including pork and lamb salami, Spanish chorizo, heritage ham and bacon with no sulphates, as well as saltbush lamb. **Fat Goose Fruits** will have new season limes by the middle of March.

Tony from **Espresso Coffee**, who provides coffee at the Market from his two mobile carts, will be moving his trailer cart (usually parked at the entrance of the Market), to the wash down area during March. This will mean that his two carts will be very close to each other and very close to the only permanent outside shade available on the site. We hope this move will not only provide patrons with a cooler setting to enjoy their coffee, but that it will also alleviate the waiting time for that first caffeine hit of the day! **Kuhl Kooking** will remain on the eastern side of the market serving their fabulous breakfasts and more umbrellas will be arriving soon!

### WEB INSIGHTS

[Michael Pollan fixes dinner](#)

This article is posted on the Post Carbon Institute Energy Bulletin website. Worth a look to see the links between the food chain and climate change.

[Eat the View](#)

Animated history of edible gardens at the White House and another on turning your backyard into an edible garden.

[No Farms No Food](#) 7 Ways to Save Farms and Food

**THIS MONTH'S PROGRAM OF EVENTS**

**1 MARCH**

**Member's Prize:** Chilli Bush donated by Hilside Herbs

**Demo Kitchen:**

**10.00 am** Joel Adams from Chilli Mojo demonstrating *quesadillas*, a simple snack with corn tortillas (made fresh as part of the demo) and fresh salsas.

**Kids' Club:**

**10.00 am** It's the first day of Autumn! Time to get your veggie patch ready for winter edible Garden with Diana Bickford, Bickleigh Vale Farm.

Make a natural chilli and garlic spray to control your vegetable eating insects.

**8 MARCH**

**Member's Prize:** Voucher from Waechter's Dux

**Demo Kitchen:**

**10.00 am** Thermomix Demo

**10.30 am** Amanda Daniel cooks duck!

**Kids' Club:**

**10.00 am** Belinda Barr, our favourite whacky scientist, takes us on another journey into the kitchen laboratory. If you have any spare corks please bring them along to the session.

Life. Be in it! On the beef cattle lawn behind the Market.

**15 MARCH**

**Demo Kitchen:**

**10.00 am** Virgara's cooking beans and pasta

**11.00 am** Suzie Chant from the Limestone Coast *Divine Café*

**Kids' Club:**

**10.00 am** Cooking with Kate

Life. Be in it! On the beef cattle lawn behind the Market.

**22 MARCH**

**Demo Kitchen:**

**10.00 and 11.00 am** Appetite for Success Chefs show us their demonstrating abilities

**Kids' Club:**

**10.00 am** Cooking with Kate

Life. Be in it! On the beef cattle lawn behind the Market.

**29 MARCH**

**Demo Kitchen:**

**9.00 am** Grant Schooling from the Gilbert St Hotel

**10.00 am** The Hilton International Master Class

**Kids' Club:**

**10.00 am** Cooking with Kate

Life. Be in it! On the beef cattle lawn behind the Market.

**WHO'S IN THIS MONTH:**

<b>Fat Goose Fruits</b>	<b>8 and 22 March</b>
<b>The Food Forest</b>	<b>1 and 15 March</b>
<b>Rugosa</b>	<b>1 and 15 March</b>
<b>Ausea</b>	<b>Now back each week</b>
<b>Kalangadoo</b>	<b>Back from 1 March</b>
<b>Wilke Estate</b>	<b>8 and 22 March</b>
<b>Bubble 'n' Squeak</b>	<b>1 and 15 March</b>
<b>Waechter's Dux</b>	<b>8 and 22 March</b>

**MEMBERSHIP RENEWALS** for 2009 are in full swing. Please make sure to renew if you would like to take advantage of the ASFM 10% discount at all stalls. Stallholders are not obliged to give discount unless you present your 09 membership card. Thankyou to all our members who have renewed for the 2009 season. We look forward to seeing you and your families at the Market each week and to bringing you some of the best produce SA has to offer.

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

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**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