



Digest

Adelaide Showground Farmers Market Newsletter Issue 32 April 2009

The autumn harvest is now in full swing with apples, pears, quinces, almonds, pistachios and olives being harvested throughout the regions of SA. This bounty of produce reflects the year long hard work of producers and their families, many of whom have been battling reduced water allocations and the effects of drought. Our stallholders often comment that the Market has been the incentive for them to keep going, despite the tough climatic and economic times and in many cases your continuing support is crucial to our producers remaining on the their land.

Our seed and seedling providers report that there has been renewed interest in home vegetable gardens too, now that many gardens and lawns are being replaced with small vegetable plots watered from harvested rainwater and recycled home water.

You may remember the link we provided to the Eat the View White House garden project some months ago. This successful campaign has led to the White House lawns being dug up in preparation for a large kitchen garden. The enthusiastic gardeners include Michelle O'Bama and the children from her daughters' school, White House chefs and gardeners. This simple but hugely symbolic action sends a clear signal worldwide of the benefits of local, fresh and seasonal food consumption. [Michelle O'Bama starts digging](#)

We would like to welcome **SA Composters** as one of our new sponsors. They will be launching their **Veggie Garden Starter Kits** on April 5 in the hospitality area. Come along and watch Matt and Julian demonstrate how to make and water your own intensive veggie garden using a simple grid system. They will also have 10% discount vouchers for ASFM members, redeemable when you purchase SA Composters' mulch and compost products.

On April 19 there will be a promotion for the **Copper Coast's Cornish Festival**. Tourism students will be running the promotion for the festival and we'll be demonstrating how to make real Cornish Pasties in the Demo Kitchen.

Easter and ANZAC Day are the focus for the Market this month. The Kids' Club will be celebrating with an Easter egg hunt and an egg decorating competition on April 12 and will be making ANZAC biscuits on April 26. The Market offers many special treats for these holiday periods. Try roast duck, venison or pork with quinces and star anise for the Easter table. We of course will be open over the Easter weekend and invite you to share some of your holiday with us on Easter Sunday. We wish you and your families a very happy and delicious Easter break and we hope you also get to spend some time in the garden working on those home vegetable plots!

WHAT'S HOT THIS MONTH

New product lines from **Passionate Foodie** – red wine jus and some great soups.

New product lines from **Bubble'n Squeak** – baked beans, Chinese dumplings, soups and stews.

Try **Semaphore Pantry's** new ready to go take home meals. At last we have high quality heat and serve delicious meals great for those busy households. Try their great curries!

Mountain Fresh Juices are again making their Apple and Lemon juice, back by popular demand.

Ruby Spoon rhubarb is now available, great for rhubarb cake recipes. This [Rhubarb Cake Recipe](#) is an absolute winner and can be heated to serve as a really delicious dessert as well.

Sweet corn is sweet and ripe for the picking and plentiful from our growers right now. Try stripping the corn off the cobs and making sweet corn fritters with added fresh chilli and serving them with the **Spice Girlz** Moroccan Jam or their Hakuna Matata. And try **Kuhl Kookings'** new corn fritters at the breakfast stall.

The Food Forest will be here at Easter and on April 26 with new season sweet corn, as well as kale and pomegranates.

WEB INSIGHTS

[White House Garden Project](#) See the new garden at the White House.

[no farms no food](#) American Farmland Trust website.

JOB OPPORTUNITIES

Our original breakfast stall operators The Food Business, have just taken over the Bistro at the Festival Centre

and are currently recruiting staff for their exciting new venture. Contact Cindy on 0418 727 886.

THIS MONTH'S PROGRAM OF EVENTS

5 APRIL

Member's Prize: SA Composters' Veggie Garden Starters' Kit

Demo Kitchen:

10.00 am Amanda Daniel Special Easter produce ideas

11.00 am Matt and Julian from SA Composters – How to use the Home Garden Veggie Starter Kit

Kids' Club:

10.00 am Veggie Starter Kit Garden with Diana Bickford, with Bickleigh Vale Farm seedlings and SA Composters.
Life. Be in it! On the beef cattle lawn behind the Market.

12 APRIL

Members' Prize: An Easter Chocolate gift pack from Chocolatier.

Demo Kitchen:

10.00 am Thermomix Demo

10.30 am Steven ter Horst from The Chocolatier demonstrates how to make it a real chocolate Easter!

Kids' Club:

10.00 am Easter fun with Kate. Join in the Easter egg hunt and Easter egg decorating competition
Winner of the best egg will receive 2 tickets to Windmill's latest production "Plop".
Life. Be in it! On the beef cattle lawn behind the Market.

19 APRIL

Members' Prize: A beautiful French apron courtesy of Haighs' Chocolate

Demo Kitchen:

10.00 am Grant Schooling from the Gilbert Street Hotel

11.00 am Andrew Kuhl from Kuhl Kooking demonstrates how to make real Cornish pasties.

Kids' Club:

10.00 am Cooking with Kate: Kate shows the kids how to make their own Pasties!
Life. Be in it! On the beef cattle lawn behind the Market.

26 APRIL

Members' Prize: Copy of "Guide to Farmers' Markets Australia and New Zealand"
Special Prize: 2 tickets to Windmill Theatre's production of "Plop"

Demo Kitchen:

10.00 am Cooking with Hilton International Chefs

11.00 am Chef David Matthews from the Semaphore Pantry

Kids' Club:

10.00 am Cooking with Kate: Making ANZAC biscuits
Life. Be in it! On the beef cattle lawn behind the Market.

WHO'S IN THIS MONTH:

- Fat Goose Fruits** 5 and 19 April
- Sweetarts back from** 5 April
- The Food Forest** 12 and 26 April
- Rugosa** 5 and 19 April
- Wilke Estate** 12 and 26 April
- Bubble 'n' Squeak** 5 and 19 April
- Waechter's Dux** 26 April
- Bliss returns in** May
- Aussea** 5 and 19 April

MEMBERSHIP RENEWALS: Please renew your membership if you would like to continue 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** and it would help you and the stallholders if you could wear your card with the colour showing. Thankyou to all our members who have renewed for the 2009 season; we have already had a record member recruitment year. 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 and don't forget to let us know how we can improve our service. We also like to hear which stalls give great service, so that we can let them know the good news! We rely on your feedback as one of our mechanisms for making your shopping experience at the ASFM the very best it can be.

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

09 Member Renewals from 5 April - \$55

First Name:..... Surname:.....
 2008 member number.....
 2009 member number..... (office use only)
 Payment method: Cash / Credit / Cheque(office use only) Date Paid:/..... /09