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Digest

Adelaide Showground Farmers Market Newsletter Issue 33 May 2009

Last week's long awaited rain has been good news for farmers and gardeners everywhere and a great start to the beginning of the winter planting season. Last month, we set up our latest garden venture with the generous sponsorship of Julian and Matt from SA Composters and Diana Bickford from Bickleigh Vale Farm. They have planted out two intensive, one square metre garden plots using recycled plastic sleepers as support walls around the edge of pallets. It uses a simple grid system for planting and watering and of course SA Composters' soil and mulch products. We hope that for those of you who have limited time and space, this garden will inspire you to grow your own. Contact Matt and Julian if you need some help, or they can do it all for you. SA Composters have also set up a display of their garden products against the pavilion wall in the western hospitality area. All ASFM members are now entitled to a **10% discount** on bulk orders on presentation of your ASFM membership card number. Broad beans, cauliflowers, cabbages, beets, carrots and spinach can all be planted right now while the soil is soft and wet. See Geoff at Gooseberry Hill for your seeds and Diana and Jen at Bickleigh Vale Farm for your organic seedlings. Hillside Herbs also has a great selection of seedlings and herbs. Happy gardening!

In tough economic times it's always a good idea to try to save some money and if you can save energy at the same time, so much the better. On May 24, **Sophie Piron** will be at the market to give a presentation on how to conduct a **Home Energy Audit** and the **EPA** is sponsoring **Healthy Waters**, a program designed to encourage community participation in protecting our creeks and waterways. Come along and share your views with the experts!

It's almost **Cabaret Festival** time again. The **Festival** will open with a **Variety Gala** performance at 7.30pm on **Friday 5 June**, under new Artistic Director, Adelaide born David Campell. Winners of our weekly members' prize over the next five weeks will receive **two free tickets** to a variety of Cabaret Festival shows. You can pick up a Cabaret Festival program at the info tent or check for program details by clicking here [Adelaide Cabaret Festival](#). Make sure you scan in on Sunday to be in the draw to win one of the weekly free ticket offers.

To celebrate **Mothers' Day on Sunday May 10**, we will be serving up a Mothers' Day brunch in the demo kitchen and giving away another Members' Prize, a Banquet Frypan donated by our very generous sponsor **Breville** and valued at \$119, so why not bring Mum along to the Market for Mothers' Day!

WHAT'S HOT THIS MONTH

Semaphore Pantry - for those of you who tried David's cooking in the demo kitchen last week you will want to know that he is now in his permanent site opposite Bushmins in the western aisle. David makes and sells delicious, high quality ready to go meals that are great for the one or two person household.

Winter vegetables are now in good supply at all our vegetable supply stalls.

Spicing it up for winter: Spice Girlz, Matchett Productions and Harding's Fine Foods provide some of the Markets' best pickles, chutneys, sauces, dressings and condiments. Vicki Matchett will be demonstrating her products in the demo kitchen on May 3 and all products are offered for tasting at their stalls. They are situated next to each other on the eastern side of the market next to **Rosie's Eggs**.

It's nearly citrus season and it will be great to have new season oranges available again soon to help fight against winter colds and flu. **Fat Goose Fruits** should have their new season Leng Navels ready towards the end of the month. Leng Navels are thin skinned oranges with a great flavour.

Jess Mochetti is back from her travels, and her delicious **Bliss Cupcakes** will again be available from her stall in Site 4 from May 3.

Bill and Soula from **Andonopolous** have pomegranates. Use the seeds to garnish a smoked duck or rabbit salad. Pomegranate fruit is rich in a group of polyphenolic compounds shown to be a potent antioxidant with anti-inflammatory activity and might just help to clean up those free radicals in your body! (And they taste delicious!)

WEB INSIGHTS

[Seasonal planting calendar](#) This is a great site to see what to plant for your garden now!

[Via Campesina](#) This is the website of the International Organisation of Peasant Farmers. Very interesting to see that most of their aims are in line with those of the ASFM!

[Farmers' Market latest idea](#) Now here's a good idea and a great website! Thanks for the tip Pia!

THIS MONTH'S PROGRAM OF EVENTS

3 MAY

Member's Prize: 2 Cabaret Festival Tickets to *Duel* Saturday 6 June 8.30pm Dunstan Playhouse.

Demo Kitchen:

10.00 am Amanda Daniel from 2B Ethical presents.

11.00 am Vicki Matchett shows how to make goats' curd pizza with Flour Power pizza dough.

Kids' Club:

10.00 am Edible Garden with Diana Bickford. Planting broad beans and steamed sweetcorn on the cob from our own garden.

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

10 MAY

Members' Prizes: 2 Cabaret Festival Tickets to *Duel* Saturday 6 June 8.30pm Dunstan Playhouse AND a sensational Mothers' Day special prize a Breville Banquet Frypan worth \$119, kindly donated by Breville.

Demo Kitchen:

10.00 am Thermomix Demo.

10.30 am Sonya from Chocoholics, cooks Mother's Day specials!

Kids' Club:

10.00 am Cooking with Kate: Mothers' Day Biscuit Bakeoff.

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

17 MAY

Members' Prize: 2 x Cabaret Festival Tickets to *Decadance* Friday 12 June 7pm Festival Theatre.

Demo Kitchen:

10.00 am Grant Schooling from the Gilbert Street Hotel.

11.00 am Mary Starkey making farmhouse pasties from *Blue Ribbon Cookbook*.

Kids' Club:

10.00 am Cooking with Kate: Matt's wraps with greens from the garden.

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

24 MAY

Members' Prize: 2 x Cabaret Festival Tickets to *Decadance* Friday 12 June 7pm Festival Theatre.

Demo Kitchen:

10.00 am Sophie Piron Presents - "Energy Auditing your home."

11.00 am EPA presents Healthy Waters – an invitation to have your say! *A Caring for Our Country initiative*.

Kids' Club:

10.00 am Cooking with Kate: Roast Carrot Dip with Riviera Bread.

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

31 MAY

Members' Prize: 2 x Cabaret Festival Tickets to *Decadance* Saturday 12 June 7pm Festival Theatre.

Demo Kitchen:

10.00 am The Hilton Boys are back!

11.00 am David Mathews from *The Semaphore Pantry* demonstrates recipes from the pantry.

Kids' Club:

10.00 am Cooking with Kate: Making the longest baguette in Adelaide filled with market produce!

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

WHO'S IN THIS MONTH:

Bliss Cupcakes back from	3 May
The Food Forest	10 and 24 May
Kapunda Chevon	3 and 17 May
Wilke Estate	10 and 24 May
Bubble 'n' Squeak	3 and 17 May
Waechter's Dux	10 and 24 May
Cooinda	3, 17 and 31 May

FLU VIRUS INFO:

We would like to assure our customers that we are monitoring the current situation and have upgraded our stringent health and safety policies in collaboration with the City of Unley Department of Health. Please check our website for weekly updates.

SA PLASTIC BAG LEGISLATION

As many of you already know, plastic carry bags are now banned in SA. Please bring your own bags to the market and don't forget we sell string bags and Market bags for your convenience at the Info Tent.

See you at the Market!