



Digest

Adelaide Showground Farmers Market Newsletter Issue 34 June 2009

Well here we are half way into the year already! It has been a busy year for the Market with record member numbers and attendances, on top of a program packed with special events and activities for all the family. We love to receive your feedback on the market program and if you have any ideas about things you'd like to see at the market please let us know. This month we have some very special activities planned that we know will be very popular. On **June 14** Walford School will be launching a new cookbook, YUMMM! produced by parents (including our own Kids' Club coordinator Kate Sparrow) and children as a fundraiser for the school. This beautiful book has been illustrated by the children from the school and the design and many of the recipes have been donated by local chefs, parents and the children themselves. Be sure to get your member discounted copy at the ASFM and start cooking! (RRP \$30, ASFM member offer \$27).

On **June 21** special guest chef Darren Parker will demonstrate how to prepare **low GI** (glycemic index) recipes with market produce. He will work with the team from the **Juvenile Diabetes Research Foundation** whose representatives will be in the demo kitchen with Darren, to promote awareness and answer questions about healthy lifestyle choices and **Juvenile Diabetes**.

Be warned, on **June 28** our guests are so cute you'll all want to take one of them home! The **Royal Society for the Blind** will bring with them some guide dog puppies in training. Perhaps you'd like to talk to the **Society** about taking a pup home to assist in their training for their very important careers!

Our congratulations to all the Willunga stallholders who contributed to the Willunga Farmers Market winning the **Vogue Produce Award for Best Farmers' Market**. It was presented to Chairperson Jude McBain in Sydney last month. We are bathing in their reflected glory; we are related after all!

Congratulations also go to our stallholders the **Australian Caper Company** (sharing a stall with **Bushmins**) and **Woodside Cheese Wrights** who won produce awards on the night.

At last oranges and oysters are back in season and are available at the market right now! Both are sweet and succulent and are packed with vitamins and minerals to help fight off winter colds and flu and they taste much better than any supplement!

We would like to thank the **Adelaide Cabaret Festival** for generously providing Cabaret Festival tickets for our member prizes last month. If you haven't already picked up a Cabaret Festival program they are available at the Info Tent. Don't miss Cabaret Festival performer **Mr Percival**, an amazing one man band, who will perform on site at 10.30am on June 7 in the Market Square area.

For the whole of this month we have two weekly **member prizes**. Many thanks to Trevor of **Mountain Fresh Beverages** for the extra prize. To be in the running for one of these two prizes make sure you get your card scanned at the Site Office on Sunday for your chance to win.

BRING A FRIEND SPECIAL 10% OFFER

As a special offer to our members this month we are inviting you to bring a friend or family member to the market and receive a 10% discount visitor voucher for the day. Just bring your visitors to the Info Tent and show your membership card to receive the voucher. Full membership from June 5 is now \$45, valid until end of January 2010. Let's spread the word and grow the family, there are still plenty of people out there who haven't had the farmers' market experience.

READ ALL ABOUT IT!

Our entrepreneurial new paper boy Sam will be selling the Sunday Mail from the ticket turnstiles every Sunday.

MORE UNDERCOVER SHELTER

We have made extra provision for undercover seating just behind the coffee cart, in the area on the western side of the pavilion. There are extra tables and seating for at least 100 people, room for the kids to have a run around and it is out of the wind.

WEB IN-SITES

[WA Trials Monsanto GM Canola](#) Keep up to date with the GM debate.

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

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

[Hollywood Cookie Diet](#) Leave it to the US of A!

WHAT'S HOT THIS MONTH

Australian Caper Company's Jonathan Trewartha has samples of the company's range of products at their stall next to **Bushmins**. Try their caper spread and while you're there turn around and try David Matthew's high quality ready-to-go meals from the **Semaphore Pantry**, great for the one or two person household. His selections of real stocks are perfect for winter soups and risottos.

Kosta and **Zsahni Karagiannis** will be back with their new season citrus on June 7.

Frank from **Martins' Oysters** is back in his old spot with his sweet oysters from Port Lincoln.

Kalangadoo Organic Orchards will have apple juice for sale from the beginning of June. **Fruitwise** have a new apple and apricot flavoured fruit strap available and **Riviera Bakery** now have raw pizza dough for sale at their stall.

THIS MONTH'S PROGRAM OF EVENTS

7 JUNE

Member's prize: A box of mixed juice from Mountain Fresh AND a voucher from Limestone Coast Trout.

Demo kitchen:

10.00 am Amanda Daniel from 2B Ethical.

11.00 am Andrew Kuhl from Kuhl Kooking shows how to make simple and delicious winter soups.

Kids' Club:

10.00 am Edible Garden with Diana Bickford.

Life. Be in it. on the beef cattle lawn behind the Market.

Special guest: Mr Percival from the Adelaide Cabaret Festival will be performing at 10.30am in the Market Square.

14 JUNE

Members' prizes: A box of mixed juice from Mountain Fresh AND a copy of Yummm!

Demo kitchen:

10.00 am Thermomix Demo.

11.00 am Spice Girlz present cooking with Spice Girlz condiments. Spice Girlz products are more than just condiments!

Kids' Club:

10.00 am Cooking with Kate: Pasta workshop with recipe from *Yummm!* cookbook.

Life. Be in it. on the beef cattle lawn behind the Market.

Special event: Launch of *Yummm!*

21 JUNE

Members' Prize:

Demo Kitchen: A box of mixed juice from Mountain Fresh AND a voucher from Nick and Meri Tsimiklis Grant Schooling from the Gilbert Street Hotel.

10.00 am Low GI Chef Darren Packer and the Juvenile Diabetes Foundation.

Kids' Club:

10.00 am Culinary Magic! Kitchen Science with Belinda Barr.

Life. Be in it. on the beef cattle lawn behind the Market.

Special Event: Juvenile Diabetes Research Day.

28 JUNE

Members' Prize: A box of mixed juice from Mountain Fresh AND a selection of Spice Girlz products.

Demo Kitchen:

10.00 am Masterclass with Hilton International Chefs.

11.00 am Spice Girlz – cooking with Spice Girlz condiments.

Kids' Club:

10.00 am Cooking with Kate: Cheesy Baked Potatoes.

Life. Be in it. on the beef cattle lawn behind the Market.

Special Event: Royal Society for the Blind with guide dog puppies.

WHO'S IN THIS MONTH:

The Food Forest June 7 and 21

Kapunda Chevon June 21

Wilke Estate June 7 and 21

Bubble 'n' Squeak June 14 and 28

Waechter's Dux June 14 and 28

Cooinda June 14 and 28

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. We seem to have made a seamless transition but just in case you forget to bring enough bags, we sell string bags and ASFM bags for your convenience at the Info Tent and coming soon.... ASFM cooler bags!

See you at the Market!