



Digest

Adelaide Showground Farmers Market Newsletter Issue 35 July 2009

We hope you and your gardens are enjoying the recent rains.

Winter vegetables are now in plentiful supply at the Market along with new season citrus (it's such a luxury to be able to squeeze a fresh juice every morning), and no doubt warming, winter soups are bubbling away in kitchens all over Adelaide now that the colder weather has arrived.

Try celery, carrot and red lentil soup made from a stock of bacon bones and dried Chinese mushrooms. Making your own stock is easy and the end result nutritious and delicious. Pork hocks, bacon or chicken bones make the best stocks.

Andrew Kuhl will show us how to make great stocks for rich and delicious soups in the demo kitchen on 5 July. Slow cooking comes into its own in this weather. One-pot casseroles and dishes using lamb shanks and oxtails make great family meals. Our meat stalls have everything you need and the bonus is that one-pot dishes often use the cheaper cuts of meat which helps the family budget.

Ask Chris at Bushmins for hocks and bacon bones, check with Frank at North Marola and Mignon at Hillsvieview Meats for beef bones and for their advice on the best cuts for slow braising and crock-pot cooking.

SA Health funding of our Kids' Club **Life. Be in it.** program has come to an end. Over the last year many children participated and we would like to extend our appreciation to the enthusiastic group of young people from the Life. Be in it. who delivered the program, and to Health SA for funding. We have applied for funding to continue this specially designed program which links physical activity to healthy eating via the Market.

On 26 July the **Hilton Chefs** are cooking in the demo kitchen. The session will be filmed by the Department of Environment and Heritage for inclusion on their [Stirring the Possum](#) website.

Our annual **Bendigo Bank Day** is on 19 July and celebrates the ongoing support that ASFM receives from Goodwood Community Bank Branch. We hope to see you there for all the fun!

The 3rd [National Farmers' Market Conference](#) will be in Victoria from 22 to 24 August. All members are welcome. The event will include visits to two Victorian markets and is being held at Glen Erin, Romsey.

CARPARKING

We aim to park all customers as close as possible to the Market. We have ensured there are spaces reserved for disabled and infirm customers. Please let the attendants know your situation and we will try to make your shopping experience as pleasant and easy as possible for you.

BRING A FRIEND AND RECEIVE A SPECIAL 10% DISCOUNT OFFER

We continue our special member offer this month and invite you to bring a friend or family member to the Market and receive a 10% discount visitor voucher for the day. Just bring your guest to the Info Tent and show your membership card to receive the voucher. Full membership from July is now \$40, valid until the 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 paper boy Sam sells the Sunday Mail from the ticket turnstiles every Sunday.

MORE UNDERCOVER SHELTER

We would like to remind you that there is now extra undercover seating and tables just behind the coffee cart! There is room for at least 100 people and plenty of space for the kids to have a run around. The space is also out of the wind so it provides perfect winter protection.

WEB IN-SITES

[Food for thought](#) – a selection of blogs all discussing food

[Threat Facing Our Food](#) – article from The Australian on hormones and antibiotics in the food chain

[Stirring the Possum](#) – how do you eat to save the planet?

[Australian Food News](#) – find out what's happening in the corporate food world

Found an interesting article, website or recipe? Send them through to us and we'll share it with our members!

WHAT'S HOT THIS MONTH

Winter vegies in full production now, and winter vegetables like parsnips and leeks are perfect for roasting and soups.

Join Katherine Hillier on National Tree Day, 26 July, and find out how to select and maintain water wise trees and plants. Handy advice, just in time for winter planting to ensure root systems are established before the onset of summer.

Farewell to Mark and Jill Fox of the Olive Lair, as they are taking an extended vacation. We hope to see them return at some point in the future.

Mountain Fresh Beverages have recently bottled a 1.5L apple juice. Find Trevor at the stall next to the Kids' Kitchen.

We are planning to have a debate of GM issues at the Market. More info on this in next month's Digest

THIS MONTH'S PROGRAM OF EVENTS

5 JULY

Member's prizes Selection of Mountain Fresh Juice and a Sweettarts voucher

Demo kitchen

10.00am Andrew Kuhl from Kuhl Kooking features stock and soups

11.00am Amanda Daniel from 2B Ethical

Kids' Club

10.00am Edible Garden with Diana Bickford from Bickleigh Vale Farm

12 JULY

Members' prizes Selection of Mountain Fresh Juice and a voucher from The Highway Hotel (The HWY)

Demo kitchen

10.00am Thermomix demo

11.00am Ash from The HWY is showing us how The HWY uses local seasonal produce

Kids' Club

10.00am Culinary Magic! Science in the Kitchen with Belinda Barr

19 JULY

Bendigo Bank Day

Members' prizes Selection of Mountain Fresh Juice and a HWY voucher

Demo kitchen

10.00am Grant Schooling, Gilbert St Hotel, uses Market produce

Kids' Club

10.00am Bee Buzz with Do Bee Honey – learn all about how bees make honey

26 JULY

Members' prizes Selection of Mountain Fresh Juice and a selection of Australian Caper Co products

Demo kitchen

10.00 am Masterclass with Hilton International Chefs

11.00 am Chef David Matthews from The Semaphore Pantry

Kids' Club

10.00 am **National Tree Day** Water-wise plants with Catherine Hillier from the Million Trees Program

WHO'S IN THIS MONTH

The Food Forest July 5 and 19

Kapunda Chevon July 19

Wilke Estate July 12 and 26

Bubble 'n' Squeak July 5 and 19

Waechter's Dux July 12 and 26

Coinda July 12 and 26

JULY DIGEST BONUS

We have a box of Mountain Fresh Juices for the first person to email us with the answer to the following question:

Which stallholder recently left the Market for an extended vacation ?

Email us your answer at admin@asfm.org.au

See you at the Market!