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Digest

Issue 37 October 2009

It's our 3rd birthday! Join us for the party on October 4

Our birthday party is on Sunday, 4 October with our Kids' Club patron Simon Bryant joining us. Simon will make baklava with the help of the Kids' Club and members will be asked to purchase a piece of baklava to raise funds for Animals Asia, in particular the [Moon Bear Project](#). Animals Asia is currently undertaking. The Glenelg Choir will again join us for the cake cutting ceremony.

This month we'd like to thank Michelle Obama for her wonderful promotion of farmers' markets a few weeks ago. Her visit at the opening of her local farmers' market in Washington was [reported worldwide](#) and had a direct link to her husbands' desire to get approval for his health care reforms. What better way to do it than to link fresh seasonal food to good health. It has also helped our cause and demonstrates that farmers' markets are no longer a fringe event, but a real opportunity for consumers to reclaim their food chain by supporting viable alternatives to mainstream food distribution systems.

However, it is not the only reason we all meet at the Market every Sunday. The social aspect is an important part of what the Market offers the community. It's like shopping with friends and family!

At the National Farmers' Market Conference held in Victoria in August we heard how the New Orleans farmers' market played a vital role in bringing the community together after the devastation of Hurricane Katrina. Their market was put together by the management team who were communicating electronically from all over the US, having evacuated the city after the hurricane. Their market, amazingly, went up again some six weeks after the event providing not only a vital source of food for those still living in the area but also a place where the community could come together to share their stories.

ASFM AGM

This year's AGM will be held on 21 October at 6pm in the Demo Kitchen. Refreshments will be served following the formal part of the meeting. Only one committee member will not be renominating – Natasha Triglau from Riviera Bakery. We extend our thanks to Natasha for her contribution over the last year. For further information on the meeting and nominees for the committee please [check the website](#).

Our guest speaker for the evening will be Leigh Royan, the CEO of Foodbank SA.

Foodbank SA supplies over 2,000,000 meals each year to agencies and shelters that care for the homeless and disadvantaged in our community. They are one of our favourite partner organisations. If you have a surplus of produce from your garden then deliver it to us on Sunday morning. Foodbank will pick it up on Monday when they collect excess produce from Market stallholders. Foodbank SA is short of fresh produce so don't let anything in your garden go to waste!

THE ASFM GM DEBATE

11am 11 October in the Demo Kitchen

Our GM debate, the first in a series planned at the Market, is designed to provide a thought provoking discussion on the issue of GM. It will also provide an opportunity for consumers to put questions to our expert speakers following their presentations.

The debate will be convened by renowned SA freelance food writer and commentator David Sly.

Our guest speakers are:

- [Dr Judy Carman](#) BSc (Hons) PhD MPH MPHAA, Epidemiologist and Biochemist.
- [Professor Mark Tester](#) Director and Research Professor at the Australian Plant Phenomics Facility, University of Adelaide.

Each speaker has been allocated 15 minutes and will be followed by an audience Q & A session. If you prefer to submit a question rather than ask one on the day please send it to zannie@asfm.org.au.

NEW MEMBERSHIPS

We have our new membership cards ready for those of you who would like to purchase their new membership early. Your current membership won't run out until 31 January so there's no rush.

OZASIA FESTIVAL 3–17 October Festival Centre

Pick up an [OzAsia program](#) at the Info Tent to check out the shows, which start this weekend!

GLENDI 09 SUNDAY 4 OCTOBER

This year Glendi Adelaide's celebration of all things Greek, has moved to the Showground! Pick up your 2 for 1 entry voucher from Pablo or the Info Tent and head up to the new Goyder pavilion for some (plate) smashing fun after the Market!



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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. 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.

WEB IN-SITES

Find our [Kids' Club recipes](#) on line here. Fun for the school holidays!

Treehugger.com is a great site for all things sustainable with a great food section.

View Michelle Obama shopping at her local [Washington farmers' market](#).

See Michael Pollan's presentation about [sustainability and food](#).

Check out our new [photo gallery](#) and [recipe pages](#).

[Free community health workshop in Goodwood](#) for new or soon to be mums with Dr Paula Stacey-Thomas.

WHAT'S HOT THIS MONTH

Artichokes, asparagus, new season's olive oils, peas and beans, new potatoes.

PROGRAM OF EVENTS

4 OCTOBER

Members' prize 3 free memberships to give away

Demo kitchen

10.00am

Simon Bryant makes baklava with the Kids' Club

11.00am

Birthday celebrations!

Kids' Club

10.00am

Baklava for the Moon Bear Fundraiser with Simon

11 OCTOBER

Members' prize \$50 bread voucher from Paolo's Bread

Demo kitchen

9.30am

Thermomix demonstration using Market produce – fruit and vegetable nectar, sundried tomato dip, salad and pumpkin soup with foccacia

11.00am

The ASFM GM Debate

Kids' Club

10.00am

Culinary Magic! Science in the Kitchen with Lee Harrison

18 OCTOBER

Members' prize \$50 meal voucher from The HWY, on Anzac Highway

Demo kitchen

10.00am

Grant Schooling, [Gilbert St Hotel](#)

11.00am

David from the Semaphore Pantry

Kids' Club

10.00am

The Green Smoothie Challenge Pedal Power – make your own by riding the bike!

25 OCTOBER

Members' prize \$50 meal voucher from The HWY, on Anzac Highway

Demo kitchen

10.00am

[Hilton Hotel Masterclass](#)

11.00am

HW7 Chefs from [The HWY](#) on Anzac Highway

Kids' Club

10.00am

Cooking with Kate – we're going Chinese

WHO'S IN THIS MONTH

The Food Forest

Wilke Estate

Bubble 'n' Squeak

Cooinda

Waechter's Dux

See you on Sunday!