

# Digest

Issue 46, August 2010



**Adelaide  
Showground  
Farmers  
Market**

*Farmer fresh to you!*

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## Welcome to our August edition of Digest

Welcome to the last Digest before we bump out for the Royal Show. Our last market before the Show will be held on 29th August in the carpark. We will reopen with two outside Markets on the 19th and 26th September followed by our 4th Birthday Celebrations on October 3rd.

But between now and then we will also have had an election, and for once agriculture and food security are on the agenda receiving some timely attention.

Politicians have finally got the message that unless agricultural land is safeguarded, water is secured and our farmers are able to make a decent living for their efforts our future food security will be put at risk.

A number of articles and discussions are forcing the political parties to develop policies that address these critical issues.

Green Senator Christine Milne has written an excellent article outlining some of the relevant issues and the New South Wales Liberal Senator Bill Heffernan has added his voice to the call for a national register of farm asset sales to overseas interests to be established.

The ABC's Matt Crittenden's two part background briefing program entitled Selling the Farm takes a good look at the questions that are being raised. Part one is entitled 'Does Australia risk losing control of its food resources?' and part two asks 'Does Australia need a food security plan?'

Let's keep the issue on the agenda and demand that our politicians address the issues raised in Matt Crittenden's articles. In the mean time remember that by shopping at the market, you are making a difference every day by buying and eating locally!



Visit the chooks when you come to the market. The Edible Garden is home to Chooks & Veggies for the month of August so come along and check out our gorgeous feathered girls and their fabulous house. If you're interested in some for your backyard Heidi from Chooks & Veggies can help you get chook savvy.



## Daffodil Day at the market

**Sunday 29 August**

If you like giving flowers, or receiving flowers and you think the one in two people who get cancer is one too many, then this August Cancer Council SA is asking you to buy a fresh daffodil for Daffodil Day.

This year Daffodil Day will be held on Friday 27 August.

Daffodil Day merchandise will be on sale at the Adelaide Showground Farmers Market on Sunday 29 August.

For more information visit [www.daffodilday.com.au](http://www.daffodilday.com.au) or call 1300 65 65 85

**daffodil day**  
Cancer Council

**Adelaide Showground Farmers Market**

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## This month's program of events

- 1 August**      **Members' prize**  
\$25 b-d. Farm Paris Creek Voucher  
**Kids' Club**  
10.00am Edible Garden—planting veggies that flourish in the cold  
**Demo kitchen**  
10.00am Adam The Passionate Foodie  
11.00am Bradd Johns from the Crowne Plaza
- 8 August**      **Members' prize**  
\$25 Red Cupboard Soup Voucher  
**Kids' Club**  
Culinary Magic with Lee Harrison's Mobile Science Education  
**Demo kitchen**  
10.00am Thermomix  
11.00am Amanda Daniel from 2b: ethical
- 15 August**    **Members' prize**  
Breville Pie Maker  
**Kids' Club**  
Cooking with Kate—Making Pizza with Riviera Bakery  
**Demo kitchen**  
10.00am Making Pizza with the Kid's Club and Riviera Bakery  
11.00am Making Pizza with Riviera Bakery
- 22 August**    **Members' prize**  
\$25 Najobe Beef Voucher  
**Kids' Club**  
Chooks and Veggies  
**Demo kitchen**  
10.00am Bob Heath from Najobe Beef
- 29 August**    **Outside Market—Daffodil Day**  
**Members' prize**  
\$25 Cooinda Proprietors Voucher  
**Who's in this month—fortnightly stalls**  
The Food Forest: August 8, August 22  
Australian Capers: August 8, August 22  
Dickins' Delights: August 1, August 15, August 29  
Spice Girlz: August 8, August 22  
Wild Fox Wines: August 1, August 15, August 29  
Wilke Estate Wines: August 8, August 22
- 4 September**   **Market Closed** for Royal Show
- 12 September**   **Market Closed** for Royal Show
- 19 September**   **Outside Market**
- 26 September**   **Outside Market**
- 3 October**        **ASFM 4th birthday celebrations and full market**



## What's hot this month

Soup from the Red Cupboard  
Winter veg and leafy greens  
Aki's Hand Tofu Stall  
Blood oranges from Soula and Bill  
Mushrooms  
New season's olive oil

SA Composters will be at the Market on Sunday August 1.

Once again on the first Sunday of the month Matt from SA Composters will have bags of his fabulous garden compost and mulch for sale.

## Web in-sites

[Join us on Facebook!](#) Become a fan and tell your friends about us!

[Selling the farm part 1:](#) Does Australia risk losing control of its food resources?

[Selling the farm part 2:](#) Does Australia need a food security plan?

**And on a lighter note...**

[fatfoodtaxi.com](#) is a fun blog that follows a foodie's road trip in the US.

[Life of a chocoholic](#) is another fun blog we can all relate to!

And don't forget our own ASFM blogger [Lambs Ears and Honey](#).

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## See you on Sunday!