

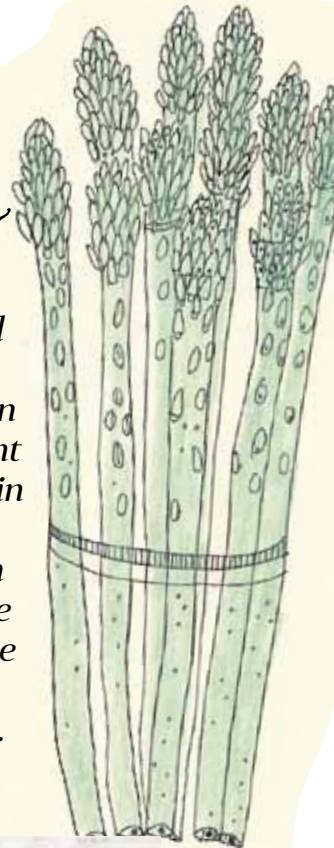
**TASTE THE SEA**

Olsson's Macrobiotic Sea Salt (\$6.20, 250g) has a distinct mineral tang, the flavour of the Queensland coast where it was formed. 1800 804 096; olssons.com.au



Asparagus

Australians lag way behind the Swiss in the asparagus stakes: for every bunch eaten here, the Swiss consume eight – grilled, steamed or dipped in a tasty fondue. Let's try to catch up: Australian-grown green asparagus is available through to April, but if it's the purple variety you're after, November is when to find it.



flavours

SALTY TALES AND FRESH ASPARAGUS CATCH BARBARA SWEENEY'S FANCY.



MEET THE PRODUCERS

Susan and Stephen Fennelly, Lower Portland, NSW

The Fennellys' 12-hectare property is near the small town of Wilberforce and only a stone's throw from the Hawkesbury River. When the couple bought it 12 years ago, there was a citrus orchard of 150 trees, mostly the bitter Seville orange used in marmalade. "I couldn't bear to pull them out — and I do love marmalade," says Susan. So she kept the orchard and continued to sell to a large jam manufacturer until she was told that it could import oranges for less than the 29 cents a kilogram it had been paying her. Susan now supplies a small producer, Lynwood Preserves (which has the jam in the jar within 24 hours of picking), and sells direct to home jam makers through the online shop Farmhouse Direct.

The Hawkesbury has always been a fruit-growing district and the climate enables Susan to eschew the use of chemicals. However, drought in the past few years has affected the oranges. "They're smaller and there are fewer of them," she says. "But they still taste sweet." Hawkesbury Estate Orchard. (02) 4575 4095; farmhouse-direct.com.au

**FARMERS' MARKET**

**Victor Harbor Farmers' Market**

They're a community-minded lot at Victor Harbor. A recent Long Table breakfast at the market — under a marquee with tables for eight, and food supplied and cooked by stallholders — raised \$1200 for charity. "Everyone felt good about it," says market manager Lea Auerbach. But then, there's something to feel good about every week: fresh seafood, Red Angus beef, free-range pork, eggs, vegetables, dried fruit, wine and homemade Greek sweets.

- **WHEN** Saturday, 8am–12.30pm
- **WHERE** Grosvenor Gardens, Victor Harbor, SA
- **CONTACT** 0429 537 404; victorharborfarmersmarket.com.au

ON THE ROAD

BRENDA FAWDON, A MOUNT TAMBORINE CHEF, IS LEADING A FOODIE TOUR OF ITALY'S LIGURIAN COAST FROM OCTOBER 28 TO NOVEMBER 2. IF YOU HURRY, YOU COULD STILL BOOK TO ENJOY SUPERB CUISINE AND COOKING CLASSES IN STUNNING SURROUNDINGS. (07) 3844 1132; MONDO-ORGANICS.COM.AU



SAVOURY COMPANY IN NSW'S BARHAM, BUNDARRA BERKSHIRES MAKES DELICIOUS FRICANDEAUX — SPICED MINCED PORK — TO SERVE WITH BREAD, PICKLE, CORNICHONS OR CHEESE. BUNDARRABERKSHIRES.COM

MAIN PHOTOGRAPH CRAIG WALL STYLING GERALDINE MUNOZ STILL-LIFE PHOTOGRAPHY CRAIG WALL ILLUSTRATION KATT FRANK SHARE YOUR FOOD NEWS WITH BARBARA AT HELLO@BARBARASWEENEY.COM.AU