

On Any Saturday

Leonie Porter-Nocella lets you into the know on our two Saturday Farmers' Markets.



The Willunga Farmers' Market was opened by David Suzuki in February 2002, since which time it has gone from strength to strength and has spawned two other excellent produce markets. One at Wayville and the other at Victor Harbor.

The Victor Harbor Farmers' Market is held in Grosvenor Gardens in Victor's centre under shady trees surrounding the old rotunda, where live music is often featured. Brent Tamblyn is the charismatic 'Maitre D' here, well loved by market growers and goers alike. In all his height he can easily be seen at the information stall or next stall where he sells produce from his new love — his ethically-grown veg-plot — both stalls being operated with assistance from Susan and Tessa Thwaites. Brent attributes much of the success of the market to Susan ('my right hand person') and Tessa ('photographer and more') whose enthusiasm and assistance are limitless.

But let's start ... with the yummiest of breakfasts made by Tony and Trish Peier of Nude Loaf, who also make absolutely amazing loaves of many styles. Tried some. Truly sublime. However, breakfast is rather empty without coffee ... and Pure Crema, right alongside, make a really mean coffee. Praise indeed, from a confirmed coffee-snob. But if you want even more bread choices, there's Merry Cherry/From the Grain where Albert & Alexander sell not only fresh/dried/juiced cherries, but their own trays of vegetarian and/or meat lasagne, as well as olive, pumpkin, fruit, rye, whole wheat and stone

ground breads — many of them sour dough and almost all organic. At Gina's Kitchen & Honey Gina and Ian sell (not surprisingly) honey, but also strawberries, their own cordials, veg in season, lovely wholesome bikkies and soy candles.

Then there's Katrina of Green Eggs and Ham who not only sells pork-everything from her Berkshire Silvers and egg-everything from the ranging chooks, but has the most amazing-looking quiches you've ever seen, as well as duck egg custard tarts!

Above: Willunga Farmers' Market. Photo by **Karen Waller**.
Below: Get 'em while they're hot! Photo (taken at VHFVM) by **Tessa Thwaite**.



The Fleurieu area is a holiday destination at all times of the year, mainly since vast tracts of it are dedicated to wine production: and where there's good wine you tend to find equally good food. However, given our many beautiful beaches summer brings even more visitors, so it's only fair to share some of our foodie-secrets with them.

Left: Fresh produce is guaranteed.
Below left: Delicious treats from Four Winds Chocolates and Cakes.
Below: Matt and son, 'The Ministry of Milk' selling Fleurieu Milk and giving the proceeds to local causes.
Photos (this page) from Victor Harbor Farmers Market by **Tessa Thwaites**.



Still on the meat trail, we have Bob Heath from Najobe Beef who proudly touts his low-stress management techniques. Najobe is not some rare bovine strain, but an amalgam of Bob's children's names: Natasha, Joshua, and Ben. Meanwhile, Rachel of Scoop sells Fleurieu (to the world) along with her own-made meuslis, salads, picked leaves and edible blooms; Lyn's Table is the market's purveyor of extremely fine charcuterie, including pates of beef with red wine and olives; chicken with tarragon, mushroom and leek; French-style duck with green olives; smoked salmon and dill; and of course that old standard, chicken liver. Oh, and she also makes pissaladiere and French lemon tarts.

Bill and Soula of Bill's Stall are full-time growers with properties at Loxton and Berri. Theirs is the 'hard grind farming' we usually only read about. Their day starts at 6am and finishes at 8pm ... even later in daylight saving ... and they'll have their luscious peaches, nectarines and plums on offer all over summer. (Bill is one of Brent's personal heroes. A real-deal farmer.)

Francesco and Sarina, Virgara's Garden, are one of the few true market gardeners left in the state, growing more than 30 varieties of vegetables and passionate about trying new and/or unusual varieties. If in doubt about the difference, just try their humble parsnip. You'll never go back to shop-bought again! And their orange beetroot tastes like a cross between beetroot and corn. Mmmm. (They, too, are Brent's heroes. ... I see a pattern emerging.)

Brent seems to have an extremely emotional attachment to the '7-days-a-week gettin' your hands dirty' kind of farmer.)

Neil Hosking at Victorfish holds the last commercial fishing licence in the area and has been plying his small-scale trade in the same (very cute) old-school boat, 'Temptation', for the last 40 years. He and Stephen sell a good range of fish at the market — a mere stone's throw from the seas they were spawned in. Trevor and Ken Rowe of KI Shellfish, based at Penneshaw, KI provide some of the best seafood you've ever tasted. The abalini (baby abalone) are a rarity but the boys happily pass on cooking tips. And their marron (ooohh) resemble plump 1kg crayfish ... and after 4 minutes each side on the barbie, dressed with butter and served with a beurre blanc sauce they're totally decadent. Their oysters are equally delightful and shucked to order.

But now for the most dangerous stall in the market. Four Winds Chocolates and Cakes has THE most amazing hand-made chocolates you've ever seen!!! In fact, each chocolate is a little work of art. Wendy and Allen Ashwin purchase most the fruit and nuts and 'additions' for the chocolates from the market and use them to create these miniature masterpieces — like blood orange and ... and ... (and after that I went weak at the knees and everything became a blur). True artistry: these chocolates have to be seen to be believed! Karen Parry of Gooseberry Hill produces organic seedlings, flowers and organic seed and is happy to pass on her wealth of knowledge. >



Finally, although an 'on-seller' and therefore not a producer but a 'community stall', there's Matthew at 'The Ministry of Milk'. The 'Ministry' bit comes from the fact that Matt (assisted by his cute 2-year-old) is a Uniting Church minister and has arrived at an ingenious arrangement whereby he: firstly, gets out from behind the pulpit and mixes it with the crowd; and secondly, sells the Fleurieu Milk produce and gives the profits to local causes. His attire is cool, but he adds 'the collar' so that although he looks and sounds like a 'dude', his vocation beams through for all to see.

It's just not viable to cover every single stall in the market, but don't miss Ashbourne Avocados; Fleurida goat, yabbies, German cakes etc ... (see their story on page 96); Con and Harry's fruit; Trish and Andrew White's Pt Willunga Fine Foods; Cottonville with its wonderful sylvan-berry produce; Freshfield Mushrooms; Chomp's brill bikkies; Illawong Texel lamb; Magpie Gully Olives; Bull Creek Bakery with their enormous (in flavour and size) pies; Hahndorf Gourmet Smallgoods ... and many, many more.