

Spring has sprung at farmers' market

By BRENTON TAMBLYN

'Spring has sprung, the grass has rizz, I wonder where dem birdies is'... I remember that verse from a cartoon show I used to watch way back during my misspent childhood. I think the quote can be credited to Elmer Fudd...ahh, Looney Toons.

Being manager of a farmers' market and a grower, one's eye is constantly turned towards the sky and the internet weather service. I want Saturday to be fine for our customers and stallholders but I want the rest of

the week to feature sunshine during the day and a drop of rain at night.

The winter has been a good one, although August displayed some uncharacteristic warm spells. Late winter and early spring is when we veggie growers start planting our seedling for the summer. We want the soil to warm up but we still need some rain to nourish the delicate seedlings. Our livestock producers require the spring to bring on the pasture. For the cereal farmers things are looking good but there is still a way to go

and last Saturday's north wind would not have helped. Whilst our fruit growers need...well, let's not go there it gets way too complicated.

The talk amongst the stallholders constantly centres around the weather. Basically, what we work on is averages. Average rainfall, average temperatures but there is no such thing as average from one year to the next. Charlotte Morley (Illawong Texel) from Parawa has spent nearly 50 years on the land and the rainfall has varied from (approx.) 300mm to

1500mm and guess what...the average is 900mm! That makes it tricky for vegetable growing and yet Charlotte reliably informs me that the year of low rainfall was a good one for her and yet it was probably lousy for the rest of the state.

Farming is a gamble, each season we hope for average conditions. If the weather plays its part, the harvest is bountiful but then the prices fall and so it goes on. The production of food is becoming a complex issue. Once upon a time farmers grew for the local market and the surplus was

exported but things are changing. With uncertain times ahead the only certainty is that prices will rise.

So let us all hope and pray for a climatically average spring and summer and I will leave you with another quote...'The lark's on the wing and the snail is on the thorn. God's in his heaven, all's right with the world.' Robert Browning.

I didn't just watch cartoons - I read poetry as well!

See you at the market!



inseason

Chunky Avocado Salsa:

This is one of my favourite classic salsas. It can be served on large croutons, with corn chips, as a filling for tacos or dolloped over grilled fish. Everyone loves it, including children and it is great way to introduce them to coriander and a little bit of chilli, not to mention healthy eating.

Ingredients:

- ❖ 2 large, ripe but firm avocados (cut into 1 cm chunks)
- ❖ 1 red onion (finely diced)
- ❖ 2 large tomatoes (deseeded and cut into 1 cm chunks)
- ❖ 1 bunch of chopped coriander or (flat leaf parsley)
- ❖ 1 small red chilli (deseeded and finely sliced)
- ❖ Juice of 1 lime
- ❖ 2 tbspsns Magpie Gully olive oil

Method:

Peel and dice the avocados, place in a bowl and add the lime juice. Then add the other ingredients and carefully fold through until well mixed. You can serve it straight away or cover and refrigerate for later.

Tip:

Avocado will discolour once cut but lemon, lime juice or olive oil will stop discolouration. If you only want to use half the avocado leave the other half with the seed intact, cover with cling film and refrigerate.

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What's happening:

- Tangelos
- Broad beans
- Beetroot
- Spring lamb (soon)
- The launch of Relay for Life
- Pt Elliot Show promotion
- Henna tattoos
- Fleurieu milk, cream and yoghurt
- Mental Health Week launch
- Tai Chi at the market.

Market stalwart Scoop

The Scoop stall has been at the market since its inception and it is one of the market's most popular attractions. Owned and operated by Rachel MacMillan and ably assisted by Chris, partner Nathan and daughter Alexandra.

Scoop is a providore and fresh produce stall featuring those items that are hard to get on the south coast. Everything from preserved lemons and Willunga almonds to Romanesco broccoli, Jerusalem artichokes and exotic lettuces.

Rachel prides herself on finding those hard to get items for her customers. When she is not at the market, she is providoring for some of the top restaurants on the Fleurieu and Kangaroo Island.

Rachel is also a grower on her property at Sellicks Hill and she can provide customers with all the information on the produce she sells. During her spare time, she makes salads and other take home, ready to eat treats.

The Scoop stall is serving as a beacon for South Coast food lovers.



POPULAR: Rachel MacMillan at the Scoop stall at the Victor Harbor Farmers' Market. Scoop is a providore and fresh produce stall featuring those items that are hard to get on the south coast.

Nature's butter grown at Ashbourne

Ted Johnson has been growing avocados at Ashbourne for more than eight years. There are over 10,000 trees on the orchard, with three varieties being grown.

Ettinger has just come into season for picking. Hass will follow towards summer and finally my favourite Reed will be available next autumn.

Ettinger is a green skin variety that

does not change colour as it ripens. The ettinger is a Type A variety and the Hass is a Type B. When they flower if you have the two types it helps pollination with a heavier fruit set. Ted's fruit is produced using a fertiliser made from fish.

Avocados do not ripen on the tree. They are picked (cut) with a small portion of the stem attached and then the ripening process begins.

Often called nature's butter, avocados contain the good oils and fats. When soft the pulp can be spread on crusty bread or used instead of butter on salad rolls and don't forget the classic prawn and avocado vinegarett or my favourite chunky avocado salsa.

Ashbourne Avocados expect to receive organic status in November and don't forget they also sell cauliflower, leeks and celery.

Support our Producers



Fresh Fleurieu Seasonal Flavours

- Handmade Gourmet Muesli
- Fresh Seasonal Salads
- Petite Salad Greens
- Seasonal Fruit and Veg
- Olives and Olive Oil
- Fragrant Herbs and more

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Every Saturday morning
in the Grosvenor Gardens
from 8am till 12.30pm.

www.victorharborfarmersmarkets.com.au

Major Sponsor 

Ashbourne Avocados



We grow Hass, Reed, Lamb Hass and Ettinger Avocados on our farm near Ashbourne

Look out for our Organic Certification coming in November

Fruit can be purchased at Victor Farmers Market and Goodwood Market

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