

PEEL FARMERS MARKET NEWS

Summer 2009, Issue 7



Warming Up

Summertime is here again with crystal clear days and long balmy evenings, perfect for dining alfresco. When its hot who wants to spend a lot of time in the kitchen when you can be outdoors enjoying picnics, BBQs and lazy meals on the veranda with friends and family? We have a great selection of locally grown meats and loads of seasonal fresh crisp vegetables, not to mention delectable stone fruits, melons, berries, grapes, avocados, asparagus, beans and freshly dug garlic are all available at the Peel Farmers Markets in Pinjarra and Mandurah.

Our Markets also boast a wide range of other produce such as gorgeous flowers, free range eggs, marron, Hunsna Smallgoods, Harvey Cheeses, condiments, olive oils, gourmet fudge and organic breads.

The Peel Farmers Market now boasts a breakfast bar with the best bacon and egg roll around. The BBQ is sizzling with free range eggs, bacon, organic sausages and onions, not to mention amazing market relishes and chutneys to top it off. This summer we will introduce fresh fruit salad if you fancy something a little different for breakfast. So give yourself a treat, grab a coffee and let our team cook you a scrummy breakfast whilst you shop for your fresh produce or catch up with friends, family or your local producer.

Up Coming Events

The Peel Farmers Market is always keen to get involved in supporting the community either at their market or regional events. Spring we got behind the Waroona Agriculture Show supporting their cooking demonstration whilst providing fresh produce samples and information to visitors, our fresh produce sample tables were very popular at the Australian Bendigo Bank Conference and the Australian Short Film Festival both at the Mandurah Performing Arts and lets not forget supporting Murray Hospital Palliative Care Team in raising funds at the Market Cake Stall for such a great cause the Relay for Life. There's never any rest for the wicked so no surprise that the Peel Farmers Market has a busy calendar for the summer season.



Pinjarra Peel Farmers Market 1st Birthday

Our Pinjarra Peel Farmers Market is turning 1 so come on down to the Pinjarra Market on the 5th December to help the celebrate our first birthday and help to blow out the candles. A wonderful milestone which couldn't be achieved without the great support we have received from our wonderful customers, sponsors and supporters.

We have organised a family friendly event with music, face painting, petting farm animals (from the Peel Zoo), mini train ride and mini ponies, heaps of fresh food samples, free healthy options cooking books and our eco friendly shopping bags to be handed out on the day and much more.

Opening of the Mandurah Peel Farmers Market

We are expanding & adding a complementary weekly Peel Farmers Market in Mandurah on a Sunday starting from the 13th December, weekly. To help introduce ourselves into Mandurah and to celebrate this great achievement of opening a second market we are putting on a special family friendly event. The City of Mandurah Mayor (Paddi) will help us ring in the opening of this great market on the 13th December from 8am. We have a number of local community groups attending, we have great activities organised for the kids whilst the adults can join in the fun of being a big kid, or sit back and relax whilst listening to our resident musician over a hot barista coffee or tea and a yummy fresh breakfast roll. Or just take the opportunity to get to know your friendly local producers whilst shopping for your fresh produce.

Christmas is nearly here. Lucky we are all set with our Australian Christmas Hams, delicious stone fruit including cherries, summer vegetables and gorgeous accompaniments for the Christmas meals or pressies.

Mandurah Christmas Pageant 8th December (Tuesday) The Peel Farmers Market will have a special tent at this lovely and very popular event to introduce ourselves to City of Mandurah prior to our Opening the following Sunday. We will provide information on our market as well as selling fresh stone fruits, strawberries, RAW juices, fudge treats, condiments and lots more. We will be taking orders for the much loved Christmas ham.

Pinjarra Christmas Pageant 16th December (Thursday) The Peel Farmers Market will also be celebrating Christmas in Pinjarra. We will have a special mini market set up in James Road providing samples and selling our delicious fresh produce, we will also have market information if anyone needs to know more. 'Tis the season to be Jolly.

Pinjarra Peel Farmers Market
Saturdays 8am—noon, Trades
2nd & 4th Saturdays
Pinjarra Civic Centre, Forrest Road

Mandurah Peel Farmers Market
Trades Sundays 8am—noon,
Western Foreshore
Leighton Place (Halls Head)

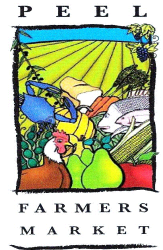
Our sponsors

The Peel Farmers Market has been developed under the Pinjarra Brunswick Sustainability Strategy and is proudly supported by the Peel & Southwest Development Commissions, Shire of Murray, City of Mandurah, Dept of Agriculture & Food, Bendigo Bank-Community Branches Hallshead and Pinjarra, Dept of Health and Harvey Water.

Resident Musician's

Laurie and Sue, our resident Muso's, as they do every week, provide wonderful up tempo atmosphere with their music and Market commentary.

Get to know your Market Producers:



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Along with our customers support, our stallholders are critical to the success of our Peel Farmers Market. This season's newsletter introduces you to few of our regular stallholders.

Stallholders



RAW JUICE.

Rene Stapel presents a wide range of local delectable squeezed and cold crushed pure juices at our market. The whole juice and nothing but the juice is the perfect way of describing these fresh raw juices made from fruit and vegetables from land and sea. With no preservatives or pasteurising

How can you resist a taste test? Orange, Apple, Lemon, Red Passion – watermelon, strawberry + apple, Boost – carrot, beetroot, lettuce, spirulina + wheat grass, Go Troppo – mango, pineapple + banana, Pineapple Crush and Bio Cell – green smoothie are some of the amazing combinations available every week in sizes ranging from 375ml to 2 litre.

COOL WEST FOODS.

John Byrnes with wife Tania and young son Ben run the Peel Farmers Market delicatessen, being agents for Harvey Cheese and Hunsna Smallgoods.

HARVEY CHEESE is a family business run by Robert, Penny and James. They have been making their beautiful handmade soft cut and hard cheeses over the past decade at their Wokalup Cheese Factory just south of Harvey. They use local cow's milk to produce cream cheeses such as Double Cream, Ash Blonde and OMG along with a range of herb feta's and savoury cheeses such as chlli, pepper, cumin and many more. So come and ask John and Tania for a taste test of some of the most fabulous cheeses ever.

HUNSA SMALLGOODS is a Mandurah based business owned and run by the Dilollo family. They are the largest W.A. Smallgoods manufacturer still sourcing **PURELY AUSTRALIAN PORK** with West Australian pork being a priority. You can choose from a variety of bacons, continental smallgoods such as crackerwurst and polish sausage and sensational sliced hams. Christmas is nearly here and you can buy or order your Christmas Hams now, so come and see John and Tania to make sure you buy only Australian ham.

Dana Winston

Dana's parents were market gardeners, so that's why she's so good at it! She started growing for family and friends then expanded to sell her produce at the markets.

At Danas stall there's nothing over \$2. You'll find spinach, roma tomatoes, eggplant, onions, capsicum, beans, cucumbers, spring onions, herbs, rhubarb, lemons, leeks and figs in summer. You can visit Dana at the markets weekly.

L & K Langridge

Lex and Karen Langridge operate their family farm on 160 acres in Harvey where they produce Organic lean beef, lamb and goat meat and in six months time will also add pork to their range. Both having grown up with and owned various farms over the last 30 years they settled in Harvey where they have been for the last 5 years.

Lex and Karen's animals are grass fed and they have put a lot of time and effort into getting the mineral balance right for their farm as most diseases are caused by mineral imbalances or deficiencies in the soil. Healthy soil means healthy food and that means healthy people. Grass-fed meats contain many health benefits including high levels of Vitamins A & E, Omega-3, Beta-carotene and less fat, cholesterol, calories and Omega-6 fatty acid.

Lex and Karen have been organic for many years, are well down the path of being certified organic and are also heading down the Biodynamic path. Varieties of standard cuts are available including gluten free. As weekly traders at the Peel Farmers Market you can't go past sampling Lex and Karen's sausages which are made from steak meat making them of very high quality and flavour. Also selling their produce at the farm gate, Lex and Karen came to the Peel Farmers Market because they wanted to sell their produce direct to their customers believing that direct marketing is the way to go with quality produce.

Produce is every growing and changing...

Our produce is fresh and seasonal if you are unsure what's available or you wish to see certain produce items available at the Peel Farmers Market don't hesitate to speak to the Market Manager either on the Market day or on mobile 0414 232 422. Ask the Market Manager to let you know when our very own Annual Calendar arrives to the market outlining when different produce and stallholders will be at the market direct by our regional season changes.

The Peel Farmers Market is always on the look out for potential stallholders to compliment their current produce mix, so if you are interested in becoming a stallholder or know someone is, please let us know.

Edible News

How many serves of fruit and vegetables should we be eating for good health?

Go for 2 fruit and 5 vegetables is a good rule of thumb for the family in general. More specifically, *The Australian Guide to Healthy Eating* identifies the serves for adults, adolescents and children according to their age and life stage.

The recommended minimum daily number of serves of fruit and vegetables for children and adolescents is as follows:

AGE OF CHILD (years)	FRUIT (serves)	VEGETABLES (serves)
4-7	1-2	2-4
8-11	1-2	3-5
12-18	3-4	4-9

Source: The Australian Guide to Healthy Eating

The recommended daily intake for adults is at least 2 serves of fruit and 5 serves of vegetables. Pregnant and breastfeeding women need to top up these amounts as shown below:

ADULT	FRUIT (serves)	VEGETABLES (serves)
Men & Women	2	5
Pregnant Women	4	5-6
Breastfeeding	5	7

Source: The Australian Guide to Healthy Eating

What is a serve?

Vegetables

One serve of vegetables is 75 grams or:

- ½ cup cooked vegetables
- 1 medium potato
- 1 cup salad vegetables
- ½ cup cooked legumes (dried beans, peas or lentils)

Fruit

One serve of fruit is 150 grams of fresh fruit or

- 1 medium-sized piece (e.g. apple)
- 2 smaller pieces (e.g. apricots)
- 1 cup canned or chopped fruit
- ½ cup (125mL) 100% fruit juice
- 1½ tablespoon dried fruit (e.g. Sultanas or 4 dried apricot)

Source: The Australian Guide to Healthy Eating

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Choose fresh fruit instead of fruit juice or dried fruit. Juices have lower fibre content than fresh fruit. Dried fruit, if eaten in large quantities, can contribute to tooth decay because it contains a concentrated form of sugar that stick to your teeth.

For further information on healthy eating and physical activity for you and your family, go to: www.gofor2and5.com.au



Government of **Western Australia**
Department of **Health**
South Metropolitan Area Health Service

Ref: The Australian Guide to Healthy Eating, Commonwealth Department of Health and Aging, 1998 (reprinted, 2003), copyright Commonwealth of Australia reproduced by permission.