

PEEL FARMERS MARKET NEWS

Issue 9, WINTER 2010

P E E L



FARMERS
MARKET

NEW WINTER LOCATION – EVERY SUNDAY 9am to 1pm

Peel Education & Training Campus
Education Drive (off Gordon Rd), Greenfields, Mandurah
Enter via Block C, Admin Building

*Under the cloak of winter lies a miracle ...
a seed waiting to sprout, a bulb opening to the light, a bud training
to unfurl.*

*In a way winter is the real spring - the time when the inner things
happen, the resurgence of nature.*

Winter is officially here rainy days getting shorter and the nights colder. This seems to stimulate appetites for hearty meals. Tasty soups, casseroles and slow-cooked creations help to tantalize the taste buds and tempt those hungry appetites.

The Peel Farmers Market has a wide selection of wonderful farm fresh fruit, vegetables, herbs, beef, lamb, cheeses, fruit juices, olive oil, honey, condiments, and other gourmet delights, not to mention flowers. In fact everything that is required to create memorable meals is available from our hard working farmers, so come and say hello to the people who grow that wonderful food. Our stallholders are dedicated to providing fresh and tasty seasonal produce that is locally grown, freshly harvested and environmentally sound. Remember only produce that is in season can be found at our Peel Farmers Market.

From the 13th of June the Peel Farmers Market will move to an under cover winter location at the Peel Education and Training Campus located on Education Drive, Greenfields (near the greyhound track) off Gordon Rd. Our trading times will also change to 9am – 1pm. We have a great under cover area large enough to house the whole market including our kitchen and cafe. There is lots of room to sit and enjoy an egg and bacon burger, sausage or warming soup and a fabulous coffee or tea made by Naomi, our barista extraordinaire while soaking up the market atmosphere.

Live music is provided every Sunday by our buskers Laurie and Rod, doing what they love, playing music, singing and just plain having fun with the crowd. They create a warm and friendly atmosphere and are as much a part of our market as our stallholders. Laurie and Rod can also be found busking at different events around Mandurah and can also be hired for private functions, weddings, birthdays etc.

OUR NEW WEBSITE!

At last, our new website is here!

You can now find us at www.peelfarmersmarket.com.au where you can keep up to date with seasonal produce available, information on our growers and producers, our supporters, community groups, friends of the market, photos and much, much more...

NEW ECO-FRIENDLY BAGS

Our new cotton eco friendly bags are available for only \$5.00 each and can be purchased from our information stall and many of our stallholders. So next time you are doing the juggling act why not reach for our eco-friendly bag instead of a plastic bag! Not only do they have plenty of room to fit your market produce, by reusing and recycling you will be doing your bit for our environment whilst supporting your farmers and producers at the Peel Farmers Market.

MARKET PRODUCE

Seasonal produce available from the Peel & South West regions including fresh fruit & vegetables, herbs, meat, eggs, dairy, small goods, bread, honey, olive oil, nuts, condiments, flowers, plants, fresh juices & more...

FRIENDS OF THE PEEL FARMERS MARKET

Do you enjoy the atmosphere at our market and want to get involved in some way? If so, why not become a Friend of the Peel Farmers Market?

You will receive market discounts, volunteer opportunities, a calico market bag, a friends of the market t-shirt, name badge, weekly updates & seasonal newsletters via email.

Our information stall has forms where you can register & specify areas in which you would like to assist.

These include customer service, market promotion, editorial, webpage updates, fundraising, assisting in the cafe and kitchen stalls, washing tablecloths & much more...

HELP SUPPORT THE PEEL FARMERS MARKET & ITS LONG TERM GROWTH AND SUCCESS

GET TO KNOW YOUR MARKET FARMERS & PRODUCERS

CRYSTAL BROOK NURSERY

Based in Mundijong Jane Bryant and her family have spent 23 years establishing their wholesale and retail nursery where they cultivate an exquisite array of hot house flowers including roses, tulips, iris, carnations, lilliums, chrysanthemums and sun flowers to name a few.

Vegetable seedlings, potted herbs and plants including tulips also add to Jane's stunning winter display. Orders can also be taken for flower displays for any special occasion, weddings, funerals and birthdays as well as supplying local florists and shops.

You can find the perfect gift for your loved one, friend or even a treat for yourself at Jane's stall.

A bouquet of sunshine always helps to brighten a winter's day. Jane comes weekly to the Peel Farmers Market.

COOL WEST FOODS

John Byrnes with wife Tania and young son Ben run the Peel Farmers Market delicatessen, being agents for Harvey Cheese and Hunsa 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 chilli, 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, continental smallgoods such as crackerwurst and polish sausage, sensational sliced hams and bacons including bacon bones for those warming winter soups. John and Tania come weekly to the Peel Farmers Market.

CAMBRAY SHEEP CHEESE

Born from Jane's passion for cheese making and Bruce's experience in sheep farming, Cambray Sheep Cheese is a true family business, with son Tom and partner Emma, and daughter Nerralie all busy in the dairy. Cambray Sheep Cheese is situated on the Bussleton side of the Vasse Highway, just 12 kms from Nannup. Bruce and Jane produce an array of soft and hard cheese that can be matched by no other. Based on French recipes the award winning handmade cheese has a unique flavour. Sheep milk has superior qualities to both goat and cows milk, being richer in vitamins A, B and E and with over 100% more calcium than cows milk. There is evidence that the lactose in sheep milk is more readily tolerated than that in cow's milk allowing many lactose-intolerant people to enjoy sheep milk products. Cambray Sheep Cheese can be found at the Peel Farmers Market on the 2nd Sunday of every month.

CARAHOLLY ORCHARDS

Chris and Christine Birmingham's Dwellingup orchard has been in the family for three generations since 1912, with Chris's grandfather buying the property when he was 18 years old. Since then an amazing variety of fruits have been planted including apples, apricots, nectarines, peaches, plums, nashi pears, persimmons, cherries, pluot plums, kiwi fruit, logan berries, chestnuts and pecans all available in season of course. Early winter finds some persimmons, as well as Pink Lady and Granny Smith apples (apple pie sounds good) and kiwi fruit with more apples later in the season. You can find Chris and Christine weekly at the Peel Farmers Market where you can sample some of their delicious fruit freshly picked for the market.

KORIJEKUP CITRUS NURSERY

Greg Lucus and his family own a farm in Harvey where they have a mixed orchard of citrus, stone fruits, macadamia nuts and exotics such as Red Pawpaw grown in hot houses. They enjoy growing unusual fruits but specialize in Macadamia Nuts, both fresh and roasted. At their market stall you can even buy Greg's nut-crackers to make life easy.

Winter sees the return of their much sort after Macadamia Nuts, Limes, some Red Pawpaw and citrus trees. Greg comes to the Peel Farmers Market weekly when produce is in season.

NEW TO OUR MARKET

TWISTED PICKLE

Susan Holmes sells homemade gourmet pickles, relishes and vinaigrettes at our market. Pickles with pizzazz and vinaigrettes with vitality! Her products are ready to serve and guaranteed to enhance any meal. All products are made from the best local ingredients available. Taste testing of Twisted Pickle's creations is on offer to tantalize your taste buds as well as serving suggestions and recipes. Susan is enthusiastic about selling directly to the consumer and comes to the Peel Farmers Market fortnightly.

Go for 2 & 5!

Eating plenty of fruit and vegies not only contributes to good health, but also protects against a number of diseases and helps maintain a healthy weight. Most Australians eat only half the amount of fruit and vegies recommended for good health. Adults need to eat at least 2 serves of fruit and 5 serves of vegies each day. The amount children need depends on their age. For more information visit www.gofor2and5.com.au

We continue to support our local community groups and schools. To find out how you can be involved with our market or if you are interested in becoming a stallholder please register your interest with our market manager on 0414 232 422, email peelfarmersmarketmanager@hotmail.com or visit www.peelfarmersmarket.com.au

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 Halls Head and Pinjarra, Dept of Health and Harvey Water.

CUSTOMER SERVICE

We welcome your feedback! Help us improve the quality of our services or let us know what we are doing well. Simply fill in a customer service form available at our information stall and place it in the box.