

PEEL FARMERS MARKET NEWS

Issue 8, AUTUMN 2010

Pinjarra Peel Farmers Market
Every Saturday 8am – 12pm
Pinjarra Civic Centre (at rear)
Cnr Pinjarra Rd & Forrest Rd, Pinjarra

Mandurah Peel Farmers Market
Every Sunday 8am – 12pm
Western Foreshore (near War Memorial)
Leighton Pl, Halls Head



AUTUMN IS A SECOND SPRING WHERE EVERY LEAF IS A FLOWER...

Autumn is such a wonderful season. The long hot summer days are behind us and we can enjoy cooler nights, warm balmy days & all that lovely autumn produce.

At our Peel Farmers Markets new season apples, pears, pumpkins & sweet potatoes are making an appearance. The best part is that we still have all our summer favourites. Sweetcorn, grapes, watermelon & stone fruit are still available while the season lasts, not to mention all our usual staples, ie potatoes, onions, carrots & salad veg. As our regular shoppers know, you will only find produce at the market while it is truly in season. Come and chat to our farmers & producers at Pinjarra & Mandurah, where each week they work hard to bring you the very best, freshly harvested produce and get great pleasure in amazing you with their variety.

***So come along & visit us at our markets on
Saturday mornings in Pinjarra and Sunday mornings in Mandurah
It's not just shopping – it's an experience...***

HOW FAR HAS THAT GARLIC TRAVELLED?

Have you ever thought about how far your food has travelled to get from the paddock to your plate? 'Food miles' is the term used to measure how far food travels & is considered an indication of how environmentally friendly it is. Food freight – especially by air and road – consumes fuel, energy & releases pollution into the atmosphere. Generally speaking, the lower the food miles the better choice the product is for the environment. There has been some research that says the average basket of food in Perth has travelled 1,400 kilometers.

We can all do something about reducing our carbon footprint by buying locally produced food:

- We can reduce carbon emissions from freight.
- Strengthen local economies by protecting small farms & local jobs
- Increase national food security.

An excellent reason to shop with us at the Peel Farmers Market

CAFE LOYALTY CARDS

We have introduced a new innovation to the Peel Farmers Market in Mandurah in the form of a Cafe Loyalty Card. Pick up your card when you purchase a cup of tea or coffee from Naomi at the Cafe & every time you buy a cuppa your card will be stamped. When you have 9 stamps on your card you will get your 10th cuppa for FREE. Naomi serves a great range of coffee, tea (including herbals), hot chocolate, iced coffee & iced chocolate. The Loyalty Card is our way of thanking you for supporting the Peel Farmers Market by being a dedicated customer.

MARKET KITCHEN

Q. What's better than eggs & bacon on Sunday morning?

A. Having someone cook them for you!

Come and visit the Mandurah Peel Farmers Market kitchen where you can buy a hearty egg & bacon burger, a sausage sizzle or a combination of both! Locally produced free range eggs, Australian bacon & organic lean meat sausages are served on freshly baked bread rolls. Eggs, bacon, sausages, onions, sauces and relish are all sourced from stallholders at our market. Our kitchen is expanding its menu and will soon feature home-made soups, raisin toast & much more. So come, grab a cuppa and a burger & listen to Laurie our resident musician.

A great way to catch up with family and friends whilst soaking up the market atmosphere

Are we open?

Easter Saturday: 3rd April - YES
Easter Sunday: 4th April - YES
ANZAC day: Sun 25th April - NO

MARKET PRODUCE

Seasonal produce available from the Peel & South West regions including fresh fruit & veg, 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? For a membership fee of \$40 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, journalism, 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

Anton & Fiona Bombara (Hamel Homegrown) are one of several organic vegetable growers at the Peel Farmers Market. Anton & Fiona have been growing organically since 1989 & have a wealth of experience in growing their beautiful fresh produce for us all to enjoy. For the last 14 years they have been operating from the family market garden in Hamel (just south of Waroona). They have a wonderful selection of in-season vegetables including tomatoes, corn, capsicum, garlic, broccoli, beetroot, leeks, lettuce, celery, butternut pumpkin, snow peas & more. Anton & Fiona are at the Pinjarra market every Saturday.

Dave & Dolly Valentine (Natural Hydroponics) are from Pinjarra and specialize in growing hydroponic lettuces, herbs and seedlings free from pesticides. Visit their stall and see for yourself. Take home one of his luscious lettuces, picked the same day straight from the garden to your fridge. Dave & Dolly are weekly stallholders at the Mandurah market.

Dallas & Gavin (Waderae Farm) have grown bananas & vegetables for 13 years in Carnarvon & 5 years ago moved to Waroona to grow fruit & vegetables. They supply the market with a large variety of tomatoes, beans, snow peas, corn, garlic, broccoli, cabbage, silver beet, herbs, potatoes, carrots, oranges, mandarins & amazing coloured cauliflower in purple, yellow & white! Dallas & Gavin grow using organic methods & you can find them each week at the Mandurah market.

Dana (Gordana Winston) Dana's parents were market gardeners, so that's why she's so good at it! She started growing for family & friends then expanded to sell her produce at the markets. You'll find spinach, roma tomatoes, eggplant, onions, capsicum, beans, cucumbers, spring onions, herbs, rhubarb, lemons, leeks & figs in summer. You can visit Dana weekly at the Mandurah market.

PM & PR Ucich (Twodams) Mark & Pam love growing organically & have been for 15 years at 'Two dams', a fruit & vegetable farm in Donnybrook. With an array of fruit & vegetables available throughout the year like broad beans, peas, silverbeet, tomatoes, zucchini, onions, garlic, broccoli, chives, cabbage, peaches, plums, nectarines, lemons, avocados, apples, chook & duck eggs you will never be disappointed. All of the vegetables, stonefruit & apples are certified Organic with Biodynamic preps used on all crops & the chooks are allowed to free range all over the property. You can find Mark every week at the Mandurah market.

Jim & Jan Turner (Turnorganics) have lived on their farm in Harvey for 23 years & have been growing vegetables organically for the last 4 years, specialising in several different types of potatoes, pumpkins, sweet potatoes, Swedes, turnips, celery, leeks, cucumbers & lettuce. Jim can be found weekly at our Mandurah market.

NEW TO OUR MARKET

We are pleased to introduce **'Bread-a-licious'** to our customers.

Sisters Merrilee & Melenna bring Organic, Bio-Dynamic & Conventional Breads & Pastries to our market. Bio-Dynamic Light Rye, Real Pumpkin Loaf, Organic Wholemeal & San Fran Logs, Gluten Free Loaf, White & Wholemeal Spelt & Tuscan Loaves, Wholemeal Fruit Loaf & a range of rolls are just some of the amazing variety available weekly. That is not all! A range of Yeast Free Dampers such as Spinach & Feta & Walnut & Date are for sale, together with Croissants. There are delectable plain or chocolate & custard, cream & passionfruit filled croissants available. But you must be early!! All bread is freshly baked the morning of the market in their family owned bakery & designed exclusively for the Farmers Market from authentic organic & bio-dynamic ingredients. Merrilee & Melenna can be found weekly at the Mandurah market.

'Blossom Fine Foods' is a family owned cake & biscuit bakery in North Fremantle. Angie, her husband, mother Marianne & father Darko live in Mandurah & produce delicious handmade Biscotti, Loaf cakes, Gluten free biscuits & Cupcakes from the freshest natural ingredients. Free range eggs, hazel nuts, almonds & pistachios feature in their delicious recipes. So come & give yourself a taste treat. You can find Blossom at the Mandurah market every week.

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 or email peelfarmersmarketmanager@hotmail.com

OUR SPONSORS

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

Market Merchandise

We now have a range of market merchandise available to purchase from our information stall. Choose from market aprons, eco-friendly bags, magnets & pens. Hats & t-shirts coming soon...



OUR MARKETS



Lex Langridge (Market Chair) & Paddi Creevy (Mandurah Mayor) Mandurah opening – 13th December 2009



Fresh produce from Waderae Farm



New to our market – Bread-a-licious

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.