



FRESH

news from the farm gate and beyond...

It's been a busy time at the market, we have had all sorts of visitors, the **Variety Bash** departed from us on March 11 brightening a gloomy wet morning. The sight of grown men dressed as Goldilocks asking directions at the Clevedon shops was heartening. What a great way to raise money and bring a bit of joy into kids' lives.

The change in season has bought back all our Autumn favorites - fresh crisp apples in a myriad of varieties. Feijoas, delicious fresh pears, large succulent figs from Glenbrook, pumpkin and squash. With the excellent Sunset Free Range Chicken and Harmony organic meats at the market it's time to set those delicious casseroles into the oven.

There is something deeply satisfying about jointing your own chicken for the pot, with a large sharp knife and instructions off the net, it is a 2 minute job. The yield is greater, you can cut up to eight portions from one chook, and it is more flavourful as you are cutting through the bone. It seems more natural and respectful than buying a bag of pre-cut, pre-washed body parts from many nameless chickens.

NEW TO MARKET

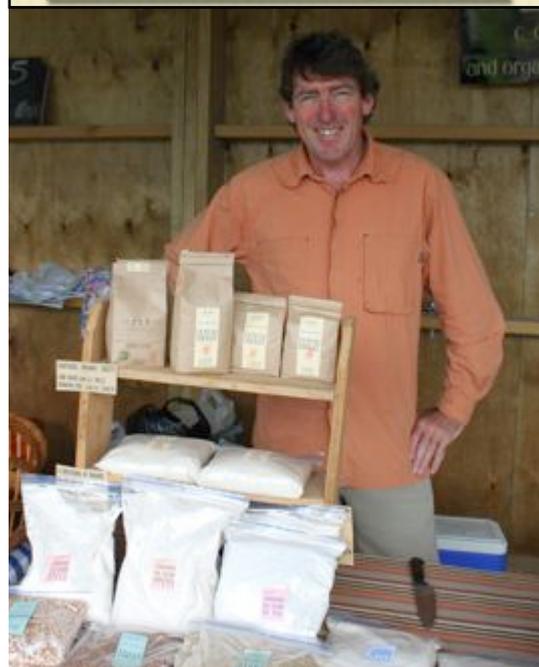
Attractive bunches of flowers from **Protea Growers** of Pukekohe and beautiful and well priced living orchids from **Villa Orchids** of Bombay are set to brighten up our homes this winter. On a sweeter front, **Clare's Cake Design** of Thames has some very gorgeous and ingenious decoration ideas for celebration cakes and children's cookies. If you have a wedding anniversary or children's party on the horizon talk to Clare for something innovative. **Vege Tofu** are back at the market with their range of organic tofu and other soy based products that are fantastic to cook with and good for you.

This year Champions of Cheese awards bought good news for Clevedon's own **Clevedon Valley Buffalo Company**. Two Champion Awards, one for their "perfect mozzarella" with a score of 99/100 and the other best new cheese for the buffalo hard cheese. In addition they won four gold medals for Mozzarella, Bocconcini, Feta and Ricotta and a bronze for the Buffalo Blue. It all starts with good old Clevedon pasture and the scent of the Waitemata.



It would seem it's not all hard work in the cabbage patch. While Jenny from **Clevedon Herbs and Produce** has a laugh with **Variety's** Buzz and Woody, her Granddaughter sleeps the sleep of a princess at the market.

MARKET PROFILE



ZIP COFFEE

Zip coffee is roasted to perfection for market customers by Andrew and Joy on their vineyard Te Marama in beautiful Mangatawhiri. Zip use fair trade organic Ethiopian and Guatemalan beans that can be ground at the market, to suit you. Zip are also purveyors of quality dry goods, supplying market customers with fair trade organic pulses, flours and grains. If you haven't baked with stone ground flour yet you need to do yourself and 3rd world farmers a favour.



PEAR TART



This is a dish that is easier to whip up than a batch of scones and as a family desert or late night supper can't be beaten. It is "my get the kids to do the dishes bribe" - it never fails.

Purists would throw their hands up in horror at its simplicity, but I make no apology. This is a homemakers' friend that will keep the troops happy.

*Helen Dorresteyn
Market Manager*

Ingredients

- 1-2 fresh pears, any variety (fresh tart apples work really well too)
- 1 sheet of pre rolled flaky puff pastry
- 1/2 - 1 teaspoon of butter
- 1/2 - 1 teaspoon of raw sugar
- 1 egg yolk, beaten

Preheat your oven and your baking tray to 180 celcius - you want plenty of heat in your tray to cook the pastry through.

Place your pre-rolled dough on baking paper. Use a plate to cut a circle out of your square of pastry. Fold over the edges and crimp to make a rim, baste pastry with egg yolk. Cut your pear in half lengthwise, lay the cut side down and slice thinly. Arrange pear slices to radiate around the centre of the tart in a single layer. Dot with butter and sprinkle over the sugar.

Bake for 25-30 mins - check after 15-20 mins to see the pastry isn't burning. Cover with another sheet of baking paper if necessary.

TOMATOES IN MY HALLWAY



THE CLEVEDON VILLAGE FARMERS MARKET

Every Sunday 8.30am till 12 noon, Clevedon Show ground, Monument Road, Clevedon. www.clevedonfarmersmarket.co.nz