



# FRESH

*news from the farm gate and beyond...*

You've gotta love winter, while noses and finger tips are chilled and colour fades from the garden, the home and the hearth come into their own. Cooking, whether fast or slow, is all about flavour this time of year and the addition of a few naughty ingredients is allowed as they are just what is needed to keep our busy engines running through the cold.

The market has been at the new site for almost a year now and it is reaping the benefit of an all weather venue. Stalls and shoppers can stay dry and out of the wind on Sunday mornings, so it has been a brilliant Autumn, with more produce than ever being sold over tables in the last two months. Additional parking is soon to be available providing easy access in all seasons.

## NEW TO MARKET

Not one but now three 2012 Cuisine Artisan Award winners sell their exceptional wares at the Clevedon Farmers Market. Latest member of this exclusive club to join us is Genevieve of *Genevieve's Cuisine* with her cracked pepper, original and truffled chicken liver parfaits. They are so good they defy description, being positively sublime in both texture and flavour - for a truly indulgent night in; team the truffled parfait with toasts made from *Pukeko Bakery's* excellent german rye loaf - and share with your cat. Now thats decadent.

Speaking of indulgence, *Salubrious Skincare* is a range of natural skin care assembled by chef and nutritionist Ann Stevens and is debuting at the market this Autumn and winter. Tired of the old school approach to skincare, Ann has created a natural range for the face. A wise and gentle woman, my grandmother once said to me - why would you put anything on your face that you couldn't eat dear?

We now have fresh pasta - thanks to Ardijan and Lucijana and their fabulous stall *Fresco*. They have a lovely range of pasta and gnocchi that is easily matched with fresh market produce for delicious, simple and satisfying meals.

Gorgeous sweet and brimming with vitamin C - *Clementines* from Glenbrook beach are back this month. It has been a tough year for citrus with many growers reporting a later than usual crop. These little orbs of goodness were worth the wait.

Hallelujah! A knife sharpener that has an edge. Alternate weeks Michael from *Ultraedge* is at the market to sharpen tools and knives. See him on Sundays June 10, June 24, July 8 and July 22.

*I am Sauce*, the brain child of Henry Mackenzie hit the market shelves with a bang this month selling out each week. Henry's all purpose sauce is a delicious accompaniment to all kinds of dishes that is preservative free and low in salt.

## MARKET PROFILE



*Culley's*  
Est. 1975

### *Chris Cullen of Culley's*

After working as a chef in Melbourne for several years Chris developed a passion for good food that has lead him to create a range of high quality preservative free cooking sauces and pastes. Chris's delicious range enable the home cook to create fantastic meals with local produce easily at home. If you are ever stuck for a recipe idea at the market Chris is your man - he will happily suggest something fabulous yet simple to prepare with the wonderful seasonal produce at the market.



*A Highland bull groomed and on show at the market and Highland cattle show in May*

Ask not what you can do for your country. Ask what's for lunch - Orson Welles





## **BACON AND BARLEY SOUP**

*This is a true winter rib sticker of a soup that tastes like it has been cooking slowly over a earthen hearth tended by a jolly peasant farmers wife. In reality it takes 10 mins to prepare and 30 to simmer to a superb and satisfying conclusion. Earn huge points when your team come home through the rain and the cold with this healthy and filling winter meal.*

*Helen Dorresteyn  
Market Manager*

### **Ingredients**

6 rashers of bacon  
1 large onion  
1 large carrot  
A splash of olive oil  
6 cups of chicken stock\*  
1 cup of Barley  
2-4 bay leaves  
seasoning  
chopped flat leaf parsley

Cook your bacon, onion and carrot on a gentle heat in olive oil until the onion is transparent.

Pour in the stock and bring to a simmer. Add barley and bay leaves, stir and cook for 30-40 minutes until the soup has thickened and the barley is tender. Season to taste and garnish with parsley. Great served with a hand made loaf of bread from Pukeko Bakery.

\*Save money and add natural flavour by making your own stock this winter. When you roast a chicken throw the left over carcass in the slow cooker with an onion, carrot, a bay leaf, herbs, 1 tbsp of pepper corns and 3/4 fill with water. Set on low overnight. In the morning strain ingredients and cool liquid in the fridge, skim off any fat then freeze in convenient containers.

## **TOMATOES IN MY HALLWAY**

by the curious croppers



**THE CLEVEDON VILLAGE FARMERS MARKET**

Every Sunday 8.30am till 12 noon, Clevedon Show ground, Monument Road, Clevedon. [www.clevedonfarmersmarket.co.nz](http://www.clevedonfarmersmarket.co.nz)