



inSeason Markets[®]

New market

We are proud to announce a new market starting this month. Fairfield Farmers Market will be held on the third Saturday of every month, starting 20th March. It will be held at the Fairfield Primary School on Langridge St. We hope to see you there.

Healthy Food and Lifestyle Show

We are getting geared up for the Healthy Food and Lifestyle Show next month on the 9th to 11th April. inSeason will be setting up a mini farmers market in the middle of the event. Make sure you jot it in your diary and for more information visit www.healthyfoodshow.net.au

Blunt knives Wanted

We know we are a farmers market, but we also know how important knives are for chopping up your delicious produce. Bring your knives down to the Caulfield and Ballarat (last Saturday) and let Reg at Bald Eagle Knives get them back into shape.

North Melbourne Farmers Market

Sunday 7th March, 9am-1pm, North Melbourne Primary School, Errol St, North Melbourne.

Ballarat Lakeside Farmers Market

Saturday 13th and 27th March, 9am-1pm, Lake Wendouree, Wendouree Parade, Ballarat.

Caulfield Farmers Market

Saturday 13th March, 8am-1pm, Corner Booran and Neerim Roads, Caulfield.

Sunbury Farmers Market

Saturday 13th March, 9am-1pm, Gatehouse Cafe, 1 Macedon Street, Sunbury.

Fairfield Farmers Market

Saturday 20th March, 9am-1pm, Fairfield Primary School, Langridge Street, Fairfield.

Zucchini slice

½ cup olive oil
500g zucchini slice
1 large onion, finely chopped
150g bacon finely chopped
170g freshly grated parmesan cheese
150g self-raising flour
3 large eggs, lightly beaten
salt
freshly ground black pepper
3 large ripe tomatoes, thickly sliced

Preheat oven to 180c. Brush a 25cm square tin with a little olive oil and line base with baking paper. Combine remaining ingredients except tomato and remaining oil. Pour into prepared tin and smooth top with the back of a spoon. Cover with tomato slices and dribble over remaining oil. Bake for about 30 minutes until firm. Cut into 12-16 pieces and serve warm or cold.

Chocolate mousse

200g bittersweet chocolate, chopped
4 eggs, separated
100g softened unsalted butter
2 teaspoons castor sugar

Melt chocolate gently in a large bowl over hot water. Remove bowl from heat, then beat in egg yolks, one at a time. Add butter, beating well until mixture is glossy and smooth. Whip egg whites until soft peaks form. Sprinkle sugar over and continue to whip until whites are satiny. Fold quickly but thoroughly into chocolate mixture. Transfer mixture to a serving bowl or individual bowls and chill.
Allow mousse to come to room temperature before serving.

WHAT'S IN SEASON THIS MONTH

Fruit

apples (aba, cox's orange pippins, gala, jonagold, jonathan, mutso)
berries (raspberry, strawberry)
feijoa
figs
grapes (cardinal, currant, muscat, purple cornichon, sultana, waltham cross)
kiwifruit
lemon
limes
melons (honeydew, rockmelon)
nashi
nectarine

Vegetables

apples (aba, cox's orange pippins, gala, jonagold, jonathan, mutso)
berries (raspberry, strawberry)
feijoa
figs
grapes (cardinal, currant, muscat, purple cornichon, sultana, waltham cross)
kiwifruit
lemon
limes
melons (honeydew, rockmelon)
nashi
nectarine

Herbs

coriander
dill
garlic
marjoram
mint
oregano
parsley

nuts (almond, chestnut, hazelnut, pistachio, walnut)
orange (valencia)
passionfruit
peach
pears (beurre bosc , howell, josephine, packham, red sensation, williams)
persimmon
plums
pomegranate
rhubarb
tamarillo

nuts (almond, chestnut, hazelnut, pistachio, walnut)
orange (valencia)
passionfruit
peach
pears (beurre bosc , howell, josephine, packham, red sensation, williams)
persimmon
plums
pomegranate
rhubarb
tamarillo

rosemary
sage
thyme
watercress

STALLHOLDER OF THE MONTH

Shields Farming



Shields Farm have been farming for over 40 years and grow a large variety of vegetables on their Peninsula property. Having used organic practices for many years they have recently been certified organic. Another achievement under their belt is their VFMA Accreditation awarded recently which guarantees they are genuine growers of their produce. Visit Wayne and Tash at Caulfield, North Melbourne and Fairfield Farmers Markets.

WANT TO KNOW MORE?

For more information on our markets please visit our website
www.inseasonmarkets.com.au

Join our mailing list to receive a free monthly e-newsletter and be kept up to date with all of the comings and goings of our markets and the farmers market industry.



inSeason Markets

PO Box 640
Carnegie Victoria 3163

Phone: 03 9528 4985

Fax: 03 9528 4901

Email: info@inseasonmarkets.com.au

www.inseasonmarkets.com.au

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