



# Market Matters

Get Fresh with us *January 2015*

[www.boyanupfarmersmarket.com](http://www.boyanupfarmersmarket.com)

**Next Market**  
**22nd February**

**Boyanup**  
**Memorial Park**  
**8am – 12 noon**

**Enquiries: call**  
**0448 806 833**

**Email:**  
**manager**  
**@boyanupfarmers**  
**market.com**

## What's Fresh in January

**Fruit:** Apricots, Berries, Figs, Grapes, Mango's, Melons, Nectarines, Peaches, Pears, Plums

**Vegetables:** Asparagus, Beans, Beetroot, Cabbage, Capsicum, Carrots, Cauliflower, Celery, Cucumber, Eggplant, Lettuce, Spring Onions, Peas, Potatoes, Sweet Corn, Tomatoes, Zucchini

**Gourmet Foods:** Cheeses, Chocolates, Olive Products, Eggs, Fruit Leather, Bread, Pecans, Macadamias, Cider, Cakes, Italian Biscuits, Coffee, Beef, Lamb, Seafood

**Plants:** Herbs, Fruit Trees, Ornamental shrubs and annuals

**Preserves:** Jams, Chutneys, Relishes, Sauces, Pickles, Honey

**Other Produce:** Pea Straw, Rabbit Poo & Worm Wee, Sheep Poo, Wheat, Wineries, Wooden Garden Art

**2015**

**22nd February**

**22nd March**

**26th April**

**24th May**

**28th June**

**26th July**

**23rd August**

**(Markets fall the**  
**Fourth Sunday of**  
**each month**  
**except December**  
**Third Sunday)**

## Market News and Views

A short market roundup this month as not much had changed since the last market apart that the markets are getting more popular each month.

In cool, overcast conditions December's market was set to be a great day with the 46 stall holders ready for the Christmas crowd by 8 o'clock. There didn't seem to be the usual big crowds as per the previous markets but it was a steady flow all morning with customers getting their Christmas produce and that Christmas stocking filler. But I must say by mid-morning stall holder tables were looking rather depleted and talking to a lot of the stall holders their comments were "the crowds were coming in waves". Another successful market indeed!

I can't wait to see what 2015 is going to bring to the Boyanup & District's Farmers Market.

Just a reminder to all dog owners, you are responsible for your dog's actions if they spoil any of our stalls products and must be retained on a short leash. This is not only a safety issue but also a health issue as well.

Decembers raffle winner was Morgane Riou who is one of our new stall holders. Congratulations Morgane. I Look forward to seeing you on the 22nd February.



For more information please call Trisha on 0448 806 833 or email [manager@boyanupfarmersmarket.com](mailto:manager@boyanupfarmersmarket.com)

## Market Gossip

Out now is our 2015 Calendars, you can collect them from the markets or from businesses around Boyanup, Capel, Dardanup, Donnybrook Tourist Bureau and Donnybrook Resource Centre.

Just a friendly reminder to ALL dog owners that you are responsible for your dogs behaviour at the markets. Can you please keep them on a short leash as this is a Health and Safety Issue with some owners having a them on a long leash and can cause an accident. Also if they spoil any produce/products you are required to reimburse the stall holder for loss of income.

We would like to wish Lyn and Murray McIntosh from Maclyn Grove all the best in their Semi Retirement. Also all the best to Richard and Geraldine Knox from Byramgou Park Winery who have given up the grapes and are growing proteas. We may see Richard when the proteas are ready.

January

## GARDEN MATTERS

Hopefully everyone had a great Christmas and New Year and now it's back to doing the everyday jobs that got neglected with the silly season, like dead-heading your roses, plus fertilising them, topping-up mulch in your garden, fertilising your lawn and raising the blades one or two notches! This will help prevent the roots being burnt! Also, make sure the ground is not repelling the water when watering. If this is the case, apply a good Soil Wetting agent, my favourite being Bailey's Grosorb, which is the Rolls Royce of all the brands! It is dearer BUT you only use a small amount and it works well! Apply to the lawn as well, as you often find the water just sits on top! If some of your shrubs have been burnt on those really hot days, DON'T prune them back, as the old leaves will help protect the new growth. This is a job for autumn!



**PASSIONFRUIT\*\*\*\*** Now is a great time to plant a passionfruit vine, as they love the warm weather and will take off and be established before the cold weather comes! One of the most prolific bearers is the "Sunshine Special" which produces the old fashioned black passionfruit. (my vine is loaded at the moment!) Years ago, when I worked in a Garden Centre, we were brain-washed with the idea, that the only vine to grow was the "Nellie Kelly" grafted passionfruit vine, because they were disease resistant and vigorous BUT they forgot to mention that the root-stock would take over and everyone would have this great vine with no fruit on it!!! We were also told to plant an ox heart or similar below the vine and this worked a treat, as they love Blood & Bone, so use this fertiliser with added trace elements and potash. If you use pure Blood & Bone, add Potash as you need this to help produce flowers & fruit, and this goes for any fruiting vine or tree! Passionfruit are shallow-rooted so mulch well with Pea-straw or any old hay from the stables, but make sure you keep it away from the trunk to prevent collar-rot. They also like regular watering!

**FRANGIPANI\*\*\*\*** Nothing evokes that tropical feeling quite like the frangipani! Their sweet scent and sheer beauty make them universally loved and the blooms look sensational on the tree and as a cut flower. They look great floating in a bowl of water! Most familiar in their white and yellow form, they also come in many tropical colours. Frangipanis are relatively small trees, growing to 5m in height and often as wide. They have a well-behaved root system, which makes them great for the home garden, and for growing in large pots. They are also great survivors, coping with drought, heat, neglect and insect and pest attack. They are also deciduous, allowing maximum winter sun while providing shade in summer. They are one of my favourite plants!



**CREPE MYRTLE (Lagerstroemia indica)\*\*\*\***They are among the top small tree, to be grown in the garden, especially a small one! Most are under 6m tall and they flower over a long period and have wonderful autumn colour. Blooms vary from shades of pink, to red, mauve, lilac and white. They also feature a spectacular trunk with patterned bark, which is quite beautiful! Does well in most soils, as long as they are well drained. Tolerates heat, humidity and drought. All crepe myrtles bloom on new wood and should be pruned in late winter to early spring. They can also be trained as a standard!

Summer is a quiet time in the garden, so enjoy, and until next month,  
**HAPPY GARDENING!**



## AUSTRALIA DAY

Australia Day traditionally marks the anniversary of 26 January, 1788 when Captain Arthur Phillip and the First Fleet raised the flag on Australia's first European settlement at Sydney Cove.

After the United States of America won the Revolutionary War in 1783, it was no longer possible for Britain to send unwanted criminals there. As the crime rate increased in England, jails and prison hulks moored in British harbours became overcrowded. Captain Cook had discovered the east coast of Australia in 1770 and not long after this voyage, the possibility of using Australia as a penal colony was considered.

It is believed that this need for a place to "dump" convicts, was not the only reason for colonising Australia. Botany Bay was also seen as a port of call and supply base for British ships traveling the Indian and Pacific Oceans, and trading with China. Although shorter alternative routes were possible, by the mid 1780's, the British Government was concerned that these routes might be cut if the Dutch went to war with Great Britain.

At the same time, Britain was heavily dependent on Baltic countries for timber that could be used for masts and shipbuilding and flax used for the manufacture of canvas, sailcloth and rope. As possible alliances between French, Dutch and Russians could block the supply of these materials, Britain was anxious to find alternative sources. Captain Cook and Sir Joseph Banks recommended that Australia, New Zealand and nearby islands could be potential sources of timber and flax.

On May, 13 1787, eleven ships set out from Portsmouth, England on an eight month voyage to Australia, carrying approximately 1 350 men, women and children. The Supply was the first ship to reach Botany Bay, followed by the three transports the second day and the remainder the following day, 20th January 1788. The journey of 15,000 miles took just over eight months. After exploring Botany Bay it was found to be unsuitable for settlement. The reason was that it lacked good soil, it lacked a good supply of fresh water and that the bay was so shallow that ships had to anchor too far offshore.

On Monday 21st January, Phillip took a small party of officers and marines in three open boats to explore the coast north of Botany Bay Captain Cook had mentioned Port Jackson which he had not explored, and also Broken Bay which he described as having hills right down to the edge of the bay.

As Port Jackson was closer, the explorers examined it first and were delighted with what they saw. There was a cove with a good stream of fresh water flowing into it and Phillip named it Sydney Cove after Lord Sydney. His party spent two days examining the area around the cove. On 23rd January they returned to Botany Bay and the idea of a settlement at Port Jackson was enthusiastically welcomed.

The next day two French ships under the command of Jean-Francois Galoup, Comte de la Perouse was sighted. They were on a voyage of discovery set to continue on the work done by Captain Cook.

On 25th January Phillip set sail for Sydney Cove, allowing the rest of the fleet to sail when the strong gale eased sufficiently to allow the 10 ships to sail safely together. A clearing was made and a flagpole was erected and on the next day the Union Jack of Queen Anne was hoisted with the usual ceremony. On that evening the rest of the fleet under Captain Hunter arrived.

The day of the hoisting of the flag, 26th January, 1788 was originally called Foundation Day and today is called Australia Day.

## RECIPE OF THE MONTH— PECAN SLICE

### INGREDIENTS:

185g Butter	1/2 cup Caster Sugar	1 Egg Yolk
1 cup Plain Flour	1/4 cup Self-Raising flour	2 tablespoons Custard Powder
1/2 cup Brown Sugar	2 tablespoons Golden Syrup	395g can Sweetened Condensed Milk
125g Pecans, halved lengthways		

### METHOD:

- 1) Preheat oven to 180°C. Grease and line a 3cm deep, 16cm x 25.5cm (base) lamington pan.
- 2) Using an electric mixer, cream 125g butter and sugar until pale. Beat in egg yolk. Sift flours and custard powder over butter mixture. Mix to form a soft dough.
- 3) Press dough into base of prepared pan. Bake for 15 minutes or until golden.
- 4) Cook sugar, golden syrup, condensed milk and remaining butter in a saucepan over low heat, stirring, for 12 minutes or until golden. Stir through pecans.
- 5) Pour pecan mixture over base. Bake for 15 minutes or until golden. Cool. Serve.

## ANNUAL STALL HOLDERS

**\*Stall holders with an astrix next to them are trained in First Aid\***

**Armanda's Cuisine:** Armanda Da Luz  
*African sauces, chillies, relish, curries, pickles*  
9418 5786

**Artisan St. Chocolates:** Joanna Feeney  
*Gourmet Chocolate products*  
0415 150 676

**Bell Beef:** Rob & Kellie Bell  
*Beef, Lamb, Sausages, Marinated meats*  
97913340 / 0409118141

**Boreham Valley Nursery:** Mary-Anne & Derrick Thompson  
*Fruit & Ornamental trees, Plants, poultry, seeds, herbs, ornaments*  
9732 1352

**Boyanup Free Range Eggs:** Therese & Brian Tucker  
*Free range eggs*  
0421 778540

**Cakes In A Cup By Nic:** Nicole Phillips  
*Specialty Cup cakes*  
0466 405 944

**Cambray Sheep Cheese:** Bruce and Jane Wilde  
*Cheese, avocados, oranges, yoghurt*  
9756 2037

**Cherry Valley Farm:** Shane & Debbie Muddle  
*Cherry Jams, Chutney, Relishes, Pickles, Sauces, Marinades, other Jams and Chutneys. Also Cherries in Season*  
9771 8102

**Country Cappuccino:** Sharon & Chester Kleinman  
*Espresso coffee, tea, chocolate, chai, milkshakes, smoothies, cakes, biscuits*  
0438 883 923

**Cypress Creek:** David & Carolyn Kirkham  
*Lamb Cuts and Sausages*  
9733 2374 / 0427 847 709

**Da Silva Seafood Van:** Joe da Silva  
*Seafood*  
0406 712 252

**Dardanup Citrus:** Tony & Lyn Wareham  
*Mandarins, Oranges, Avocados and Orange Juice*  
9728 1231 / 0417 933 124

**Erika's:** Erika McManus  
*All sorts of plants, shrubs, ornamental trees*  
9731 2251

**Florescence:** Charles & Lee Reynolds  
*Cut Flowers and Flower Bulbs*  
98411938 / 0417 231 789

**Froggy Food:** Morgane Riou  
*Natural Salted Butter Caramel, Seasonal Jams, Pork Pates', Rillettes, Salmon Rillettes*  
0459 470 082

**Fre Jac Bakery:** Jean-Marie Jacob  
*Breads and Patisseries*  
9755 0304

**Highway Honey House:** Damian Curtis  
*Packaged Honey, Honeycombe, Creamed Honey, Beeswax, Pollen*  
0429618083

**Kelli's Corner:** Kelli Jones  
*In season vegetables, berries*  
9772 1440

**Kirup Krafts:** Jackie DeWit & Nene Simmons  
*Wooden and metal garden art*  
9731 6702 / 0421 837 721

**L A Jones Fruit:** Leon and Ann-Maree Jones  
*All sorts of fruit in season, jams, preserves*  
9731 1512 — lajonesfruit@activ8.net.au

**Mark Oliver**  
*West Australian Timber Jarrah and Sheoak Cutting Boards, platters, etc*  
0401 354 994

**Mick Adams Pea Straw:** Mick and Alex Adams  
*Wheat, Pea Wheat, Pea straw bags and bales*  
9864 6034

**Mumballup Pecans:** Bernie Rochester  
*Pecan Nuts, Pecan Chocolate, Pecan Brittle*  
9734 1309 / 0429 341 309

**Nannup Brook Farm:** Simon & Sarah Green  
*Honey, Creamed Honey, Lemon Myrtle, Seasonal Berries, Passionfruit*  
97560900 / 0420 501 524

**Oakway Estate** Wayne and Maria Hammond  
*Wine tasting and sales*  
9731 7141 / 0407 382 244

**Pepperwood Estate** Colin and Sandy Manley  
*Wine tasting and sales*  
9727 2027 / 0414 476 454

**Rob Otway**  
*Fruit, vegetables and eggs*  
0438 511 248

**Scents from the Heart:** Rochelle Dell'Agostino  
*Soy Candles, Diffusers, Tea Light Holders, Melt Pots*  
97258743 / 0438 258 740

**\*Solarfruit\*:** Steve and Sue Collis  
*Sun dried fruit products, sauces and jams*  
9731 8202 Fax 9731 8364

**Taralea Farm** Bill and Del Nuske  
*Macadamia Nuts, Oil, Limes, Lemons and Eggs*  
9728 1252 / 0419 909 407

**T Piscioneri & Co:** Tony and Dominic Piscioneri  
*In season fruits*  
9731 7110

**The Cidery:** John Lucey  
*Cider's, Apple juice*  
9761 2204 / 0429 889 083

**Third Pillar Olive Oil:** Ian Wildy  
*Locally produced olive oils*  
0427 847 916

**Tricia's Kitchen** Trish and Geoff Langley  
*Cakes, Jams, Pickles, Chutney and Sauces*  
9756 1344

The Boyanup and Districts Farmers' Market welcomes enquiries from producers of food, health and lifestyle products that have been grown, produced or made in the local area from raw products sourced in the local area.

**Our thanks to our generous sponsors**

