



Radish

Often overlooked, radishes can add pep to a dish's taste as well as crunch. Cut them into very fine matchsticks and use as a salad garnish; slice paper thin and serve with fennel and orange segments; or simply eat whole, with brown bread and butter, and a dash of salt.

FARMERS' MARKET
Organic & Sustainable Market, Bowden, SA

Favourites at this weekly market include Gum Park Beef, Barry Beach's herbs and spices, apples from G. H. Schultz & Sons, Shane Eldridge's vegetables, Little Seeds Coffee — and look out for The Riviera Bakery's fig and fennel sourdough. The market and stallholders are audited by the National Association for Sustainable Agriculture Australia, the nation's primary organic certifier.

- **WHEN** Saturday 9am–1pm,
- **WHERE** Plant One, Park Terrace, cnr Fifth Street, Bowden, SA
- **CONTACT** 0430 784 550; organicsustainablemarket.com.au



flavours

BARBARA SWEENEY'S PICKS, FROM HEIRLOOM TOMATOES TO CAPERS.



MEET THE PRODUCERS

Allan and Mandy Evans, Benair, Queensland

Mandy Evans admits she had never eaten capers before she and her husband Allan started growing them on their 65-hectare property in Queensland's South Burnett region.

A 2006 ABC program about capers inspired the couple. They ordered plants from a South Australian nursery, which propagates to order, in 2007. "We drove down to pick up 152 plants, drove straight back and planted them," Mandy says.

It's hard work, but Mandy says they knew what to expect. From September to March, they're out picking at first light, then a lot of time is spent salting the capers — the unopened flower buds — and caperberries, which are the fruit produced after flowering.

And has Mandy come around to eating capers? "Allan loves them," Mandy says. "But I'm still developing a taste..." *Bunya Red Farm.* (07) 4164 3186. bunyarredfarm.com.au

old favourites

Heirloom tomatoes have thin skins and are bursting with juice, and you can save the seeds for next season. The Diggers Club's annual catalogue has more than 40 types of tomatoes. (03) 5984 7900; diggers.com.au

ON THE ROAD

PICK UP A PORTUGUESE TART, BAKED AT ARMIDALE'S GOLDFISH BOWL OR DROP IN FOR A CREATIVE SALAD. HOWEVER, FOR LOCALS, THE WOOD-FIRED PIZZA IS THE NUMBER ONE CHOICE. 160 RUSDEN STREET, ARMIDALE, NSW. (02) 6771 5533.



DECADENT BERRIES QUALITY FRUIT GOES INTO SECRET PANTRY'S STRAWBERRIES IN CHAMPAGNE. MADE BY FAYE MCKAY AT QUEENSLAND'S ROTHWALL. 0428 329 304; SECRETPANTRY.COM.AU