



Fair Food Week is coordinated by the Australian Food Sovereignty Alliance as an opportunity to shine a light on 'paddock to plate' food events across the country. More details can be found here <http://fairfoodweek.org.au/>

It's an opportunity to reflect on and celebrate the sensational, ongoing work going on to support a fairer, more sustainable food system here in the Illawarra.

We are inspired and delighted to bring you a What's On for this special week, and beyond.

Get involved, and support your local community at one of these delicious events!

Please note that details are correct at time of circulation. Please contact event coordinators directly for further information. This list is provided for information only and does not imply endorsement of any particular provider, organisation or service.

FRIDAY 10 OCTOBER

Wollongong Produce and Creative Traders Markets

Local growers and producers gather every Friday, bringing fresh fruit and vegetables, plants, organic wood fired bread, cakes, dips, nuts, olive oils & cheeses. Delicious Thai, Himalayan, Turkish and Indian cuisine.

The market is a forum in which local artists showcase their talents. A wide variety of arts, crafts, and produce are on display offering a taste of the traditional and drawing on the creativity inherent in the region's cultural diversity.

Planning your spring garden? This market features the fortnightly attendance of popular conventional and certified organic herb and veggie seedling vendor, Patio Plants.

Location | Crown St Mall, Wollongong

Time | 9:00am – 3:00pm

Cost | Free

Contact | Lara or Jenny 0422 781 920, 0425 277 118

Shellharbour City Plant Nursery SALE

Grab a Bargain from Shellharbour City Council's Nursery in celebration of Fair Food Week

In celebration of National Fair Food Week, Council's nursery is offering the following specials from the 10 -18 October:

- 10% off all Fruit Trees
- 10% off all Bagged Potting Mix and Bagged Compost.
- Buy 10 Herbs/Vegies and 1 bag of Vegie and Herb potting mix for \$34.50 save \$5.45
- Buy 10 get 2 free potted colour.

The nursery is open Monday to Friday 7.30am to 3.45pm (except public holidays), and in celebration of National Fair Food Week they will also be open on Saturday 11th and 18th of October from 8:30am to 1pm. This is a great opportunity for those who can't make it to the nursery during the week to head along.

You can visit the nursery at 132 Industrial Road, Oak Flats (enter by River Oak Place, Oak Flats), call them on 4221 6191 or email nursery@shellharbour.nsw.gov.au.

SATURDAY 11 OCTOBER

Edible Mushroom Cultivation Workshop (Day 1)

Do you love your fungi fresh but often don't have some when you want them most?
And did you know that dried shitake mushrooms are packed with chemicals from processing?

There are a just a couple of good reasons to grow your own!

The Garden is hosting a weekend workshop to learn to grow your own mushies, run by the Tasmanian forest fungi extraordinaire Will Borowski...an awesome opportunity for us locals!!

Will Borowski is the owner and operator of **forest fungi**, teaching Aussies how to grow gourmet mushrooms and selling most of the supplies you need. He has an extensive mushroom culture library and comprehensive courses that communicates complex information for beginner to advanced mushroom growers...to get and keep all enthusiasts on their way.

Day 1: You will learn how to:

- cultivate gourmet mushrooms,
- make a still air box for mushroom cultivation
- how to make and transfer mushroom onto agar
- make grain spawn
- make sawdust spawn
- make dowel spawn

Morning tea and lunch included.

Location | Cringila Public School

Time | 8.30am for 9am start – 4pm

Cost | Full 2 days \$350. One day only \$200

Contact | The Garden, Aaron Sorensen 0424 241 881 | thegardennorthgong1@gmail.com

Register ASAP to secure your place, email with 'Mushroom Workshop' heading.

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SUNDAY 12 OCTOBER

Kiama Farmers Market SPECIAL EXTRA Good Food Month Market

To celebrate Good Food Month the Kiama Farmers' Market is having a "special EXTRA market" on Sunday, 12 October - perfect for those who can't get to our regular Wednesday ...market! Come along for:

- Thermomix cooking demonstrations
- Fruit & Veg
- Street food & ready made meals
- Wagyu beef & Seafood
- Cakes & preserves
- Olives & bread
- Plants & seedlings
- Cheese & yoghurt
- Kids jumping castle
- Music
- AND LOTS MORE...

Celebrate the Illawarra's first local producer-led weekly farmers market at gorgeous Black Beach, Kiama. If you can't make it down this morning, check out the weekly Wednesday markets instead, 3-6pm each week.

Location | Black Beach, Kiama (Kiama Harbour)

Time | 10am - 2pm SPECIAL MARKET today only | 3pm – 6pm every Wednesday

Cost | Free

Contact | 0431 823 078 or www.kiamafarmersmarket.com.au

Keep Backyard Bees

Sunday 12 October

Wild Rumpus brings you another passionate local keen to share their knowledge about one of the earth's most magical creatures. Backyard beekeeping has become both achievable and possible, creating homemade honey as well as protecting our precious pollinators.

Join Luke in a suburban backyard as he provides an introduction to the basics of beekeeping, including checking out a native stingless bee hive, honey-tasting and more.

Location | Woonona

Time | 10am – 12pm

Cost | \$30

Contact | <http://www.wildrumpus.com.au/home/keep-backyard-bees/>

Edible Mushroom Cultivation Workshop (Day 2)

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Day 2: You will learn how to:

- use grain spawn to grow Oyster mushrooms
- grow King Oysters in a bucket
- supplemented sawdust bags for species including: shiitake, pioppino, oysters and others
- make dowels for shiitake logs and other gourmet mushroom log cultivation

Morning tea and lunch included.

Location | Cringila Public School

Time | 8.30am for 9am start – 4pm

Cost | Full 2 days \$350. One day only \$200

Contact | The Garden, Aaron Sorensen 0424 241 881 | thegardennorthgong1@gmail.com

Register ASAP to secure your place, email with 'Mushroom Workshop' heading.

MONDAY 13 OCTOBER

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TUESDAY 14 OCTOBER

Cringila Park Community Garden Working Bee

New members welcome! Taste organic veggies and potter around a friendly and colourful organic garden. Practice no dig gardening.

Location | Cringila Park, via Lockwood St Cringila

Time | 10:30am – 1:30pm

Cost | Free

Contact | Lisa 0421 162 381 or Eileen 4275 1043

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WEDNESDAY 15 OCTOBER

Kiama Farmers Market

Celebrate the Illawarra's first local producer-led weekly afternoon farmers market at gorgeous Black Beach, Kiama. If you can't make it down this afternoon, there's a special Good Food Month 'special EXTRA market' on Sunday 12 October (details below).

Location | Black Beach, Kiama (Kiama Harbour)

Time | 3pm – 6pm every Wednesday

Cost | Free

Contact | 0431 823 078 or www.kiamafarmersmarket.com.au

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THURSDAY 16 OCTOBER

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FRIDAY 17 OCTOBER

Dirt! The Movie: Community Film Screening

A story with heart and soil – bring a small plate of healthy snacks to share, or just come along to get inspired with the Little Branches Big Trees crew to get your hands dirty.

Location | Shop 3, 263 Princes Highway Corrimal

Time | 7:30pm

Cost | FREE

Contact | Kelly 0428 433 650 or info@littlebranchesbigtrees.com

Amateur Beekeeping Course

3 x Friday sessions commencing 17 October

Come along and learn from experience beekeeper Douglas Cox how to set up a beehive in your own backyard so that you can enjoy the taste of 'home grown' honey at any time. From the very basics of assembling and preparing a beehive for honey, to knowing your bees, and the regulatory requirements governing amateur beekeeping, this course is a must for anyone interested in bees.

Location | WEA Wollongong, Auburn St, Wollongong

When | Friday 17, 24, 31 October | 5.30pm – 9pm

Cost | \$149

Contact | Bookings essential

<https://enrol.weaillawarra.com/modules/details?ModuleID=41505> or 4226 1622

Wollongong Produce and Creative Traders Markets

Local growers and producers gather every Friday, bringing fresh fruit and vegetables, plants, organic wood fired bread, cakes, dips, nuts, olive oils & cheeses. Delicious Thai, Himalayan, Turkish and Indian cuisine.

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Planning your spring garden? This market features the fortnightly attendance of popular conventional and certified organic herb and veggie seedling vendor, Patio Plants.

Location | Crown St Mall, Wollongong

Time | 9:00am – 3:00pm

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Contact | Lara or Jenny 0422 781 920, 0425 277 118

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SATURDAY 18 OCTOBER

Domestic Espresso Coffee Making

Join Michael Starr from SwELL Coffee to learn about making great coffee at home. Topics include:

1. Your espresso machine and grinder
2. Correct and incorrect extraction of espresso
3. Troubleshooting and key indicators
4. Correct milk texturing and pouring
5. General cleaning and maintenance

Location | Swell Coffee, Shop3 rear 135 Crown St Mall (Lower Crown St)

Time | 2pm

Cost | \$65

Contact | David Ball davidballvet@hotmail.com

Wollongong Botanic Garden Greenplan Nursery

The Botanic Garden Greenplan Nursery has an extensive range of local trees, shrubs, ground covers and grasses, as well as worm farms and compost bins for sale.

The Greenplan Nursery is open on the third Friday of every month (excluding Dec) between **7.30am and 2.30pm**.

The Friends of Wollongong Botanic Garden will be raising funds to support the Botanic Garden's projects with the sale of exotic species that have been propagated throughout the year.

Our qualified horticulturists and Friends of Wollongong Botanic Garden volunteers will be on site during the sales to give you advice on your plant selection for your garden.

Visit our Greenplan webpage a week prior to each sale for a list of species available and corresponding prices.

A current Wollongong City Council rates notice is required a proof of residency. Payment with cheque or debit/credit card (except Amex) only.

The Wollongong Botanic Garden Greenplan Nursery is located on Northfields Avenue, Keiraville.

When travelling from the north or south, take the F6 Freeway and exit at the Keiraville exit, then travel down Northfields Avenue, Keiraville. You will see the Botanic Garden on your left and the University of Wollongong on your right. After the second roundabout turn left into the Nursery carpark indicated with the Greenplan flags, just before the Kooloobong Oval soccer fields.

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SUNDAY 19 OCTOBER

Waste Not Fruit & Veg Swap

Bring along your homegrown produce, or veggie seedlings/cuttings and enjoy swapping them with fellow backyard food growers at The Waste Not Fruit and Veg Swap on Sunday 19 October, 10am – 12 noon.

Everyone is welcome to this family friendly swap held at the vibrant North Wollongong PCYC Community Garden (enter via Ajax Avenue, North Wollongong).

Even if you don't have anything to swap, come along and enjoy a chat with locals keen on growing fruit and veg in their gardens.

Swaps are held on the third Sunday of each month, to keep in the loop with future swaps email wastenotswap@gmail.com.

Location | The Garden, North Wollongong PCYC enter through gate off Ajax Ave, North Wollongong

Time | 10am-12pm

Cost | FREE

Contact | wastenotswap@gmail.com

Backyard Food Growing Made Easy

Learn some simple steps to get yourself going with growing some vegetables, herbs or fruit. We will cover how to nourish your soil to help the planting and to set up systems that require minimal work and input and get the earthworms doing their job. You will learn about plant needs and how to harvest them. Work out

which ones need to go seed for next year's crop, how to make easy compost, benefits of mulching and effective pest control. I have personally created a good edible garden in less than 12 months you can do it too and eat some organic home-grown produce.

Please bring along pen, paper, lunch and drink. A site visit to the tutor's home/backyard is optional at the end of the course last half hour.

Location | WEA Illawarra

Time | 10am-3pm

Cost | \$99

Contact | <https://enrol.weaillawarra.com/modules/details?ModuleID=41502> or 4226 1622

Foragers Markets Bulli

Weekly produce markets featuring music, food stalls and more.

Location | Bulli Showgrounds, Grevillea Park Rd, Bulli

Time | 9am – 2pm

Cost | FREE

Contact | <https://www.facebook.com/foragersmarket> or 0432 203 888

CHECK OUT OTHER AWESOME LOCAL FOOD LEARNING AND SHARING...

Wholefood Cooking Workshop: Celebrating with Wholefoods

Sunday 23 November

In this workshop you will learn plenty of tips and tricks on how to create delicious wholefood feasts for the festive season.

Location | Little Branches Big Trees Studio

Time | 11:00am – 4:00pm

Cost | \$115 early bird, \$130 full price

Contact | <http://www.littlebranchesbigtrees.com/wholefood-cooking-workshop-celebrating-with-wholefoods/>

Wild Rumpus Skillshare Classes

Wild Rumpus has a range of great, low cost classes in good food – led by real people just like you! Classes coming up include Sourdough Breadmaking; Salsa 101 – the taste of Mexico; Friday Night Pasta Making;

Vertical Pallet gardening; Iraqi Mezze cooking; Ethiopian cuisine; French Cooking with Sarazine; Raising Seedlings; Keeping Backyard Chooks and lots more.

www.wildrumpus.com.au

Buena Vista Farm

Buena Vista Farm raises laying hens, free range meat chickens and pork, chemical free vegetables and on-farm wholefoods in their commercial teaching kitchen. Hands-on, on-farm cooking experiences where you can learn pickling, bread-making, chicken processing, coffee roasting, fermentation, baking and more. Visit this spectacular working farm for a farm lunch, picnic day, to learn more about truly local good food grown well.

Contact | hello@buenavistafarm.com.au or http://www.buenavistafarm.com.au/Buena_Vista_Farm/

Flametree Community Food Co-op

Flametree Community Food Co-op is a retail shopfront in Thirroul, open Tuesday – Sunday, stocking healthy organic food with as little packaging and waste as possible. The coop supports local suppliers, and is staffed by volunteers. Members and volunteers receive a discount on a huge range of amazing wholefoods. Staples and delicacies: spices, teas, house-made chai mix, raw chocolate, locally made healthy treats, super foods, sprouted rice protein, baking ingredients, coconut, bulk local honey and other sweeteners, organic dairy products, grains and lentils, local organic sourdough (Berry), local organic and pesticide-free vegies, local and organic eggs, and so many more things to discover. Come with your empty jars and bags, and stock your pantry with goodness.

1/374 Lawrence Hargrave Drive Thirroul

flametreecoop@gmail.com | 0430 476 034 | flametreecoop.blogspot.com.au

Greenbox

Greenbox is a not-for-profit co-operative that aims to provide local, sustainable, organic, and minimally packaged food at affordable prices. The co-op is committed to supporting local farmers and producers from the beautiful South Coast and Southern Highlands, and to encourage the use of sustainable farming practices, by providing them a market.

All fresh produce is sourced within a 160km (100 mile) radius. Committed to sourcing the most sustainable products available, from as close as possible. We will always tell you where your food comes from and how it was grown.

3/51 Rowllins Rd Gerringong

0427 005 081 | www.greenbox.org.au

Kiama Produce Markets

Stock up on fresh fruit and vegies, herbs and seedlings, eggs, lamb and seafood, bread and bagels, honey, jams, lemon butter, chilli sauces, spices, home-made cakes, peanut brittle and fudge, slices and muffins,

local wines, juices, home-made soap and skin care. Try the curries, sausage rolls, Turkish gozleme and Shanghai dumplings. Lots of tasty things to eat and buy!!

These markets happen on the 4th Saturday of every month in 2013. Wander to the nearby Kiama Fish Markets to find out what's been caught by the local fishers today.

Location | Black Beach, Kiama (Kiama Harbour)

When | 4th Saturday of the month | 8:00am – 1:00pm

Cost | Free

Contact | 0415 900 913