

IN SEASON



PICK OF THE MARKETS

When our earliest settlers fancied a little retail therapy, we bet they would have headed to Australia's first known market, established by Governor Arthur Phillip in 1791 at Parramatta's Church Street. With the recent launch of a new Saturday morning Farmers' Market in the same location, you can follow in their footsteps. More than 40 stands groan under a spread of smoked seafood, cheeses, honey, eggs, bread and fresh fruit and vegies, which those early Aussies could have only dreamed about.

Out & about

Find the freshest produce, break organic bread and measure your ecological footprint.



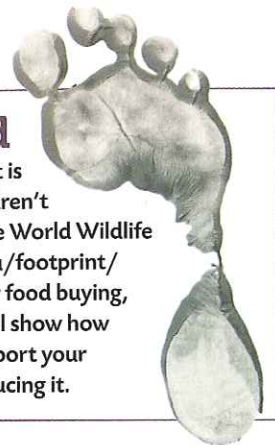
Best in OCTOBER

RASPBERRIES These ruby red berries (*left*) are part of the rose family and are irresistible with whipped cream or served on french toast for brekkie.
CUCUMBER Cool, sweet and crunchy cucumbers are a refreshing addition to warm-weather salads, salsas, dips and sandwiches – crusts off, of course.
MULBERRIES Plump and juicy, these walk the tightrope between sweetness and tartness with a balance that makes

them perfect for jams and pies. Look for them now until November.
STARFRUIT The golden wings of this fruit, also known as carambola, give it a star shape when sliced, but it's the sweet-tart taste that sees it take flight. Try it in fruit salads or juices.
WATERCRESS Turn over a new leaf by adding tender sprigs of peppery watercress (aka winter rocket) to salads, sandwiches and light soups.

best foot forward

If you've read about how important it is to reduce your carbon footprint but aren't sure how to go about it, check out the World Wildlife Fund's clever calculator at wwf.org.au/footprint/calculator. Plug in details such as your food buying, recycling and driving habits, and it will show how many hectares of land it takes to support your current lifestyle and offer tips on reducing it.



Michael Klausen and David James from Brasserie Bread

If you made our epic sourdough in last month's issue, you'll know that baking a loaf is no small feat, even if we have been mastering it since the Middle Ages. Rather than waiting for your own starter to ferment, take a shortcut and get Michael and David to hook you up with some of their organic artisan bread, made using a natural fermentation process similar to that of wine and cheese.



WHERE TO FIND THEM

You may have already tried Brasserie Bread at one of Sydney's 200 top restaurants, hotels, markets and delis that serve it. You can also watch the bakers at work on site at their authentic bakery cafe, 1737 Botany Road, Sydney, www.brasseriebread.com.au.

OR TRY THESE

Outside of Sydney, why not try organic Sol Breads (www.solbreads.com.au) or Ancient Grains & Healthy Ways (1300 305 987).