



Wintry News – June/July/Aug 2018

Time to rug up

The Yarra Valley is stunning right now with the last of the autumn leaves turning and falling and our winter markets are all held in the comfort and warmth of the historic barn at Yering Station. So, don't sit there shivering in town, rug up well and put on some extra layers and head on out to the beautiful rolling hills of the Yarra Valley for the day and delight in all the produce and goodies on offer at our Farmer's Market. A freshly brewed cuppa will soon warm you on arrival, as will all the amazing produce being cooked up in front of you. Sample some home made preserves, nibble on some chocolate, try some fruit vinegars, local pates and freshly baked breads.

[Follow our news on our Facebook & Instagram Pages](#)

Facebook and Instagram are another easy way for you to hear what we're up to, what's going to be at the market, read profiles of our market stall holders etc.

Make sure you like and follow us, so you're always the first to hear our news.

Upcoming markets

17 June
15 July
19 Aug
16 Sep
21 Oct (save the date) this will
be our spring Harvest Festival
18 Nov

Why buy seasonal produce

It's time to listen to the health experts – and their lesson to us is simple - your body needs what is ripe each season. In winter our bodies need fruit and veg high in Vitamin C to help ward off infections such as colds and flu. Winter vegies are a great source of comfort food and are perfect for stews, soups, casseroles and other slow cooked warming winter wonders.

The golden rule is – the fresher the fruit and veg, and the closer you eat it to the time it was harvested, the higher it will be in nutritional value. Sadly when fruit and veg are stored for periods of time, so that we can eat them out of season, some of their anti-oxidants such as Vitamin C, folate and carotenes decline.

So, do your health a favour and pay us a visit on the 3rd Sunday of the month and know you're stocking up on what's fresh and best for your body. For a huge Vitamin C hit – get a freshly squeezed juice while you're here!!

[Sign up to our newsletter](#) so you hear all our latest news, get great recipes, and you'll be the first to hear about special events we're running.

We've even been known to run the odd competition!

What's fresh now?

As we come into June, strawberries will be abundant at the market so stock up and freeze some for the rest of the winter months (with a bit of luck we may have some in July too).

July sees giant bunches of rosy rhubarb, perfect for a crumble and crunchy apples galore – and in the food-bowl that is the Yarra Valley we have some seriously impressive orchards.

Keep an eye out in August for giant pumpkins, and of course all those super charged Vitamin C packed oranges.

And though some turn up their noses at them – brussel sprouts will be in season and are high in fibre and a great source of Vitamin A, Calcium, Potassium and Folicin.

Give in to the Temptation

Every month we see people try to remain strong, to pass by the crepes as if they aren't tempted, to look the other way as the prawns are added to the giant pans of paella, pretend to be deep in conversation as they speed up past the pretty poffertjes or steer themselves away from the spinach and ricotta gozleme and wood-fired pizza. And each month without fail we then see those same folk 10 minutes later munching away merrily on the above-mentioned delicacies.

It's OK to give in, you're in the right place, when you come to the Farmer's Market you're allowed a few culinary indulgences!