

Woodend Farmer's Market 4 June 2016

We'll be dressing up warm for the first winter swap next Saturday.



What a bumper swap we had in May; I think it was the busiest ever! A huge variety of goods - a big thank-you to all.

People are signing up each month with such enthusiasm. Remember don't start swapping until the dot of 10am - which gives everyone a chance to see what's on offer and judge what's a fair trade.

What fun some of us had at Mr Veg workshops on fermented foods on Saturday. Swappers Margaret Armstrong taught us how to ferment vegetables - easy, varied and with wonderful health benefits, Cathy demonstrated dosas (fermented pancakes) and Marg Thornell brewed Kambucha tea. Our gut flora will greatly benefit!

Some of you may be interested in wellbeing workshops (see flyer) the swapper Alice Aird will be running - the first one next Wednesday is at Woodend's Neighbourhood house. See attached flyer for more details.

I hope you are being careful with all the mushrooms that popped up after May's rain. I've been enjoying field (*Agaricus campestris*) and pine (Saffron milk cap) varieties (both pictured).



Don't be tempted by those poisonous red caps or deathcaps (*Amanita sp*)! In some European countries where foraging is de rigueur, villages have mushroom experts available for checking and advice. I heard a funny story about elderly European foragers appearing from Pine forests around Macedon saying "I lost" - easy to get bushed on the many tracks!

I have a small bag of black fleece if anyone would like it for spinning. Let me know if you want it.

Cheers - Helen

Helen Scott
PO Box 806
Woodend Vic 3442
03 5427 4900 / 0412 582 526
orseda@bigpond.com

