

FOODLAND
Great Food Lives Here

SPRING 2023

★ FREE

MIGHTY

SPRING LAMB
FOREQUARTER
CHOP TRAY BAKE
(PAGE 32)

Spring
IS IN
FULL
BLOOM
Tasty **NEW
RECIPES**

EXPLORE THE LIMESTONE COAST • SPRING COCKTAILS • LET'S TALK ABOUT POTATOES

Fresh
TO YOUR
inbox



FOODLAND 1GR
THE MIGHTY SOUTH AUSSIERS
Great food lives here.



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TO RECEIVE ALL THE LATEST
NEWS FROM FOODLAND!**



Welcome

TO THE SPRING EDITION OF MIGHTY MAGAZINE!

Spring is in full bloom and your local Foodland is brimming with delicious, fresh produce for all your cooking and entertaining needs. Round up the crew and grab a picnic blanket, the sun is finally out and it's the perfect time to enjoy our picnic-perfect recipes. Why not try our Lemon Myrtle and Coconut Scones or our refreshing Zero Alcohol Mocktails to awaken you from your winter slumber!

This spring, explore the natural wonders of the Limestone Coast, from the Naracoorte Caves National Park to the Robe Town Brewery.

For the school holidays we've got plenty of activities to get you and the family out and about. If you prefer to stay at home, try our kid-friendly recipes or our fun food craft!

Meet the lovely Mighty South Aussie Naylor family who run Freeling Foodland. Store manager and family member Mitchell gives us the inside-scoop on their infamous cinnamon scrolls and lamb pinwheels. Don't go past them!

We hope you love this edition of MIGHTY as much as we do. If you have any suggestions for future issues, contact us at info@foodlandsa.com.au or send us a message on Facebook or Instagram. And if you give any of our recipes a go, we'd love to see how they turned out so please give us a tag!

The Foodland Magazine Team

f @foodlandsupermarkets **@** @foodlandsa

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FOODLAND

Great Food Lives Here

Community news

SALA FESTIVAL AUGUST 2023

Foodland is proud to have partnered with SALA (South Australian Living Arts) Festival once again, bringing in another successful year. Foodland's *Food For The Soul* Exhibition proudly exhibited in over 35 Foodland stores. The stores exhibited a diverse array of artworks, celebrating local artists whilst creating an amazing platform bringing the arts to everyday people. Pictured Travis Hogan, First Nations Artist with Foodland CEO, Franklin dos Santos. Travis spent the day at Munno Para Foodland as an artist-in-residence as part of Foodland's SALA exhibition.



Pictured Franklin dos Santos & Travis Hogan

ROYAL ADELAIDE SHOW 2-10 SEP 2023

The Royal Adelaide Show is back this September showcasing the very best that South Australia has to offer! There's something for everyone from exhibition pavilions to baking competitions, adorable barnyard animals, carnival attractions, show bags, and woodchopping. Foodland is a proud Partner once again and tickets will be available to purchase from all Foodland stores in August or from theshow.com.au.



WIN WITH THE FOODLAND APP!

Now there's even more reasons to shop with the Foodland app. There is \$10,000 up for grabs every month* in Foodland gift cards! Be sure to download the Foodland app, spend \$30 in-store, scan the app at the checkout, retain your receipt and you're in the draw to win! *For full terms and conditions visit foodlandsa.com.au.



2023 IGA NATIONAL AWARDS

On July 17, the Foodland team celebrated the achievements of our Foodland retailers at the 2023 IGA National Awards on the Gold Coast. We're so proud of our Mighty South Aussie Foodland retailers who took out the following awards...

- Large Fresh Produce Department of the Year Award – Kilkenny Foodland
- Large Grocery & General Merchandise Department of the Year Award – Saints Foodland
- Large Store of the Year – Saints Foodland
- National Retailer of the Year – Saints Foodland

And a special congratulations to Mitchell Naylor, Freeling Foodland who took out the 2023 Rising Star Award! Overall, an incredible result for our Foodland community.





WHAT'S IN
Season
SOUTH AUSTRALIA?

Vegetables

Asian greens
Asparagus
Beetroot
Broad Beans
Broccoli
Cabbage
Carrots
Cauliflower
Celery
Garlic
Kohlrabi
Leeks
Onions
Parsnips
Peas
Potatoes
Pumpkin
Rocket
Silverbeet
Spinach
Spring Onions

Fruit

Apples
Avocados
Blueberries
Grapefruit
Lemons
Loquats
Mandarins
Pears
Rhubarb
Strawberries
Tangelos
Tangerines



Spring has Sprung!

Wherever you are in Australia, spring is a great season to appreciate our beautiful country – the wildflowers are in bloom, the temperature is moderate and there's an abundance of fresh fruit and veg. When using spring produce, you can expect a colourful array of sweet, flavoursome fruits – from strawberries to mandarins – and crunchy, crispy greens like broccoli, cauliflower and celery.

Expect to see a range of fruits that are perfect for salads, breakfasts, jams, and desserts. Fruits can be added as a savoury side to your main course to liven up your meals. Think tangelo, pear, or apple slivers in your salads, or a squeeze of grapefruit juice as a vinaigrette, add some quinoa and seeds and you've got yourself a delicious and nutritious salad.

"The key to buying fruit and veg in **the** spring is buying what's on promotion in catalogue", James Zervas, Fresh Manager at Foodland Supermarkets, says.

"This means it is going to be local, affordable, abundant and at its tastiest! We do the hard work, so you don't **have** to look far for the best produce in South Australia!"

Springtime is also very much about vegetables and the perfect pairings **with** your next roast. Vegetables like broccoli, potatoes, onions and garlic pair perfectly with proteins such as chicken or spring lamb. "Spring marks the time where **sheep** are having their young. This means **when** you buy lamb in spring, it will be the **most** tender, tasty and affordable. It's also incredibly easy to cook, it just takes time.

I recommend a lamb roast on a Sunday afternoon when you have the time to cook **this** large piece of meat, and you can enjoy cold lamb slices in your sandwiches **or** toasties during the week."

"**Don't** forget to check out fresh and **cooked** prawns in your local Foodland **found in the** Deli Department. Throughout spring, there will be an abundance of Spencer Gulf Prawns coming through, which can be enjoyed fresh, just peel the shell and devour or chuck them raw on the barbeque with a bit of garlic."

With so many options, **there's** no excuse not to enjoy the season's **freshest** produce from your local Foodland.





Portuguese Custard TARTS



MAKES 12 TARTS

PREPARATION TIME - 25 MINS

COOKING TIME - 40 MINS

INGREDIENTS

1 packet Careme butter puff pastry
1 tbsp caster sugar
1 tsp ground cinnamon
2 egg yolks
1 whole egg
1/2 cup caster sugar
2 tbsp cornflour
1 tsp vanilla extract
1 cup pure pouring cream
3/4 cup full cream milk
Extra ground cinnamon for serving

METHOD

1. Allow the pastry to defrost until easy to unroll, but not soft.
2. Mix the sugar and cinnamon together then sprinkle over the surface of the pastry.
3. Firmly roll up the pastry starting from the short end to encase the sugar and cinnamon. Wrap in baking paper, chill until firm.
4. To prepare the custard, put the egg yolks, whole egg, sugar, cornflour and vanilla in a saucepan, whisk together until smooth, gradually adding cream and milk.
5. Place saucepan over gentle heat; cook stirring frequently with a spatula. Continue until the mixture thickens but do not boil. Remove from heat, cover surface with cling wrap to prevent a skin from forming and leave to cool.
6. Preheat oven to 200°C. Lightly grease a 12-hole muffin tin.
7. Take pastry roll from the fridge and cut into 12 x 2.5cm rounds..
8. Working quickly, place pastry rounds in muffin holes then using your thumbs work the pastry upwards to line the mould. You may need to lightly flour your fingers. Repeat this process with all 12 pastry rounds.
9. Pour prepared custard into pastry cases, filling to the top.
10. Place into preheated oven, cook for 20-25 minutes or until pastry and custard is golden.
11. Leave the tarts to cool in the tin for 5 minutes then transfer tarts to a wire rack to cool completely.
12. Serve with a sprinkle of ground cinnamon.



It just keeps getting better...

The Little Cheese Co. brings you more artisan cheeses from all around the world. Perfect for your spring picnics, find them exclusively at your local Foodland.

Gorgonzola Piccante - 150g

Originating in Lombardy, Italy, Gorgonzola's history dates to 879AD where chance discovery in a cellar led to its iconic blue mould. Today, this cheese is known for its firm texture with a fruity & pronounced peppery flavour.

Prima Donna Light - 175g

Inspired by Italian Parmesan and Gruyere, a Dutch cheese enthusiast crafted Prima Donna. Firmer than Gruyere yet softer than Parmesan, with a distinct nutty flavour. Released at peak maturity, this version has 40% less fat, retaining piquant, savory notes.

Dutch Matured Gouda Sheep - 175g

A Dutch cheese produced with age-old methods, nurtured in Holland's 'Green Heart.' Hand-turned for the desired quality, this Sheep Gouda is mild, with sweet caramel undertones, reflecting traditional craftsmanship amid picturesque landscapes.

Dutch Maasdamer - 200g

Emerging in the 1990s as a Swiss Emmental alternative, Maasdamer is akin to Norwegian Jarlsberg, named after River Maas in South Holland. This semi-hard, cow's milk cheese is supple and creamy, with a sweet, buttery flavour.

THE LITTLE CHEESE CO.



Manchego 3-6 Months - 150g

From La Mancha, Spain, this cheese has ancient origins but is now made in modern cooperatives from La Mancha sheep milk with the authentic waxed rind pattern. This cheese is grassy and buttery, with hay notes and gentle tang.

Vietnamese cold rolls

INGREDIENTS

- 12 round rice paper sheets, 22cm diameter
- 50g fine dry vermicelli noodles
- 12 large cooked prawn tails, shelled and sliced in half lengthwise
- 1½ cups shredded iceberg lettuce
- 1 large carrot, peeled and cut into fine julienne
- ½ cup fresh mint leaves

PEANUT DIPPING SAUCE

- 2 tbsp smooth peanut butter
- 2 tbsp hoisin sauce
- 2 tbsp lime juice
- 1 clove garlic, crushed
- 1 tsp chilli sauce, adjust amount to suit taste



SERVES 4 - 6



**PREPARATION
TIME - 20 MINS**



GLUTEN FREE



VIETNAMESE COLD ROLLS
ARE FUN TO MAKE WITH
FAMILY AT THE TABLE. PLACE
A PLATTER OF PREPARED
INGREDIENTS; A BOWL OF
DIPPING WATER ON THE
TABLE AND EVERYONE CAN
ROLL AWAY.

METHOD

1. Place vermicelli noodles in a bowl and cover with boiling water. Allow to soak for 2 minutes, drain.
2. Fill a large flat bowl with warm water ready for dipping the rice paper sheets.
3. Submerge one sheet of rice paper into warm water and place the rice paper flat on a board.
4. On the top section of the rice paper, place two pieces of prawn and three mint leaves.
5. On the lower part of the rice paper place some vermicelli noodles, shredded lettuce and julienne carrot.
6. Fold the left and right edges of the rice paper in then starting from the bottom, roll firmly to secure the noodles, lettuce and carrot.
7. Complete rolling to encase the prawns, the rice paper is sticky and will seal.
8. Place the completed rolls on a plate, cover it with cling wrap to avoid drying out while you prepare the remaining rolls.
9. Mix all the dipping sauce ingredients together, taste and adjust seasonings.
10. Serve immediately.



SERVES 10



PREPARATION TIME - 25 MINS



COOKING TIME - 50 MINS



VEGETARIAN



INGREDIENTS

- 3 blood oranges, thinly sliced
- 1 cup sugar
- ½ cup water

CAKE MIXTURE

- 200g unsalted butter
- 200g caster sugar
- 3 eggs
- 2 cups blanched almond meal
- ½ cup self raising flour
- ½ cup Greek style yoghurt

METHOD

1. Preheat oven to 160C. Line the base of a 25cm cake tin with baking paper.
2. In a frying pan, place water and sugar, and stir on low to medium heat until melted. Increase heat, add blood orange slices, simmer for 10-15 minutes. Allow to cool.

3. Cream butter and sugar until light and fluffy, add eggs one at a time beating well after each addition. Stir in almond meal, flour and yogurt then mix until just combined.
4. Arrange orange slices in a decorative circular pattern in the base of the lined cake tin. Reserve any remaining syrup.
5. Spoon cake batter into cake tin then gently spread out taking care not to move orange slices.

6. Bake in preheated oven for 50 minutes or until an inserted skewer comes out clean.
7. Allow the cake to cool for 5-10 minutes in the tin.
8. Run a knife around the edge of the cake and gently upturn onto a serving plate, remove baking paper. Drizzle any reserved syrup over the oranges or serve on the side with yoghurt or cream.

BLOOD
Orange AND
almond UPSIDE
DOWN *cake*



Zero ALCOHOL mocktails

PINEAPPLE GINGER MOJITO

- 1 cup pineapple juice
- 1 tbsp grated fresh ginger
- Juice of 1 lime
- 100ml zero alcohol rum
- 120ml soda water
- Crushed ice
- 2 slices fresh pineapple
- 2 tsp caster sugar

METHOD

1. Place the pineapple juice, ginger and lime juice in a jug, allow to infuse for 10-15 minutes.
2. Strain and reserve juice to make mocktails when required.
3. Time to make a mocktail – add rum and soda water to reserved pineapple juice, put ice into selected glass and pour over mocktail mix.
4. To caramelize pineapple garnish – sprinkle sugar over pineapple slices, using a blow torch, heat sugar until golden brown. If you don't have access to a blow torch, place pineapple slices, sugar side down in a non-stick fry pan and cook until golden.

 EACH RECIPE
SERVES 2

 PREPARATION TIME
10 MINS EACH

WATERMELON GIN FIZZ

- 4 cups cubed seedless watermelon
- Juice of 2 limes
- ½ cup zero alcohol gin
- chilled tonic water
- Garnish – watermelon balls and mint leaves threaded on a cocktail skewer

METHOD

1. Blend watermelon until smooth, strain and reserve liquid.
2. Combine watermelon juice, lime juice and gin in a jug.
3. Serve in cocktail saucers with ice sphere, top with tonic water and garnish skewer.

LIME MOSCOW MULE

- 4 limes, cut into small wedges
- 2 x 30ml shots zero alcohol vodka
- ½ cup mint leaves
- Ginger beer
- Extra lime to garnish

METHOD

1. Place lime, vodka and mint in a jug, muddle to release juices and flavour.
2. Divide muddled mix between 2 large glasses filled with ice.
3. Top with a generous splash of ginger beer.
4. Garnish with lime wedges.

Pineapple
ginger mojito



Watermelon
gin fizz



Lime Moscow
mule



SERVES 12 SCONES



PREP TIME - 10 MINS



COOKING TIME - 12 MINS



VEGAN

Lemon myrtle ^{AND} coconut SCONES



PERFECT
FOR
PICNICS

INGREDIENTS

3 cups self raising flour
1 tsp baking powder
1 tsp ground lemon myrtle
pinch of salt
1 cup coconut cream
1 cup lemonade, room temperature

TO SERVE

Quandong jam or jam of your choice

1 x 400g coconut cream, chilled
Open can, drain liquid then place the solid cream in a bowl and whisk to soft peaks.

METHOD

1. Preheat oven to 200°C.
2. Sift flour, baking powder, lemon myrtle and salt into a large bowl, make a well in the centre.
3. Add coconut cream and lemonade, using a butter knife, bring the mixture together in a cutting motion.
4. Turn the mixture onto a floured surface and gently bring together with your hands. Do not over work.
5. Dip scone cutter into flour and cut rounds, place onto a baking tray. Lightly brush scone tops with a little coconut cream.
6. Bake for 12-15 minutes or till golden.
7. Serve warm with jam and whipped coconut cream.

Live Beta with A2 cow's milk

**Beta
IMMUNE**

Strawberry Chia Pots

Beta A2 Strawberry Chia Pots
Easy Child Friendly Recipe

Time to prepare **20 mins**

Makes 3-4 delicious pots of strawberry goodness

INGREDIENTS

- 1 tablespoon chia seeds,
- 100ml milk,
- 4 Beta IMMUNE sachets,
- 2 tablespoons vanilla yoghurt,
- 4 strawberries (pureed),
- + 1 strawberry (sliced).

METHOD

- 1 Combine chia seeds and milk in a bowl and soak overnight in the refrigerator.
- 2 Prepare strawberries and blend.
- 3 Pour the strawberry puree into base of serving pots.
- 4 Combine 4 sachets of Beta IMMUNE with yoghurt and chia seeds. Layer onto strawberry puree.
- 5 Slice strawberry and arrange on top.
- 6 Enjoy immediately.

Sometimes the most powerful superheroes in life are those we can't see, like Colostrum and Lactoferrin found in mother's first milk.

As babies, they gave us the foundation for great health, growth, and a strong immune system.

Beta IMMUNE brings together these superheroes to give the kick start of life, for EVERY body, EVERY day.

- ✓ Lactoferrin
- ✓ Colostrum
- ✓ Prebiotics
- ✓ A2 Protein Milk



LEARN MORE



To learn more about the Beta A2 range visit us at www.betaA2.com.au

EXPLORING SA

EXPLORE THE NATURAL
WONDERS OF THE

Limestone Coast

this spring

The Limestone Coast is known for its stunning beaches, exquisite food, and some of the world's most sought after wine. Some of the regions most popular towns include Mount Gambier, Naracoorte, Robe, Conowarra, and Penola. Check out our list of 10 things to do on your next visit, to give you a taste of what the region has to offer.

1. NARACOORTE CAVES NATIONAL PARK

The Naracoorte Caves National Park is South Australia's only World Heritage site. Located just 3.5 hours out of Adelaide, the Naracoorte Caves have preserved an incredible fossil collection for the past 500,000 years. There are five different caves to explore, plus an adventure playground, café, campgrounds, and an above-ground loophole walk. There is so much to explore and experiences for everyone. Visit naracoortecaves.sa.gov.au for more information.

Closest Foodland: Naracoorte Foodland, 63 Ormerod St, Naracoorte 5271

2. THE BLUE LAKE

Located in Mount Gambier and is one of the most-visited tourist spots in the region, the Blue Lake is worth checking out. The best time to see the lake is around dawn when the lake turns from a deep blue to bright blue at sunrise. Enjoy a leisurely 3.6km walk around the Blue Lake and take in the incredible views.

Closest Foodland: Mount Gambier Foodland, Shop MJ002, 21 Helen St, Mount Gambier 5290

3. MIKES BEEF JERKY

Locally produced in Robe, South Australia, Mike's Beef Jerky is full flavoured, moist, tender, and made from 100% premium MSA graded, South Australian beef and has been produced commercially for over 3 years. Pay a visit to their factory outlet located at 6 White Street, Robe, which is open 7 days a week for tours and tastings. Mike's Beef Jerky is a proud, regional South Australia business supported and available in selected Foodland stores across South Australia.

Closest Foodland: Robe Foodland, Main Road, Robe 5276

4. ROBE TOWN BREWERY

Robe Town Brewery is a unique brewery with a huge range of beers, that are made with old-school and low-tech methods. Located in the magnificent coastal town of Robe, it is the only wood-fired brewery in the whole of Australia. Pop into the cellar door for a beer tasting, or sit back and enjoy the live music on a Friday night. Robe Town Brewery is open from Tuesday to Sunday and are a dog friendly venue.

5. ECHO FARM

Echo Farm is owned and operated by the Harrison Family who live and work on the property. Visitors are welcomed six days a week and are invited to explore, experience, and enjoy an assortment of historic displays, as well as spend time feeding and interacting with the animals after an induction talk.



Customised visits for large groups can be arranged in advance. Echo Farm is family-friendly, and the entire property is smoke-free, including the car park.

6. BELLWETHER WINES

Visiting Coonawarra? Make sure you add Bellwether Wines to your itinerary. Stay for the day and enjoy delicious grazing platters and wine tastings. Please ensure you place your order 3 days before arrival to help the team with their efforts to reduce food waste. If you'd prefer to stay the night, there are six permanent Bell tents built on decks, and six campsites for people travelling with their own equipment. Visit bellwetherwines.com.au to find out more.

7. DRIFT @ ROBE

Drift @ Robe is a fantastic café located in the heart of Robe. There is an extensive all-day brunch menu with a wide range of delicious seasonal produce, as well as offering both indoor and outdoor seating, so you can choose to soak up the spring sunshine if you wish! Drift @ Robe is open 7 days a week from 7:30am – 3pm.

8. POOL OF SILOAM

The Pool of Siloam is a Salt Lake, which is reported to be seven times saltier than the sea. The pool is popular with visitors and locals who swim in the lake throughout the year, as the water is believed to relieve aches and pains, specifically for those who suffer from arthritis. Located just 3km from Beachport, the Pool of Siloam is family friendly with full picnic and toilet facilities available.

Closest Foodland: Millicent Foodland 1 Kentish Pl, Millicent 5280

9. CAVE GARDEN / THUGI

Cave Garden, or Thugi as it is known by the Indigenous people, features an incredible sinkhole in the middle of Mount Gambier. It remains a must-visit destination all year round and its beauty and significance can be appreciated from the viewing platforms that hang over the sinkhole. For a unique experience, visit the sinkhole at night when it is well lit and looks beautiful in the lights of the night.

10. PIPERS OF PENOLA

Situated on the doorstep of Coonawarra, Pipers of Penola is open Wednesday – Saturday for dinner, and Sunday for breakfast and offers an a la carte restaurant menu with a focus on regional produce. Select from a wide range of dishes including South Australian prawn & chive dumplings and Whipped Persian feta tortellini. There is also an extensive wine list which features local, interstate, and international wines. Visit pipersofpenola.com.au to learn more and make a booking.

Closest Foodland: Penola Foodland, 27 Church St, Penola 5277



Spring has arrived which means beautiful sunny days and cool nights. Check out our kids cooking ideas and activities for the school holidays.



HAM AND CHEESE
Pizza
SCROLLS



SERVES 40



PREP TIME - 5 MINS



COOKING TIME - 15 MINS

INGREDIENTS

4 sheets puff pastry, defrosted
200g ham, cut into slivers
2 cups cheese, grated
4 tbsp tomato paste

METHOD

1. Preheat oven to 200°C.
2. Spread the puff pastry with tomato paste.
3. Cover with ham and cheese and roll up like scrolls.
4. Cut into 2cm wide rounds.
5. Space out on a lined baking tray.
6. Bake for 15 minutes.



**OMIT HAM AND TOMATO PASTE,
AND SWAP WITH 200G DEFROSTED
SPINACH FOR VEGETARIAN OPTION!**



EASY
Cinnamon
SCROLLS



SERVES 5



PREP TIME - 40 MINS



COOKING TIME - 25 MINS

INGREDIENTS

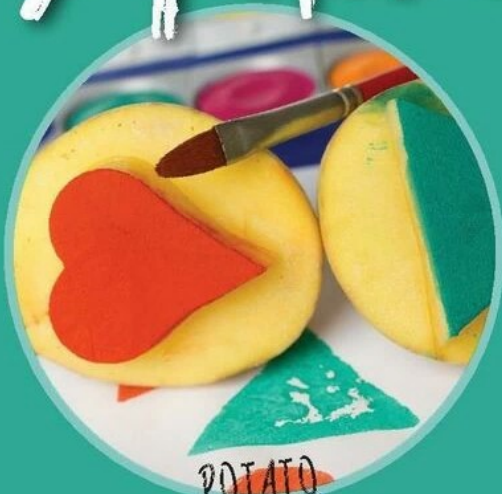
450g pre-made pizza dough	1 cup icing sugar
½ cup softened unsalted butter	¼ tsp vanilla extract
¾ cup sugar	2 tbsp of water
2 tsp cinnamon	

METHOD

1. Pre-heat the oven to 180°C. Grease a 22cm round cake pan.
2. Roll your pizza dough on an unfloured surface in a rectangle shape.
3. Mix the sugar and cinnamon in a small bowl, set aside.
4. Spread the softened butter evenly over the dough and sprinkle with the sugar mixture.
5. Starting at the long end, roll up tightly and pinch the seam shut.
6. Slice 5cm thick slices and place them in a greased 22cm round cake pan. Place the rolls a few centimetres apart.
7. Let the scrolls rise on the kitchen bench for 30 minutes, then bake until golden brown, about 20-25 minutes.
8. To make the glaze, mix together the icing sugar, ¼ teaspoon of vanilla extract and water and spread over the warm rolls.

KIDS Cooking

KIDS Activities



POTATO
Printing

Potato printing is a fun and simple kids activity for children of all ages. Potatoes are fantastic for print making because they're easy to carve and are usually in the kitchen cupboard!

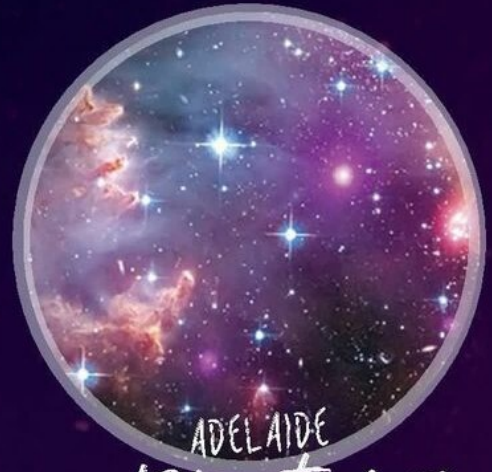
WHAT YOU'LL NEED

- Sharp knife
- Potatoes
- Paint
- Plate
- Paper



INSTRUCTIONS

1. Prepare the potato stamp by slicing a potato in half and then carving out a shape. E.g. a star or flower. Make sure you only have one shape on each potato half.
2. Prepare the paint by pouring a thin layer of paint on the plate.
3. Stamp! Press the potato stamp in the paint, then firmly on the paper. Lift the potato to reveal the print. Get creative!



ADELAIDE
Planetarium

Looking for a fun and educational activity to keep the kids entertained during the school holidays? Visit the Planetarium to learn about the solar system, constellations and the universe beyond. The Planetarium is located at Mawson Lakes, just 16km from Adelaide CBD.

For more information, visit www.unisa.edu.au/connect/galleries-museums-and-centres/adelaide-planetarium/explore/school-holiday-programs



This is the Constellation "Scorpius", it is one of the 12 constellations of the zodiac and one of the 48 named by the ancient Greek astronomer Ptolemy in the second century. The big star at its centre is called "Antares" which is a red supergiant star approximately 550 lightyears away from Earth.



LET'S TALK ABOUT *Potatoes*



EASY Potato BAKE



SERVES 6



PREP TIME - 10 MINS



COOKING TIME -
1 HOUR 15 MINS

INGREDIENTS

8 medium white potatoes
600ml cream
1 tbsp. Vegeta Gourmet Stock Powder

METHOD

1. Preheat oven to 180C.
2. Grease a 2 litre baking dish.
3. Peel and slice potatoes. You can use a mandolin to cut the potatoes.
4. Layer potatoes in the baking dish, you can be as precise as you want.
5. Pour cream over potatoes and sprinkle with Vegeta.
6. Bake for 1 hour 15 minutes, or until the potato is tender and top is golden.

Potatoes were first introduced to Ireland, and then to Britain, from America in the late 16th century and are now one of the most popular staple foods in the world. They are a valuable source of nutrition, particularly for their vitamin C, carbohydrate, and fibre content, especially when they are cooked and eaten in their skins.

Potatoes are the epitome of comfort food and there's nothing we love more than getting to eat them in every form we can! The best part about the super spud? There are endless ways to enjoy them!

White potatoes are a favourite across most households. These snow-white potatoes with white yellow flesh and a smooth skin finish are easy to peel and best for boiling and mashing with a dollop of butter.

Red potatoes are a staple in many Australian households, characterized by their deep red coloured skin and white to cream coloured flesh. Red potatoes lend themselves to baking, roasting and boiling and are best eaten with the skin on to maximise nutritional benefits.

Sweet potatoes are high in fibre and low in calories, sweet potatoes are very nutritious, a top source of beta carotene with a deep orange flesh. As a rule, don't substitute sweet potatoes for regular potatoes, as they don't

hold together the way potatoes do, and their strong flavour can overwhelm a dish. But they make a great substitute for pumpkin.

Kestrel potatoes are instantly recognizable by their smooth white skin and unique purple spots. Available all year round, the Kestrel is perfect for roasting, boiling and chips.

Desiree is one of the most popular, red skinned potatoes, Desirees have a smooth skin and firm creamy yellow flesh. Desiree potatoes are great for wedges or roasting as they hold their shape.

Kipfler potatoes are known for their unusually long thin shape with creamy yellow flesh, Kipfler potatoes have a low starch content and mild flavour. They're best eaten boiled or steamed in their skins with a pinch of salt and knob of butter.

- Potatoes are 99.9% fat-free and contain vitamins B6, C, E, K, and minerals like potassium, magnesium and phosphorous.

- South Australia grows and supplies approx. 80% of all table potatoes in Australia.

- Australians eat an average of 44.7kg of potatoes each a year.

- Despite their name, Sweet potatoes are not actually related!

- Look out for new varieties including Low Carb potatoes with 25% less carbs than the average potato, now in store!

Did you know?



NEW

FROM THE FARMER
SIMPLY
DK
OF GREAT
**PURPLE POTATO
CHIPS**
LIGHTLY SEASONED WITH SEA SALT
RICH IN ANTIOXIDANTS
MADE IN AUSTRALIA
300g

Find me in-store!



Mac'n cheese

POTS



SERVES 6



PREPARATION TIME - 10 MINS



COOKING TIME - 15 MINS

INGREDIENTS

3 cups milk
1 cup water
100g unsalted butter, diced
3 garlic cloves, crushed
¼ tsp ground turmeric
Sea salt flakes and ground black pepper to taste
300g macaroni pasta
½ cup pouring cream
1½ cups grated cheddar
½ cup grated Parmesan
2 tbsp chopped chives
2 tbsp chopped parsley
1 tbsp olive oil
½ cup roughly chopped macadamia nuts
8 slices pancetta, diced
Zest of 1 lemon
¼ cup parsley leaves



METHOD

1. Using a large non-stick sauté pan, add milk, water, butter, garlic, turmeric, seasoning and macaroni, bring to a simmer, cooking gently for approximately 12 minutes, stirring occasionally.
2. When the pasta is al dente stir in cream and cheeses until combined and melted, check seasoning.
3. Add chives and parsley to the mixture.
4. If you prefer a softer mix, add a splash of milk and stir through.
5. Divide mac'n cheese into 6 small oven proof ramekins.
6. While the mac'n cheese is cooking, prepare the topping. In a small fry pan add oil and cook macadamia nuts pancetta and lemon zest until nuts are lightly coloured and pancetta crisp.
7. Remove from heat, stir through parsley. Divide topping between ramekins.
8. Serve or refrigerate to reheat in oven when required.



OMIT PANCETTA TO MAKE VEGETARIAN



SKINREPUBLIC

AUSTRALIA'S #1 SHEET MASK BRAND*

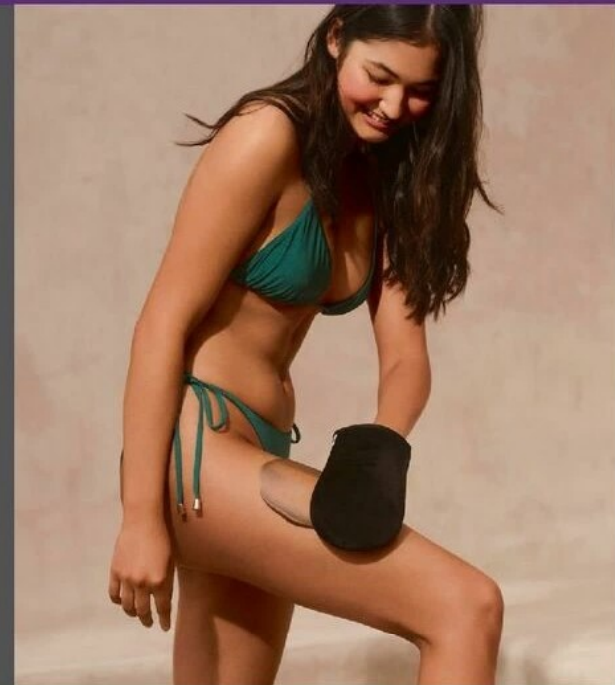


*Data sourced from Nielsen® & IQVIA™
RMS/Sell Out Service based on data definitions provided by Heritage Brands



THE GOLD STANDARD IN TANNING

The only tan that lasts up to 10 days.



OIL GARDEN

ESTD BYRON BAY 1985

TRY OUR RANGE OF *Natural Remedies*

Mother Nature has the solution, we bottle it.



CHILLI Prawns SINGAPORE STYLE



SERVES 4



PREP TIME - 20 MINS



COOKING TIME - 10 MINS



GLUTEN FREE

INGREDIENTS

16 extra large green South Australian king prawns
½ cup rice bran oil
2 large red chillies, sliced (removing seeds reduces the heat)
4 large cloves garlic, peeled and finely sliced
2 tbsp fresh ginger, peeled and grated



1 tbsp tomato paste
1 tbsp red miso paste
½ cup water
2 tbsp sugar
Sea salt and ground white pepper to taste
Coriander leaves, lime wedges and finely sliced red chilli to garnish

METHOD

1. Prepare prawns by leaving head and tail in tact, peel and devein the body, set aside.
2. Heat a wok or frying pan, add oil, bring to medium-high temperature.
3. Add chilli, garlic and ginger, stir constantly for 2-3 minutes. Stir in tomato paste, miso, water and sugar to wok.
4. Add prepared prawns, toss to coat with the sauce, cover and cook for 4-5 minutes.
5. Transfer prawns and sauce to a serving plate, garnish with coriander, lime wedges and chilli, serve immediately.

Frikadeller

DANISH
MEATBALLS

INGREDIENTS

750g beef mince
250g pork mince
3 slices white bread, cut into small pieces
Milk for soaking bread
1 medium onion, finely diced
2 eggs, lightly beaten
4 tbsp plain flour
1 tsp sea salt flakes
½ tsp ground white pepper
½ tsp ground cloves
80g butter, melted
Oil for frying



SERVES 4 - 6



PREPARATION TIME - 15 MINS



COOKING TIME - 20 MINS





METHOD

1. Combine mince beef and pork in a large bowl.
2. Place bread into a small bowl and add enough milk just to cover the bread, allow it to soak up the milk and become soft.
3. Add onion and soaked bread to the mince, mix with clean hands to bring together. Then add eggs, flour, salt, pepper and ground cloves, combine well.
4. Using a tablespoon, dip spoon into melted butter and take one spoonful of mixture.
5. Place the meat in the palm of your hand and form the mixture into an oval shape, continue until all mixture has been shaped.
6. Heat oil in a large frying pan; carefully cook meatballs till browned, turning to ensure all sides are browned. Remove and drain on absorbent paper.
7. Serve with gravy, mashed potatoes and a berry sauce.



SPRING Lamb chop FOREQUARTER TRAY BAKE



SERVES 6



PREPARATION TIME - 10 MINS



COOKING TIME - 25 MINS

INGREDIENTS

6 - 8 lamb forequarter chops
½ cup semi dried tomatoes
½ cup basil pesto
½ cup chicken stock
½ cup pitted kalamata olives
2 x 400g cans white beans, drained and rinsed
¼ cup basil leaves
Crusty bread and steamed green beans to serve

METHOD

1. Preheat oven to 200°C. Line a roasting pan with baking paper.
2. Lightly oil a large frying pan, heat to medium heat. Season lamb chops with salt and pepper and cook in batches for 2 minutes on each side or until browned. Place into prepared roasting pan.
3. Add semi dried tomatoes to pan. Combine pesto and stock in a jug and pour over chops. Bake in preheated oven for 10 minutes.
4. Add olives and beans, continue to bake for a further 10 minutes or until chops are tender.
5. Sprinkle with basil leaves and serve with crusty bread and steamed green beans.
6. Serve any remaining pesto on the side.



Dairy Sustainability AWARD

Mount Compass dairy farmer Warren Jacobs believes being adaptable and efficient across all aspects of farming is the key to sustainability, resilience and prosperity.

Named as the winner of the South Australian Dairyfarmers' Association (SADA) Foodland Dairy Sustainability Award at the SA Dairy Awards in August, Warren says sustainability is going to be increasingly important moving forward.

"Consumers are looking at where their produce is coming from and how sustainable the farms are, so as local dairy farmers, we need to reduce our emissions and build our soil carbon for the health of our world," he said.

The South Australian Dairy Awards were presented on Friday 4 August to celebrate the effort and contribution of SA dairy farmers and processors who showcase their products in our supermarkets, deli counters, cafés and restaurants.

As the Premier Partner of the 2023 Awards, SADA partnered with Foodland to present the Foodland Dairy Sustainability Award, which honours dairy producers who deliver on the Australian dairy industry's promise to provide nutritious food for a healthier world.

In a partnership with Perrin and Kelly Hicks, Hicks-Jacobs Dairies is run across two properties at Mount Compass – Misty Downs Dairy and Whispering Pines, run by Warren – supplying milk to La Casa Del Formaggio.

By running Whispering Pines on a legume-based perennial pasture, Warren makes use of the way legumes can take nitrogen from the atmosphere and add it to the soil, thereby reducing the need to apply fertiliser.

Warren uses solar power to reduce greenhouse gas emissions and dramatically cut the cost of energy required to produce each litre of milk. He also protects the environment through regenerative tree planting, which helps protect the local landscape from the impact of more extreme climate events.

"We are even trialling the use of dung beetles to break down cow manure in the soil, and we're exploring genetics to breed cows that help the farm produce more milk more efficiently," he said.

Warren has also used his extensive knowledge of the local characteristics of the Murray Darling Basin to optimise the farm's water use.

"Over the last ten years we have looked at how we use water and worked to be more efficient. For example, by installing probes to monitor soil moisture, we are able to irrigate at the right time to optimise that water use," he said.



He acknowledges the direct benefits from some of these individual practices can be hard to measure, but the overall result is worth the time and effort.

"I think it's about being adaptable and working to introduce efficiencies into everything you do," he said.

The Australian dairy industry has a proud history of producing sustainable products. On farms and in factories, the industry undertakes programs that enhance livelihoods, improve the wellbeing of people and animals, and reduce environmental impacts today and for future generations.

The Foodland Sustainability Award is presented to a dairy farmer demonstrating excellence in four key areas: enhancing economic viability and livelihoods, reducing environmental impact, improving the wellbeing of people and providing the best care for their animals.

Foodland is proud to work closely with South Australian Dairyfarmers' Association (SADA) to deliver on the Australian Dairy Industry's promise to provide nutritious food for a healthier world and to drive change with the Inaugural Foodland Sustainability Award.

sada.asn.au





SERVES 6



PREPARATION TIME - 20 MINS



COOKING TIME - 35 MINS



VEGETARIAN



GLUTEN FREE

INGREDIENTS

ROASTED SWEET POTATO SALAD

2 kg sweet potato, peeled and cut into large dice
¼ cup olive oil
Sea salt flakes and cracked black pepper to taste
½ tsp dried chilli flakes (more if you like extra heat)
10 cloves garlic, peeled

TRAY BAKED BARRAMUNDI

6 x 150g barramundi portions
2 tbsp olive oil
Zest and juice of 1 lemon



TRAY BAKED

Barramundi

WITH ROASTED

sweet potato

AND CASHEW SALAD

METHOD

1. Preheat oven to 180°C. Line a large baking tray with baking paper for the sweet potato and a smaller tray for the barramundi.

2. Toss prepared sweet potato, olive oil, salt and pepper, chilli flakes and garlic together, spread over the prepared baking tray. Roast in preheated oven for 20 - 25 minutes

3. Mix the olive oil, lemon zest and juice together. Sit barramundi portions on prepared tray, brush with oil and lemon mix. Season barramundi with salt. Bake, uncovered for 10 minutes.

4. Remove sweet potato from the oven when slightly coloured and tender, allow to cool.

5. Toss roasted sweet potato with

- 1 Spanish onion, peeled and finely sliced

- 1 cup parsley leaves

- 250g dry roasted cashews

6. Dress the salad with a generous drizzle of olive oil and a splash of balsamic vinegar to balance.

7. Serve roasted barramundi portions garnished with lime zest and wedges beside prepared salad.



BUTTERFLIED
ROAST

chicken

WITH AUSTRALIAN NATIVE RUB

+ fattoush salad





SERVES 6



PREPARATION TIME - 15 MINS



COOKING TIME - 1 HOUR



GLUTEN FREE

INGREDIENTS ROAST CHICKEN

- 1 x 1.5kg free range chicken, backbone removed and butterflied
- 1 tbsp olive oil
- ½ cup dukkah
- ¼ cup dried saltbush leaves
- 2 tbsp ground bush tomato
- 2 tsp sea salt flakes
- 1 tsp ground black pepper
- 1 lemon cut into slices
- 2 lemons, cheeks removed and grilled

METHOD

1. Preheat oven to 170°C. Line a baking tray with baking paper; place a rack on top of the paper.
2. In a small bowl, mix together the dukkah, saltbush, bush tomato, sea salt and pepper.
3. Rub both sides of the chicken with olive oil then generously sprinkle the native rub mix over the chicken skin.
4. Place slices of lemon on the rack and sit butterflied chicken on top of the lemon slices, skin side up so it lays flat.
5. Place into preheated oven, cook for 55-60 minutes, or until juices run clear. If you have a thermometer, insert into the thickest part of the thigh. Chicken is ready when 75°C internal temperature is reached.
6. When cooked, remove from oven, cover loosely with foil, allow to rest for 10 minutes.
7. Serve on a large platter with fattoush and grilled lemon cheeks.



SERVES 4 - 6



PREPARATION TIME - 10 MINS



COOKING TIME - 20 MINS



VEGETARIAN

INGREDIENTS FATTOUSH SALAD

- ½ cup extra virgin olive oil
- 2 lge pieces Lebanese bread, cut into quarters
- 2 x punnet grape cherry tomatoes cut in half
- 2 Lebanese cucumbers, seeds removed and diced
- 1½ cups loosely packed parsley leaves
- ½ cup mint leaves
- 1 medium red capsicum, seeds removed and diced
- 4 large red radishes, finely sliced
- 6 spring onions, sliced
- Salt and pepper to taste
- 1 tbsp sumac
- ½ cup olive oil
- Juice and zest of 1 lemon

METHOD

1. Heat olive oil in a large frying pan and when hot fry half the Lebanese bread until golden, drain on kitchen then repeat with remaining bread.
2. In a large mixing bowl combine tomatoes, cucumber, parsley, mint, capsicum, radishes and spring onion stir to combine. Season to taste.
3. Break the Lebanese bread into bit sized pieces, toss with the vegetables.
4. Sprinkle with sumac, drizzle with extra olive oil and lemon juice, mix to combine.
5. Serve immediately with roast chicken.

MEET OUR FAMILIES

Freeling Foodland



John, Alyce and Mitchell Naylor, Freeling Foodland



A special congratulations to Mitchell who took out the 2023 Rising Star Award at the 2023 IGA National Awards on the Gold Coast!

Words from Mitchell

"Retail to me isn't what individuals have done. It's our teams, staff, customers, communities, suppliers and families. These close relationships is what makes us truly independent. To see all this come to life in Freeling Foodland has been such a wonderful journey."

"Freeling Foodland is staffed completely by locals..."

The local butchers Mark & Karen McAllister that used to operate the old butcher shop now work and operate Freeling Foodland's meat department."

Say hi to your friendly neighbourhood Foodland, Freeling! The store is 100% owned and operated by the Naylor family. The Naylors work hard to keep their customers happy! John Naylor is the store director, with son Mitchell as Store Manager and daughter Alyce working as Operations Manager.

We had a chat with the store manager Mitchell to find out a little bit more about the impressive new store, which was only built in October of 2022.



Shaleigh, Grocery Manager

Sustainability Lives Here

"At Freeling Foodland we try our best to reduce as much waste as possible. Old food scraps go to local farmers for the animals, old pallets also get donated for local firewood and bakery/grocery goods get donated to local churches."

"My favourite part of work is..."

working with the team, every one of the staff at Freeling Foodland get along and work together to provide a service to the people of Freeling. From this, I get the utmost pleasure of hearing the praises from our customers on the team's exceptional service."



Sam, Bakery Manager

Nick, Fruit and Veg Manager

Tracey, Assistant Store Manager

Ariel, Dairy Manager

Rita, Service Deli Manager

"We source local food first..."

trying to keep as much business in the surrounding areas. Our local in-store bakery run by our wonderful bakery manager Sam bakes in-store bread and baked goods every day.

We tie in heavily with sporting clubs and local business to try help Freeling grow as a town.

At Freeling Foodland we really push creating a happy, fun and friendly work environment. The staff all chip in to help each other which has created a close nit family within the business."

(not so) Hidden gems of Freeling Foodland

"Personally, I am a massive fan of two things at our store and they are a hell of a diet breaker.

One being Sam's Cinnamon Scrolls we bake in-store, those things you must eat with your shoes off, make you squirm in your chair.

The second comes from the meat room... one of Mark's specialities, Mark's Lamb Pinwheels!"



Mark and Karen, Butchers

Find Us At
Freeling Foodland
3 Hanson Street
Freeling SA
5372



BREAKTHROUGH
mental health research foundation



With 44% of Australians experiencing mental illness at some point in their life, research into mental health is vital.

Mental illness will be the biggest health challenge of our lifetime and only research will help us better understand what causes mental illness, how to reduce its impact and ultimately prevent it from happening in the first place.

Breakthrough is Australia's only dedicated mental health research foundation and a leading driver in changing the narrative around mental health.

We invite you to be part of that change.

*Support
our work*



**Together, we can help create a
life free from mental illness**



Asparagus BROAD BEAN AND Risoni SALAD

INGREDIENTS

300g risoni pasta
1 kg fresh broad beans
or 500g pkt frozen
broad beans
2 bunches asparagus,
trimmed
1½ cups fresh parsley
leaves
3 tbsp chopped fresh dill
4 spring onions, finely
sliced
Zest and juice of 1 lime
¼ cup olive oil
1 tsp Dijon mustard
1 tsp sugar
Sea salt to taste
100g feta, crumbled

METHOD

1. Cook risoni according to packet directions.
2. If using fresh broad beans, pod beans and blanch in boiling water for 2 minutes, drain and refresh in ice water. When cold, remove the outer pod of each bean to reveal the beautiful bright green beans. Set aside. For frozen beans, remove the outer pod, defrost and set aside.
3. Finely slice asparagus stems stopping approximately 4cm from the tip end. Set the sliced asparagus aside, this will be used fresh.
4. Bring some water to the boil and blanch the asparagus tips for 1 minute, drain and refresh.
5. In a large bowl toss prepared risoni, broad beans, sliced asparagus and tips, parsley leaves, dill and spring onions.
6. In a screw top jar, add lime zest and juice, olive oil, mustard, sugar and salt, secure the lid and shake to combine.
7. When ready to serve, add ¾ of the crumbled feta to the salad, toss together with the dressing.
8. Serve in a salad bowl garnished with the reserved feta.



SERVE 6 - 8



PREPARATION TIME - 50 MINS



COOKING TIME - 12 MINS



VEGETARIAN



Asparagus BROAD BEAN AND Risoni SALAD

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1 kg fresh broad beans
or 500g pkt frozen
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2 bunches asparagus,
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1½ cups fresh parsley
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3 tbsp chopped fresh dill
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SERVE 6 - 8



PREPARATION TIME - 50 MINS



COOKING TIME - 12 MINS



VEGETARIAN

