

Market leader resigns

MUCH-loved Willunga Farmers' Market manager Vardy Hirst has decided to move on.

With three years of service coming up at the end of 2005, Vardy has decided to take some time out and will be going overseas for a few months.

"It is with enormous regret that I tendered my resignation, effective on December 10," said Vardy.

"It has been a real pleasure to see the Market grow and all the businesses grow as a result.

"An average day just over a year ago was 500-800 shoppers, and it has now 2500-3000 through the gate each Saturday!

"Each year the Market has grown financially by 30 percent, putting us in the top 10 non-profit organisations in the state," said Vardy.

Although Vardy is disappointed about her resignation, she sees a bright future for the market.

"There are many exciting things in store for the market and I am sure that the Market will grow as it has into the future.

"I am still state rep for Farmers Market Association and will be looking at markets overseas.

"When I return I hope to work with the movement in some capacity," said Vardy.

'Victory' for hotel chef

KARENA Dunn, chef at the Victory Hotel in Sellicks, was named 2005 Fleurieu Peninsula Food Chef of the Region at the Fiesta! awards night on October 29 at Coriole Winery.

Nine finalists competed for the title in three categories at the Chapel Hill Winery Gourmet Retreat Culinary Competition on October 19.

Karena was a finalist in two of the three categories, entrée and desert, winning both.

Simon Cunningham from The Barn, in McLaren Vale, won the main course category.

Chefs on the Fleurieu Peninsula were invited to compete by submitting a recipe for a seasonal regional dish that showcased the best local Spring produce.

The nine selected finalists had to cook their recipes for judges Cheong Liew, Joanna

Savill and Ralph Kyte-Powell, plus technical judge Peter Hogg, executive chef at the Gourmet Retreat.

Karena's winning entrée was pan-fried Cape Fisheries calamari with potato gnocchi, broad beans and mint.

Her desert was baked ricotta with Willunga almonds, Aldinga honey and kataifi pastry.

A small, but appreciative, audience packed the demonstration kitchen to watch the final cook-off.

Fleurieu Peninsula Food's Lynda Grace said it was a highly enjoyable day for audience and chefs.

"The judges were impressed with the level of skill shown by all competitors," she said.

TOP CHEF ... 2005 Fleurieu Peninsula Food Chef of the Region Karena Dunn shows her winning entree.



Funding sought for water projects

THE City of Onkaparinga is seeking federal government funding for three projects in its area.

Applications have been submitted for Community Water Grants with the results to be known shortly.

The projects identified for the funding applications are:

- Replacing existing mains water irrigation with treated wastewater at Yangara Reserve, O'Sullivan's Beach; new technology to recycle and recirculate water at the Noarlunga Aquatic Centre; and a contribution towards major rehabilitation of Sellicks Creek.

Natural Health Care

with Des McGowan from Healthy Life

Liver Better Life

Bloated? Poor Digestion? Over-Indulgence? Your liver is perhaps your most important organ and keeping it healthy has a range of health benefits.

In general the role of the liver is to process blood coming from the intestines by absorbing nutrients, metabolising fats and processing toxins. Importantly, your liver also breaks down toxins in your system including drugs, pollutants and by products of metabolism. If the liver becomes overloaded the symptoms you experience can be body-wide and the brain in particular can become affected

With a sluggish liver you will feel tired, rundown and will be increasingly open to infection. A liver tonic delivers liver-friendly way to help keep this crucial organ healthy.

Essential Liver Herbs

Milk Thistle There is no better substance for liver support than the herb Milk Thistle (also know as St Mary's Thistle). Many studies have illustrated the protective effects that Milk Thistle has on the liver. Research also reports that Milk Thistle is safe and can help a wide range of liver conditions. To support the actions of Milk Thistle, a Liver Tonic should include four other herbs with respected reputations for liver and digestive support.

Dandelion root is included as it has bitter qualities and is known to stimulate production of bile that is needed for digestion of fat. A recent study as show that Dandelion stimulates antioxidant protection for the liver and assist in fat metabolism.

Gentian is another bitter herb that will help maintain digestive function. It has also been shown to have specific liver effects. The herb Greater Celandine also stimulates bile production and has been shown to be protective of the liver. Yellow Dock has been also has positive actions on digestion

and the liver.

Alcohol Free - Better for the Liver

Most of us would know that alcohol makes the liver work hard. Like any drug, alcohol is taken direct to the liver to be broken down and metabolised. It makes sense then to use a liver tonic in a alcohol-free form. This allows you to take a liver tonic and get the benefit of the milk Thistle and other liver herbs without putting any extra strain on your liver.

You can't beat
HEALTHY LIFE
McLaren Vale
for VALUE

Omega 3

Fish Oil 1,000mg

200 Capsules **SAVE \$5.45**

\$13.50

SUPER SPECIAL

3 For \$35

HEALTHY LIFE McLaren Vale
148 Main Road 8323 8700

FINALISTS IN THE CULINARY COMPETITION ...

► **ENTRÉE:**
Allister Parker, Blues Restaurant, Middleton
Leigh Irish, The Flying Fish, Port Elliot
Karena Dunn, Victory Hotel, Sellicks Beach

► **MAINS:**
Allan Wendt, Limeburners Restaurant, McLaren Vale

Kane Ellis, Penny's Hill, McLaren Vale
Simon Cunningham The Barn, McLaren Vale

► **DESSERT:**
Allan Wendt, Limeburners Restaurant, McLaren Vale
Tina Dewhurst, Relish Sisters, McLaren Vale
Karena Dunn, Victory Hotel, Sellicks Beach

[A'kin] & [Al'chémÿ]

Purist natural beauty & total peace of mind™

Your Gift

Purchase any two products from the Alchemy of A'kin range and receive your gift of a full-size A'kin Hand Creme valued at \$14.95

Also with every purchase from the Alchemy of A'kin range you could win one of five prizes valued at \$36.50 each.

THE PURIST COMPANY

available at:

HEALTHY LIFE ORGANICS
148 Main Road
McLaren Vale
Tel & Fax 8323 8700

13 Coral Street, Victor Harbor SA 5211
PO Box 107, Victor Harbor SA 5211
Telephone: 8552 1488 Facsimile: 8552 4613
E-mail: victortimes@ruralpress.com
PUBLISHED FIRST WEEK MONTHLY

Circulating 11,700 copies throughout the upper Fleurieu Peninsula including McLaren Vale, McLaren Flat, Willunga, Aldinga, Aldinga Beach, Sellicks Beach, Maslin Beach, Mount Compass, Seaford, Seaford Rise, Old Noarlunga, Myponga

COPYRIGHT: All advertising and editorial material appearing in On the Coast is copyright and may not be reproduced in part or whole without the written consent of the management.

EDITORIAL DEADLINE - 24th day of month
ADVERTISING DEADLINE - Second last Friday of month
MANAGING EDITOR - Carolyn Jeffrey
After hours 0419 812 026

Published by
COUNTRY PUBLISHERS PTY LTD

R for Rural Press Regional Media SA
A Division of Rural Press Pty Ltd
ABN 31 008 087 312
A Rural Press Publication

Featured in next month's

- Property Guide • Cellar Door
- Home & Garden • Body & Soul
- Auto Guide • Let's Go Out

To advertise call Rob on 8552 1488 by November 25

Look no further - it's all here

- ✓ Nex 'T' Nix
- ✓ Aldinga Community Library
- ✓ Tic Tac Toe Clothing
- ✓ Louis' Place
- ✓ LJ Hooker Real Estate
- ✓ Happy Scissors
- ✓ Aldinga Bay Videos
- ✓ Optus Network Communications
- ✓ South Coast Law Chambers
- ✓ Surf Esteem
- ✓ Chapter and Verse Books



Aldinga Beach Road,
Aldinga Beach

- ✓ Aldinga Country Bakehouse
- ✓ Blondies Shoes
- ✓ Aldinga Central Meats
- ✓ Neil Kildare Chemmart
- ✓ Police
- ✓ Coast Dental Centres
- ✓ Aldinga Beach Newsagent/Post Office
- ✓ Mistry Kwik Foto
- ✓ Aldinga Central Takeaway & Pizza
- ✓ Aldinga Laundromat
- ✓ Bilo Supermarket
- ✓ AMPOL Aldinga Beach
- ✓ BWS - Beer Wine Spirits
- ✓ Comstech Systems - Computers & Internet
- ✓ Volt Youth Enterprise