



MEDIA RELEASE

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Warming up for winter with fresh hearty food from the market

Canberra's popular Saturday morning market, the Capital Region Farmers Market, is a must visit for warming comfort food this winter.

"There's no doubt the weather is getting much cooler and now is the time for good tasting wholesome food. In fact winter is the best time of year to enjoy an abundance of fresh vegetables, soups and quality meats... and our market has plenty on offer," said Capital Region Farmers Market spokesperson, Tony Howard.

"The Market will this winter host a special Slow Soup Kitchen on Saturday 19 June. Three to four delicious soups will be prepared by local cooks using local produce available at the market," Mr Howard continued.

Market patrons can try soups and pay what they think it's worth – a 'what you can afford' approach. This is a special winter fundraiser to raise money for Slow Food projects. The Slow Soup Kitchen will operate at the Market from 8am until 11am, or until sold out.

Amongst the regular warming stallholders at the market is Pilpel Fine Foods. Pilpel Fine Foods produce an award winning range of take home soups and curries. Kaplan from Pilpel Fine Foods says his take home soups are an essential comfort food this winter.

"Our soups and curries provide a delicious hearty meal, free of preservatives, artificial colours and flavours. They are also an ideal option for winter and for those vegans and vegetarians," Kaplan said.

And with winter roasts and casseroles in season the Market has a broad range of meat producers on site each week including *Greenhill Farm*, *Gilmore Braes Heritage Beef*, *Inglebrae Meats*, *Ando Organics*, *Kurrajong Country Beef*, *Moorlands Biodynamic Lamb*, *Salt Bush Meats*, *Minto Galloways* and *Melinda's Chicken*.

"A visit to the Market is sure to warm your soul so make it a must on a Saturday morning to stock up for your hearty winter soups, roasts and casseroles," Mr Howard concluded.

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For more information, images or to arrange an interview, please contact Lauren Griffiths Threesides, 0417 409 264 or email lauren.griffiths@threesides.com.au

Capital Region

FARMERS MARKET

