



Hello friends,

My name is Saffy. I'm the spotted dog you can see here to the left. This is my little salty spot to tell you what adventures I've been up to around the Sunshine Coast and share some of my very own 'Saffilosophy'.



Saffy and Harry Noodle visit the Witta Markets.

My great friend, Harry Noodle, lives in the Sunshine Coast hinterland town of Maleny. I have just spent the weekend with Harry Noodle and he introduced me to his local growers' produce market at Witta. In case you did not know, a growers' market is where local producers of our food come together to sell their goods. It is brilliant, as you can chat with clever person who grew your bananas or made your butter. They know things about your food that are really interesting.

Witta is a charming village, about 10 minutes' drive from Maleny. It was first settled by German immigrants in the 1880's. There is just one general store and lots of rolling pastures dotted with cows and the original Witta School, which holds the farmers markets.

These markets are really small and friendly. Montville Coffee has a stall with espresso machine making burring, hissing sounds and delivering Harry's favourite coffee. After a very relaxing paw massage and reiki, we listened to a delightful couple playing music and singing. If you go, I suggest taking a blanket to sit on the grass and soak up the atmosphere.



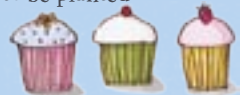
Some of the things we found ...

- Local honey
- Glorious rocky road ... made with lime and ginger
- The sweetest cup cakes you ever saw
- Jars of salted lemons
- Pickled beetroot
- Brown paper bags stuffed with earthy mushrooms
- Handmade soaps and beauty products ... the smell's divine
- Avocado oil
- Jars of jams with little merry hats on their lids
- Tempting sourdough breads
- Seedlings and trees ... just waiting to be planted

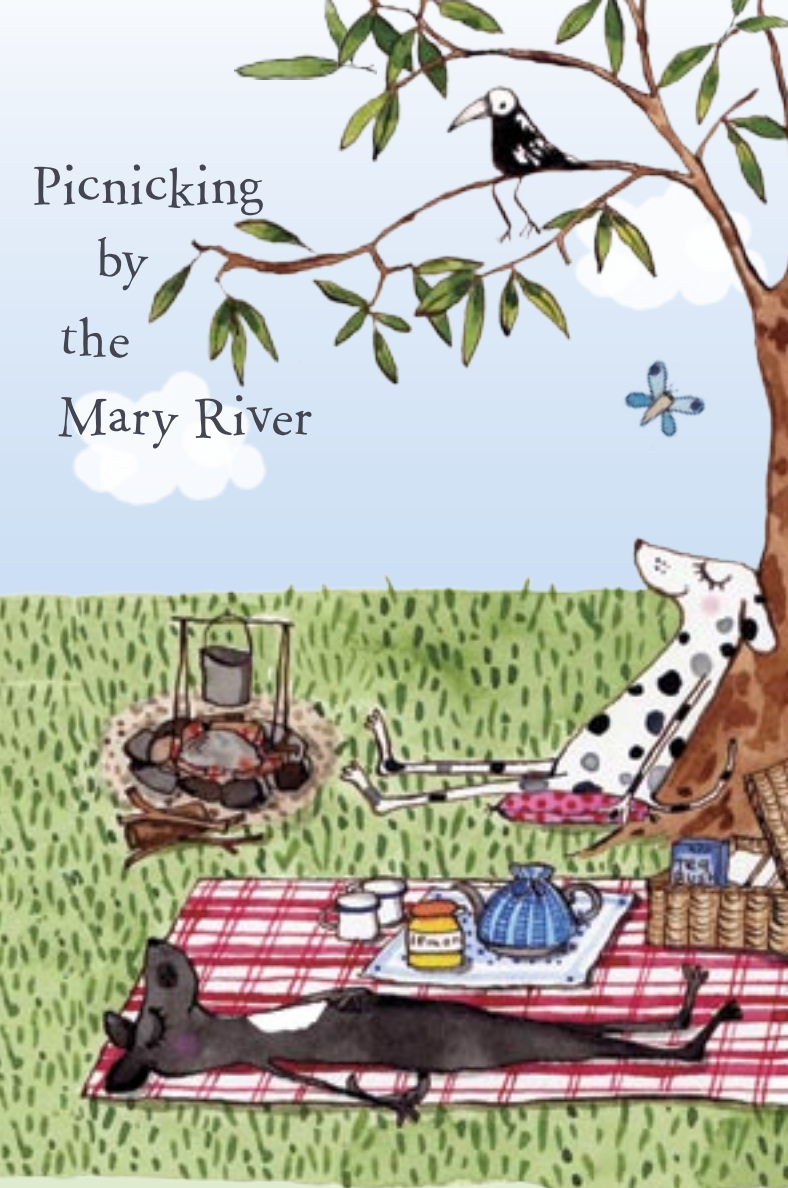


One grower I chatted to had been up since 4 am picking the lettuce he was selling. Even I don't wake that early! The fruit and vegetables are really fresh and not sprayed with sickly pesticides, which means there are often little bugs that I just encourage outside onto another plant.

Blackall Range Growers Market
Old Witta School, Witta Road, Witta
7.30 am - 12.00 pm, third Saturday of month



Picnicking by the Mary River



Harry Noodle suggested we collect things from the market for our planned picnic lunch beside the Mary River. We made cheese sandwiches with sensational pickled beetroot. Then, during a dreamy siesta, a damper quietly baked away on our campfire, which—upon waking—we blanketed with sweet luscious lemon butter (made with organic eggs).

There are lots of growers' markets on the Sunshine Coast.

Visit this website to find out more:

<http://www.localharvest.com.au/> ... then click on events

Green Spot ...

The Witta Markets supports home grown produce. So it's fresher and hasn't travelled too far to reach your table. When you buy your food this way, it is much kinder to our precious earth. Don't forget to take your shopping bags.

Kate and her studio Twigseeds are well known for their playful, insightful greeting cards and art prints. The Twigseeds nest has hatched a flock of feathered and furry philosophers who inspire us to "consider our world".

Kate divides her time between Brisbane and the Sunshine Coast hinterland.

To find out more about Kate and the Twigseeds family, please visit www.twigseeds.com

