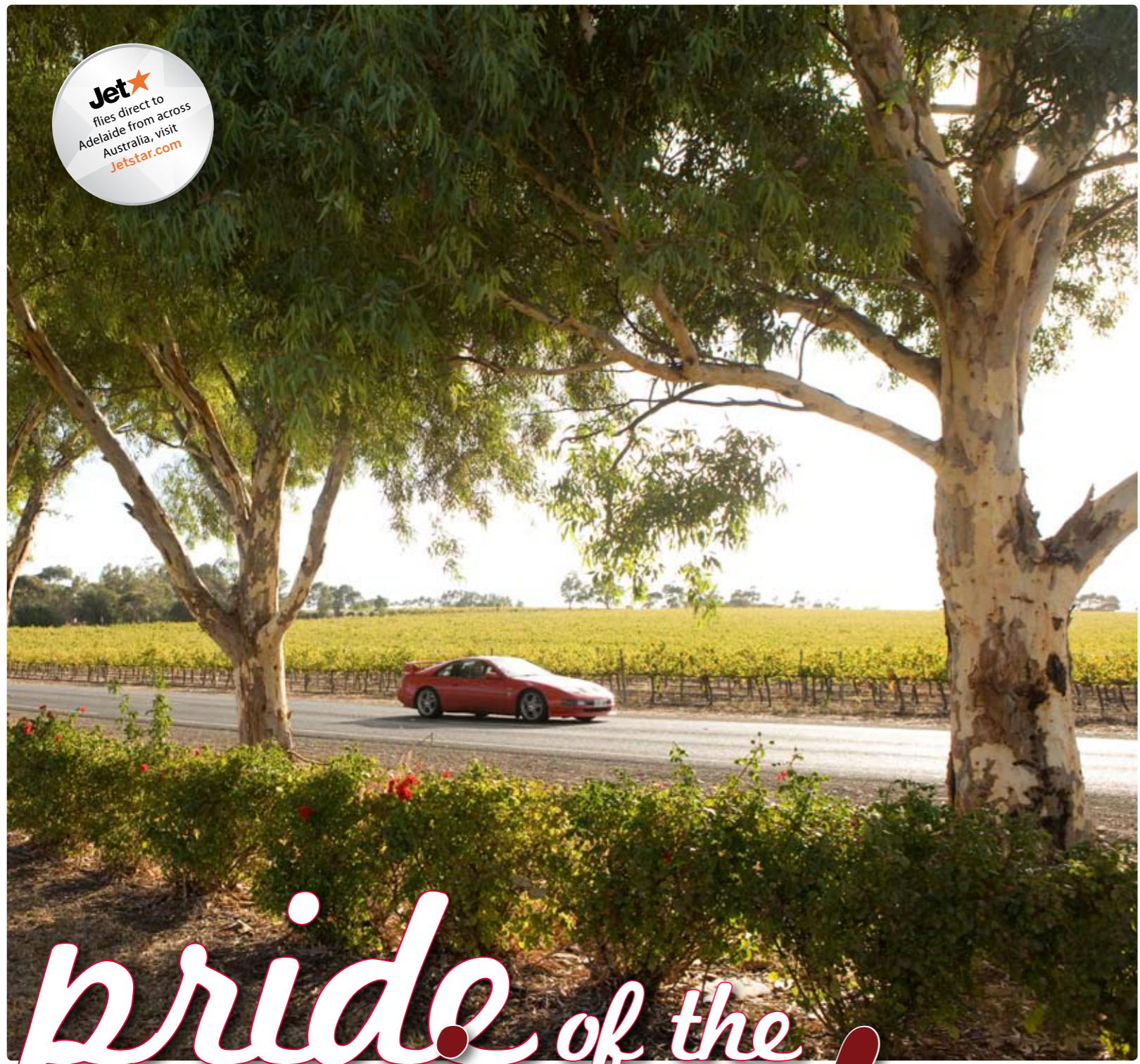


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pride of the peninsula

Head south of Adelaide to the Fleurieu Peninsula, where its abundance of delicious produce will drive your taste buds wild

WORDS HEATHER MILLAR PHOTOGRAPHY JAMES KNOWLER



OPPOSITE: Hit the Fleurieu Peninsula for a gourmet holiday
CLOCKWISE FROM LEFT: Nibble on Alexandrina Cheese; savour the hearty kalamata olive; discover Lloyd Brothers wine and olive oils



The first thing you notice when you leave the expressway heading south from Adelaide are the vine-covered hills set against a backdrop of blue ocean and soaring red cliffs. The southern vales, an easy 45-minute drive south of Adelaide on the Fleurieu Peninsula, are home to McLaren Vale, one of Australia's leading wine regions.

But look closer and you'll see olive groves, pastures and orchards. In this perfect Mediterranean climate, it's not just the winemakers who proliferate, there are also plenty of artisan food producers.

Since renowned Canadian environmentalist David Suzuki put the pioneering Willunga Farmers Market on the map when he visited in 2002, awareness of the Fleurieu Peninsula and its outstanding produce has grown. But many of the local producers here have been honing their skills for decades and some, for generations.

One such example is Dan McCaul at **Alexandrina Cheese** in Mt Jagged. Dan's father was a cheesemaker, and his grandfather made cheese in Ireland before he emigrated from County Cork more than a century ago.

Today, Alexandrina is a family operation. Dan's wife Krystyna and daughter Beck help run the business too — the property was originally a dairy farm run by Krystyna's parents. "We have a small herd of grass-fed Jersey cows," says Dan.

Alexandrina makes hard cheddar and "round-eye" cheeses by hand using traditional methods. "These are 'holey' cheeses similar to Dutch edam and gouda. There's no one in South Australia doing round-eye cheeses."

Visitors can taste the cheeses, observe the processing room, or just sit back in the café and enjoy the sweeping views.

Another producer with a long history is **Lloyd Brothers Wine & Olive Company** in McLaren Vale. Their property was originally owned by Thomas Hardy, who purchased the land in 1884 and decided that olives and almonds would protect



EAT BEAT
FLEURIEU PENINSULA



LEFT/RIGHT: Producers Retreat is a treasure trove of delicious flavours; Margaret Jones is nuts about almonds



his beloved grapes from the winds that blew from the Gulf of St Vincent.

Later, recognising the perfect Mediterranean climate the region offered, Emmanuel Giacomous bought part of the property from Hardy and set about bringing in kalamata olive trees from his homeland, Greece.

When the Lloyds bought the property in 1989, they embarked on educating the wider Australian audience to the health and flavour benefits of olive oil. "Visitors can see the whole process — picking, grading, brining, pressing — during the season," says manager Sam Temme. He also offers Sunday lunches throughout June and guests can have a tour and taste in the cellar door, followed by a four-course lunch. Factory tours by appointment.

McLaren Vale's climate was also the attraction for David Arbon and Tori Moreton, who run a guesthouse called **Producers Retreat**. "Producers is the coming together of everything David and I are passionate about," says Moreton, who bought the land with Arbon 15 years ago, but only recently opened the doors to guests.

"They can actually get involved in picking olives and pressing them to make olive oil which they can take home with them. They can do the same with wine — but they have to wait two years 'til it's ready," she chuckles.

The guesthouse is a log cabin nestled among native flora, orchards, vines and pretty gardens. Leisure activities include hands-on culinary classes, winery tours, vineyard walks and pétanque matches among the gum trees.

The Fleurieu is also well known for its almonds. In the 1960s, there were 1,300 acres

planted, providing a magnificent spectacle of pink and white blossoms each July. Although production has reduced since then, Willunga still celebrates its Almond Blossom Festival annually.

Margaret and Mick Jones grow almonds at Taronga Orchard on Sellicks Hill. They planted their trees in 1992, and it was a labour of love according to Margaret. "When we started there was no money in it," she says. But the business has grown over time, and Margaret has just celebrated her first export to Singapore.

Visitors to the area can find Margaret and her **Willunga Almonds** at the Willunga Farmer's Market on a Saturday, selling her tempting array of sugared and spiced almonds. "There's 15 or 20 flavours now," she says. "Vanilla sugar almonds are always popular, but garlic almonds are selling well at the moment too, and smoked."

Spice Girlz, another producer full of creative ideas, makes award-winning gourmet salsas, savoury jams and pickles

WILUNGA FARMERS MARKET

Come 8am in old Willunga town on the Fleurieu Peninsula and the main road has been transformed. Local producers man stalls of organic fruit and vegetables, wine and cheese, herbs and freshly baked breads.



“THE FLEURIEU IS ALSO WELL KNOWN FOR ITS ALMONDS. IN THE 1960S, THERE WERE 1,300 ACRES PLANTED



from seasonal local produce and spices. Started in 2001, Spice Girlz also cultivates fresh herbs to supply to local restaurants and cafés on the Fleurieu, as well as its range of pestos and condiments.

“Cooking soon took over gardening time!” explains Bronwyn Busbridge, managing director of Spice Girlz. “So we decided to hang up the spades and put on aprons, permanently.” Busbridge was making her products from the Willunga community kitchen — where many local food producers share digs — until last year. “When I decided hand-stirring, jar-filling, lidding and labelling up to 1,200 jars per week was beginning to take its toll!” she laughs. Production has since moved from the Willunga community kitchen to a small factory and her range can now be found in many local shops.

She calls them “condiments with a twist” and recommends transforming them into pizza bases, cooking sauces and marinades or using them as they are as dips. ★

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Spice Girlz
Bronwyn Busbridge

FIND IT

Alexandrina Cheese
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**Lloyd Brothers Wine
& Olive Company**
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McLaren Vale,
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Producers Retreat
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McLaren Vale,
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Willunga Almonds
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Spice Girlz
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**Willunga Farmers
Market**
High St, Willunga,
tel: +61 (8) 8556 4297

フルーイオ半島は食の宝庫

アデレードの南、フルーイオ半島へ。様々なおいしさが待っている。

アデレードからの高速道路をおりてまず目につくのは、ブドウ畑が広がる丘。その背景に映える青い海と赤茶けた崖の景色。アデレードの南、車で45分のフルーイオ半島には、オーストラリアでも屈指のワイン生産地域と言われるマクラレーン・ヴェイルが広がる。

そしてさらに目をこらせば、オリーブ畑や牧草地、果樹園が見えてくる。極上の地中海性気候が、ワイン農家だけでなく様々な食材を育てる人々に恵みをもたらしているのだ。

カナダの著名な環境活動家、デイビッド・スズキは2002年にこの地をおとずれ、ウィルンガ・ファーマーズ・マーケットを広めた。それ以来、フルーイオ半島の存在を知る人は増え続け、そこにはぐくまれる最高の食材にも注目が集まっている。ここに暮らす生産者たちは、数十年の時をかけ、あるいは何世代もの時間をかけて、自らの技術を磨いてきた人々だ。

その中の典型的な人物は、マウント・ジャグッドでAlexandrina Cheeseを営むダン・マッコルだろう。彼の父もチーズ職人で、祖父はカントリーコークからこの地に移住してくるまで、アイルランドでチーズを作っていた。もう、百年以上前の話だ。

現在でも、Alexandrinaは家族経営。ダンの妻、クリスティーナと娘のベックも参加している。この会社は元々、クリスティーナの両親が営む酪農場だった。Alexandrinaでは伝統的な手法の手作業によって、ハードタイプのチェダーチーズと「ラウンド・アイ」タイプのチーズを作っている。見

学者の受け入れをおこなっており、加工過程を見学できるほか、チーズの試食もできる。または、カフェで景色を見ながらくつろいでもいい。

長い歴史を持つ会社の一つに、マクラレーン・ヴェイルのLloyd Brothers Wine & Olive Companyがある。初代オーナーであるトーマス・ハーディは1884年に土地を購入。当初はブドウ畑の木々をセント・ビンセント・ガルフから吹きつける風から守ろうと、オリーブやアーモンドを植えることを思いつく。その後、この地域の優れた地中海性気候に目をつけたエマニュエル・ジャコウモウスがハーディから土地の一部を買取った。そして、故郷のギリシアからカラマタオリーブの苗木を持ち込んだのだ。

ロイズがこの土地を購入したのは1989年。以来、オーストラリアの消費者に向けてオリーブオイルの香りの良さや健康への効果の周知に力を尽くしている。収穫の時期には、生産過程のすべてを見学することができる。6月には一月を通してサンデーランチが催され、訪問客は見学ツアーに参加してセラードアで試食ができ、4コースランチを楽しむことができる。

マクラレーン・ヴェイルの気候は、Producers Retreatという名のゲストハウスを運営するデイビッド・アーボンとトリ・モアトンのお気に入りでもある。ここに宿泊すれば、オリーブを手で摘み、つぶしてオリーブオイルを作る過程を体験でき、作ったオリーブオイルは持ち帰ることもできる。同じように、白ワイン作りも体験できる。しかし、手

にするまでは2年ほど待たなくてはならない。フルーイオはアーモンドの産地としても有名だ。1960年代、1,300エーカーの農地に植えられた木々は、6月にはピンクと白の美しい花を咲かせていた。当時よりも生産量は減少しているが、ウィルンガでは今も毎年、アーモンド・プロッサム・フェスティバルが行われている。

マーガレットとミックのジョーンズ夫妻は、セリックスヒルのタロンガ果樹園でアーモンドを育てている。ここでの生産の開始は1992年。以来、彼らのビジネスは順調に成長を続け、つい先日はシンガポール向けの初輸出をおこなったところだ。

マーガレットと、彼女自慢のウィルンガ・アーモンドに会いたいなら、土曜日にウィルンガ・ファーマーズ・マーケットへ。彼女はここで、15~20種類にもなる様々な味のアーモンドを販売している。

Spice Girlzはアイデアあふれる生産者として、高い評価を得ているグルメ・サルサや香り高いジャム、地元の食材とスパイスを使ったピクルスを作っている。創業は2001年。Spice Girlzは新鮮なハーブのほか、ペストや香辛料をフルーイオの地元のレストランやカフェに納めることからビジネスを始めた。

Spice Girlz代表取締役、ブロンウィン・バスブリッジ氏は「ちょっと風変わりな調味料」と呼ぶ。ピザベースやソース、ディップ、マリネに加えるのがおすすめだ。