



[www.prahranmarket.com](http://www.prahranmarket.com.au)

Aussie garlic vs Chinese garlic



You may have noticed that it's fresh Australian garlic season again!

There is a price difference between cheaper garlic grown in China and Australian garlic, but it's worth knowing why when you make your choice

- Garlic from China can be grown in untreated sewage
- Imported garlic has often been whitened using chlorine (or a mixture of sulphur and wood ash) to make it look more cosmetically appealing
- Imported garlic has often been treated with growth inhibitors (made from hormones or chemicals) to stop it sprouting. It may also have been treated with gamma irradiation to artificially extend the shelf life of garlic.
- Australia also requires that all garlic regardless of origin is fumigated with methyl bromide at entry to Australia. Methyl bromide depletes the ozone layer and if inhaled or absorbed through the skin is toxic to humans.
- The age of the garlic also affects its potency. Chinese garlic may not have the same punch in your food (or possible health benefits) as Australian garlic.

Prahran Market has a range of garlics at all different price points in now.

Welcome to The Wooden Spoon cafe



The Wooden Spoon Cafe has opened in the Market Square! It specialises in freshly made-to-order sandwiches, fresh salads, Middle Eastern specialties (including dip platters) and the most delicious hot foods and cakes. Pop say Hi to Sam and his wife Zeina next time you are in the Market. Tel: 98 4409

New: casual artisan market



A casual artisan market is now operating in the middle aisle of the fruit & hall. There are 8 wonderful french inspired carts which offer customers a range of changing products including food lines, cosmetic and beauty iter lines, homewares, arts and crafts etc. This area is for short term use onl you know anyone that may be interested in hiring a cart in our Artisan M. please contact Jody in the Market office on 8290 8220. Otherwise - have at who's there when you are next in the Market!

DreiMeister chocolates



A traditional family business in Westphalia, Germany DreiMeister has been working for over three decades producing the finest handmade truffles and chocolates.

Using the highest quality couverture, cream and butter, beautiful tins and packaging they make perfect gifts or stocking fillers for Christmas. The range exclusive to The Essential Ingredient includes both chocolates with and without alcohol they are perfect for both adults and children. The Essential Ingredient Tel: 9827 9047.

How to select tasty and juicy stonefruit



We love this time of year local cherries, nectarines, peaches and apricots now in the market and will get even better as the season continues. Here are some hints on how to choose stonefruit:

- Peaches and nectarines lose their sheen as they ripen and the sweetest fruit of all has small white spots on the top half (from the sun). Perfect looking fruit often come from the middle of the tree and don't get enough sun on them so don't taste as good.
- Plums also lose their sheen and become dull just before they are ready to eat.
- Apricots (like the other stonefruits) come in many different colours and "blushes" but none of them should have any green on them.
- If the fruit gives a little when you (gently) squeeze them and smell like heaven they are at their nectary best and ready to eat now!

O'Christmas Tree, O'Christmas Tree!



Christmas Trees will be available from Greenpoint Nursery on Elizabeth S from Thursday 25 November. Greenpoint will be getting freshly cut, shap trees delivered every week thereafter. However, to enjoy a fuss-free fest season - why not order your tree now.

4-5' tree \$55
 5-6' " \$65
 6-7' " \$72
 7-8' " \$79
 8-9' " \$115

Tree stands available. Delivery from \$25.

Greenpoint Nursery - Elizabeth Street entrance to the Prahran Market. Te 9824 2177. info@green-point.net.au

A rare opportunity to have an escorted tour of a best practice organic farm

Cleanfood Australia (stall 110 Prahran Market) are passionate about organic farming practices and local sustainable production.

Cleanfood Australia invite you to learn best organic gardening practices on a free organic farm tour on Saturday 20 November.

Come along and get your questions answered! For more information please see www.prahranmarket.com.au.

Prahran Market - The Food Lovers Market. We hope to see you soon.



General Enquiries

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Trading Hours

Tuesday: dawn-5pm, Thursday: dawn-5pm
 Friday: dawn-6pm, Saturday: dawn-5pm, Sunday: 10am-3pm