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The Country Women's Association Victoria to share their prized scone recipe!



The Country Women's Association (CWA) of Victoria will be at Prahran Market this Saturday - 7th May. They will be sharing their knowledge of how to make the perfect scone, the fluffiest sponge, how to make jam as well as having a general membership drive and craft stall

Cooking demonstrations; free, come and go as you please, take home recipes: Location: Blanco Kitchen in the Fruit & Vegetable Hall.

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| 9:30am | How to make the best ever scones |
| 10:30am | Make the fluffiest sponge every time |
| 11:30am | How to make the best ever scones (Repeat) |
| 1.00pm | Jam making |
| 2.00pm | How to make the best ever scones (Repeat) |

The CWA will also have a range of craft stalls (including craft activities for the kids) with items including a wide range of handmade gifts for Mum: general crafts including knitted goods, embroidery, jams and preserves: will have the CWA cookbook series on sale and also, if you don't want to make your own, they will also have take home packs of their famous scones on sale ready to surprise mum. Hope to see you Saturday!

Welcome to a new trader - Sweet Greek!



Sweet Greek is now open in the Deli Hall. Sweet Greek sells traditional sweet & savoury goods including biscuits, breads, cream cakes, filo wraps, hot pies and other delicious ready to eat food for home. Say hi next time you are in the Market! Tel: 9826 0608.

A closer look at honey



When buying honey you may have noticed that there are not only many different "varieties" to choose from, but also differing methods of "extraction" (processing methods). Why is this important?

Honey is highly complex and there is still much to be learnt about its chemistry. We do know that it contains complex sugars that are present in cell membranes, hormones, blood proteins and blood cells. The complex carbohydrates found in honey also encourage growth of friendly intestinal bacteria in the body, which helps you digest food more easily. Honey is high in vitamin C, contains a variety of B vitamins and minerals such as potassium and amino acids and antioxidants. The specific composition of a batch of honey depends on the flowers available to the bees that produce the honey.

However, these nutritional benefits of honey are lost if excessive heat has been used during some extraction/processing methods. Heating honey to 37°C (98.6 °F) or over causes loss of nearly 200 components.

The main two processing methods on the market today are:

Ultrafiltered (commercial) honey is honey processed by very fine filtration under high pressure to remove all extraneous solids and pollen grains. The process typically heats honey to 65-77 °C to more easily pass through the fine filter. Ultrafiltered honey is very clear and has a long shelf life, looks cleaner and smoother, more appealing on the shelf, and is easy to handle and package. For these reasons, it is preferred by the supermarket, but the heat it has been subjected to will have significantly affected its nutritional benefits.

Raw honey is honey as it exists in the beehive or as obtained by extraction without adding heat (although some honey that has been "minimally processed" or low heat extracted is often labeled as raw honey). Raw honey contains some pollen and may contain small particles of wax, but it is interesting that local raw honey is sought after by allergy sufferers as the pollen impurities are thought to lessen the sensitivity to hay fever. Raw honey is the healthiest choice amongst the various forms of honey as it has the most nutritional value and contains amylase, an enzyme concentration of flower pollen which helps predigest starchy foods like breads.

Paul from Whisked (0414 169 583) and Ivana from Eggs Plus (0454 9322) at Pahrhan Market can help you buy the right honey for your taste and nutritional value.

Did you know?

- If you use honey in cooking (in place of sugar) it will darken the food as it caramelizes more readily.
- Bears seen at beehives are usually more interested in bee larvae than in honey.
- Most bacteria and other microorganisms cannot grow or reproduce in honey which means that honey applied topically to a wound can promote healing just as well as, or in many cases better than, conventional ointments and dressings. Eggs Plus now sell "Medicure Active Antibacterial Manuka Honey" (pictured) for this purpose.

Perfect Mother's Day gifts



Looking for a great gift that will be appreciated and enjoyed? We recommend:

- The Essential Ingredient at Prahran Market is a cornucopia of foodie delights. If your Mum loves cooking, anything from this shop will be sure to please. Tel: 9827 9047
- The French Cart at Prahran Market has a wide range of the highest quality french soaps, stylish tea towels and more. Michael Tel: 0401 548 022
- Shop Neutral has a wide range of luscious chemical free hand and face creams as well as a range of exciting heritage seeds (including blue star borago, celtuce, purple carrots, pigeon pea etc) Tel: 9826 4884

It's game bird season



John Cesters Poultry & Game have just got in fresh pheasants and quail fowl - perfect for a treat or just for something different. Squab's are also on order. John Cesters Tel: 9827 6111

Australian oranges



Orange lovers will be in for a treat this winter! Due to very favourable growing conditions, the quantity and quality of the Aussie grown navel orange season is shaping up to be the best we have seen in many years.

Not only are Aussie grown oranges delicious, but also the ideal fruit to protect the body against infection and disease.

"According to a CSIRO report, one orange contains twice the recommended daily intake of Vitamin C, which has been shown to increase antibody production and resistance to infection," said CEO of Citrus Australia, Judith Damia.

"The report also stated that oranges contain more than 170 polyphenols which have an anti-inflammatory action that can help to slow down the ageing process and help maintain your skin's healthy glow." "I'd encourage Australians to make the most of our abundant supply this season by enjoying a nutrient packed Aussie grown orange," she said.

We concur and our fruiterers have the freshest, juiciest Australian oranges right now!

* Did you know Navel oranges are so named as the "button" on the top of them looks like a belly button or Navel!

Perfect Mothers Day celebrations



Why not come and spend Mothers Day lunch in the Prahran Market Square this Sunday? Treat yourself to some freshly shucked oysters and a glass of champagne, or something from our delicious square cafes and enjoy the music from 12-3pm.

It's also a great place to bring children as there is free face painting and a permanent playground so everyone is happy!

Prahran 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