

This month at....



Peter Michalk
Ploughmans Hill Olives

Ploughmans Hill Olives are harvested from the Wattle View grove at Cookamidgera and the Wendouree grove at Cooks Myalls by Peter and Shirley Michalk and John and Betty Riley.

Since the first olives were pressed in 1999, Ploughmans Hill Olives have gained an excellent reputation for producing top quality Extra Virgin Olive Oil and arguably the best Table Olives in NSW.

They also produce Olive Oil Soap, Hand Cream, Lip Balm, Body Oil, Hand/Body Cleanser, Shampoo and Conditioner, Body Lotion and Leather Dressing.

In between markets the products are available at Absolutely Delicious in Bathurst and retail outlets in Orange, Parkes, Forbes, Cowra and Sydney.



Bathurst Farmers Market

see you there!

Recipe of the Month

SPINACH DRESSED WITH OLIVE OIL AND VINEGAR

INGREDIENTS:

- 1 bunch of fresh spinach
- 1/4 cup of Ploughmans Hill Olive Oil
- 3 cloves garlic peeled, finely chopped
- 1 large onion finely chopped (or cut into rings if you prefer)
- 2 to 3 tablespoons of red wine vinegar (or balsamic if you prefer)
- pinch of black pepper & salt to taste

DIRECTIONS:

Trim the spinach of coarse stems, wash thoroughly and chop/slice the leaves.

In a large heavy saucepan over moderate heat cook olive oil, garlic and onion for about 1 minute.

Add the spinach by handfuls stirring with a wooden spoon.

Finally stir in the vinegar, pepper and salt - do not over cook the spinach.

Serve hot or at room temperature - **Absolutely Delicious.**

Variations: Add chopped pickled olives or roasted pine nuts, or substitute cabbage but cook a little longer than the spinach.

**On this Saturday from 8am to 12noon
at Bathurst Showground**

Seasonal - Fresh - Produce - Organic - Delicious