



LOCALE

FREWVILLE/PASADENA FOODLAND

ISSUE#14

SUMMER 2021/22

ADELAIDESFINEST.COM.AU

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FOOD

|

STORIES

PEOPLE

|

EVENTS



| | |
|-----------------|-------------------|
| Asian Grocer | Mr Nick's Kitchen |
| Breadbar | Organics |
| Butcher's Block | Patisserie |
| Cheesebar | Salumibar |
| Dairy & Frozen | Seafood |
| Flowerbar | Spicebar |
| Fresh Produce | Wellbeing |
| Grocery | Online |
| Health & Beauty | |



OUR STORY

WELCOME TO OUR SUMMER EDITION OF LOCALE! IF YOU ARE A REGULAR AT ONE OF ADELAIDE'S FINEST SUPERMARKETS, FREWVILLE OR PASADENA FOODLAND, YOU WILL ALREADY KNOW THAT WE WANT YOUR VISIT TO BE THE MOST REWARDING EXPERIENCE POSSIBLE.

Locale is designed to let you in on some of the stories behind our people, our products, our inspiration. The dictionary definition of Locale is: an area or place, especially one where something special happens.

A visit to our stores is more than a shopping trip. It's a place to come together, communicate, eat or just

observe. We want you to feel at home meeting friends, reading the papers, having a coffee or a long lunch then picking up supplies to share at home.

We hope you enjoy finding out about our family business and how we want to grow with our community. *



Trading Hours —
Monday - Friday. 7am-9pm
Saturday. 7am-5pm
Sunday. 11am-5pm

Frewville Foodland
 177 Glen Osmond Road,
 Frewville SA 5063
 Customer Service 1300 22 33 02
 Phone (08) 8490 2800

Pasadena Foodland
 20 Fiveash Dr,
 Pasadena SA 5042
 Customer Service 1300 22 33 03
 Phone (08) 8490 3000

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 MRNICKSKITCHENCOFFEEBAR  ADELAIDESFINEST_FLOWERBAR



Locale is written by journalist *Kylie Fleming*.
 Look out for her roaming the aisles at Pasadena and Frewville Foodland, unearthing stories and taking photos.
 Additional photography by Bill Giamos



Design/art direction by *Sabas Renteria* - sabasrenteria.com | Published on behalf of CRG, 177 Glen Osmond Rd, Frewville SA 5063.
adelaidesfinest.com.au | On the cover: *Hervey Bay scallops au gratin prepared by Orlando Bagnara at Oceanicbar at Pasadena Foodland.*
 Food styling and photography by *Bill Giamos*.

New car winner

Congratulations to Meghan S. who is the lucky winner of a stylish, denim blue Mercedes-Benz A180. Meghan, a valued customer and regular shopper at Pasadena Foodland, won the first of three Mercedes-Benz A180 cars being given away as part of the Chapley family's 70th anniversary in business. Our passion today is as positive and energized as it was in 1951 and providing the opportunity to win one of three Mercedes-Benz A180's as part of our celebratory year has been a great privilege for us. We thank your entire community for supporting and participating in our exciting competition. For a chance to win a Mercedes-Benz A180, spend \$50 or more at Frewville or Pasadena Foodland, online, or at participating stores at Pasadena Shopping Centre, until November 30th 2021, grab your unique code and enter the draw online at afsfoodland.com.au. *



overseeing operations at the stores he established and still plays a pivotal role in today.

Mr Nick has been closely involved in the development of each food product from the recipe stage through to the final taste tests and is proud to put his name to these products.

This house brand is also inspired by the Mediterranean diet of Ikaria, the Greek Island home of Mr Nick, which is one of the world's five Blue Zones where people live long, healthy lives. *

PRESSING MATTERS

First cold pressed is the only way to make the highest quality and most pure extra virgin olive oil. This method guarantees better flavour, aroma and retains the most antioxidants from the olives.

First pressed means the olives were crushed and pressed only one time so the olive oil extracted from the first pressing is of the highest quality and purity.

Cold pressed means that the olives never exceed a certain temperature during the entire pressing process. Keeping the olives cooler ensures maximum quality as heating them produces a lower-quality olive oil.



Liquid gold

Everything tastes better with a generous glug of top-notch extra virgin olive oil (EVOO).

Mr Nick's signature Extra Virgin Olive Oils are an essential ingredient for easy spring/summer entertaining when paired simply with fragrant, spicy dukkah, fresh, crusty Mr Nick's sourdough, plump Kalamata olives and juicy, sweet cherry tomatoes.

The latest vintage olive oils are made exclusively for Adelaide's finest supermarkets with 100 per cent South Australian olives (Kalamata and Koroneiki varieties) grown in the Adelaide Hills and Murraylands. They are both medium-intensity and well-balanced oils that can be used

liberally in light cooking, dips, dressings and marinades.

Mr Nick's Kalamata First Cold Pressed EVOO is a luscious, fruity and rich oil with red berry fruits and almond blossom followed by a fruity palate of tropical fruits, avocado and a green chilli finish.

The Koroneiki First Cold Pressed oil is elegant, floral and well balanced with fresh tropical fruit and raspberry notes and a complex palate of orange blossom, quince and cardamon and a warm lingering heat.

The contemporary packaging and labels were created by in-house designer, Bill Giamos.

Adelaide's finest supermarkets has an ever-expanding range of signature foods which bear the Mr Nick's seal of approval.

The brand pays tribute to AFS founder Nick Chapley, 87, who is a familiar face to regular shoppers at Frewville or Pasadena Foodland. He is the dapper gentleman who is often spotted

CHRISTMAS IS...

Ham-tastic

Christmas Day isn't complete without certain festive foods from freshly-peeled prawns to juicy cherries, must-have mince pies and the hero of the day – a glazed ham on the bone.

A glazed ham is an Australian tradition which sits pride of place on the Christmas table and provides tasty leftovers for the next week or so.

Adelaide's finest supermarkets sources top-quality, triple-smoked Christmas hams from Barossa Fine Foods. The award-winning ham is created using a 30-year-old recipe and is naturally smoked with sustainably-sourced wood chips.

Frewville and Pasadena Foodland will offer half hams ready for the Christmas table. Always look for the Australian Pork symbol. This guarantees that the pork was grown on an Australian farm.

Prawn stars

It's an Aussie Christmas tradition: a big bowl of freshly-cooked prawns ready for peeling.

There's nothing that screams "summer" louder than bright orange, sweet, salty, beautifully-textured prawns dipped into a tangy cocktail sauce or spritzed with fresh lemon juice.

Adelaide's finest supermarkets has built strong relationships with SA fisherman to ensure a reliable supply of prawns at Christmas and throughout the year.

Pasadena seafood manager Kane Landorf says Adelaide's finest supermarkets will be the best destination for top-quality, sustainable prawns for the holiday season.

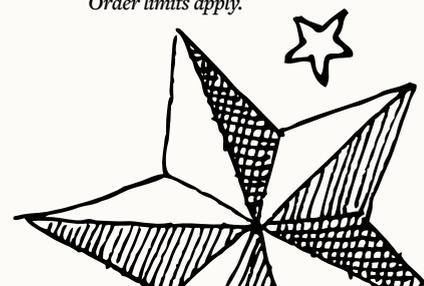
The friendly seafood teams at Pasadena and Frewville are all set for a busy time as shoppers stock up on prawns for Christmas and Boxing Day feasts.

Gift idea

For the person who has everything.... Flowerbar at Pasadena Foodland has a Christmas gift for those hard-to-buy-for friends and family.

Anyone who purchases a Peppermint Grove Soy Candle can have its polished lid engraved with a personalised message for someone special.

The complimentary engraving service is available at Pasadena Flowerbar. In-store pre-orders encouraged. Order limits apply.





Locale Tasting Tours

Adelaide's finest supermarkets team is working with the SA Tourism Commission to develop events including tours of their award-winning stores, which will be led by Mr Nick and Spero.

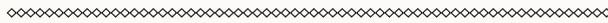
"If you want to experience seafood in South Australia you have to jump in a small plane or 4WD and drive out to Port Lincoln so to have something like that in metropolitan Adelaide, where you can come and get a fish and seafood story and connection - the tourism commission is very excited about that," Spero says.

"The tours will be an immersive sensory experience while offering participants a chance to learn the secrets behind a destination that's been 70 years in the making".



Celebrating the past, present and future

Adelaide's finest supermarkets celebrate a milestone in 2021 as founder Nick Chapley marks an outstanding 70 years in business.



Mr Nick's 70th work anniversary has been the ideal time to reflect on the enormous contribution which he and the entire Chapley family have made to SA's supermarket/retail industry over successive generations.

For four generations, the Chapley family has been involved in the hospitality and fresh food industry, and has pioneered many retail innovations while setting new benchmarks at its world-leading supermarkets.

While the family is deservedly proud of its history, it also has an eye firmly set on the future.

Spero Chapley, who marked his own 30th work anniversary in 2021, has a visionary approach to business. He intends to keep reinventing with plans for a groundbreaking new store inspired by the family's "farm to fork" background.

The new gourmet supermarket development will be a greenfield project and is set to include an on-site urban farm with sustainability at the heart of its ethos.

In-store farming – with onsite small pod gardens – will provide chefs with access to their own produce and reduce food miles to zero.

The "farm to table" approach also brings Mr Nick full circle, harking back to the days when

he arrived in Australia from Greece and worked at his father's café in Moulamein, NSW.

The Chapley family grew all their own produce – fruit, vegetables and eggs – which provided the kitchen with fresh homegrown ingredients for the café meals.

Nick and Spero's new development will also explore farming using cutting-edge technology called agrivoltaics which is a smart mix of agriculture and solar power generation. Watch this space.

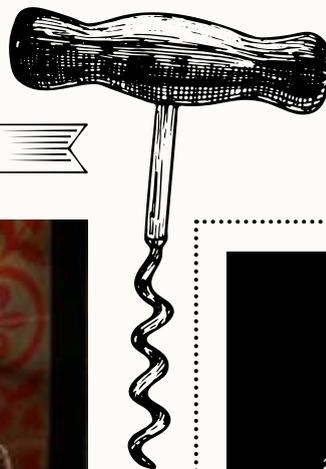
Adelaide's finest supermarkets is ramping up its sustainability push by setting up a Green Team which plans to tackle a number of green initiatives.

The Chapleys want to "walk the talk" when it comes to their green credentials, acknowledging that this is an ongoing program and a journey of learning for all staff - but they are making progress and constantly monitoring and benchmarking themselves along the way. One of the initiatives will see 100 per cent reusable, recyclable or compostable packaging becoming standard by 2025.

Spero is also exploring a potential expansion of Youth Inc., the training organisation he established in 2006 to provide education pathways for young people who have disengaged with the traditional school system. *

"Everything that we do comes from a deep understanding and clarity about community and place. I have been fortunate and privileged throughout my life to create a family and business environment that understands and encourages community, relationships and a world-class standard. It's in our DNA and we see it more about an opportunity and responsibility to create something truly reflective - for you to be a part and proud of".

Mr Nick



The new tasting flights focus on the flavours of Europe, the simple Mediterranean lifestyle of Spain, Greece, Italy, Portugal and France - while showcasing the best of Australian and locally produced South Australian cheeses and charcuterie.

WINE PASSPORT

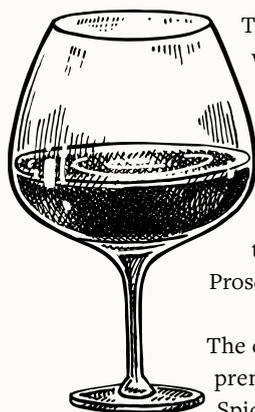
Travel has been off the agenda during the pandemic but you can catch a flight at Adelaide's finest supermarkets and experience a world of wine and food.

A new series of wine flights – staged at Pasadena Foodland's Salumibar, Cheesebar and Oceanicbar - are designed to showcase the best of local and imported artisan salumi, cheese and seafood.

The tastings are thoughtfully-matched with an impressive range of interesting Australian and imported wines curated by wine consultant Christian Canala from Vinify.

“It's all about the stories behind the wine and food and bringing it all to life in a casual, fun way with some great experiences for guests,” Christian says.

“The really big selling point is the world of food under the one roof at Pasadena (Foodland) and all products featured in the flights are available in store.”



The flights each feature 5 wines and 5 accompanying food tastings. Jump on board the salumi flight and taste, for example, a true Italian Prosecco from Veneto paired with the famous San Daniele Prosciutto from northern Italy.

The cheese flight will team premium, small-batch Spider Bill Pinot Noir from the Adelaide Hills with

BellaVitano Balsamic cheese from Wisconsin. And the seafood flight sees a cult SA wine Brash Higgins Zibbibo served alongside a classic New England lobster roll.

Christian Canala says the wine flight offerings will be regularly updated so there's a different experience every season.

“There are some very cool wine matches and some are a little left of centre which offers people the chance to taste some new varieties they may not have experienced,” he says.

The flights include an eclectic South Australian orange wine (a white wine made with skin contact); food-friendly Spanish Fino sherry and benchmark Tempranillo Grenache blend from McLaren Vale.

“The food has the same approach – something different – with wagyu brisket, French provincial ham or ash-rind cheese,” Christian says. *

SUMMER SIPS

2021 BRASH HIGGINS ZBO ZIBIBBO

Here's one of those wines that might just flip everything you know about dry table wine on its head. First there's the grape – Zibibbo – a type of muscat grown on the Sicilian islands usually to produce sweet raisin wines but increasingly for white and orange wines.

Orange wine you say? Yes, these wines are neither made with oranges nor hail from the Orange region in NSW but are white grapes vinified as you would red grape. This means contact with the skins before pressing so you extract colour, extra flavours and some tannin. This wine also happens to be aged in amphora which is a clay vase made using the soil from Brash Higgins' McLaren Vale vineyard. This is carried out in much the same fashion as the first winemakers in ancient Georgia.

A cult wine, ZBO shows incredible aromatics of mandarin, ginger, spice and fresh grapes and hums along the palate with stacks of flavour and chewy texture. Zibibbo's inherent acidity is present too, keeping things fresh and lively before a mineral, salty finish.

Ideally paired with the sweet/sour/salty/spicy dishes from our OrientBar where the wine's punchy flavour and tight acidity comes into its own. This is also available by the glass and bottle on the wine list at Mr Nick's at Frewville and Pasadena.

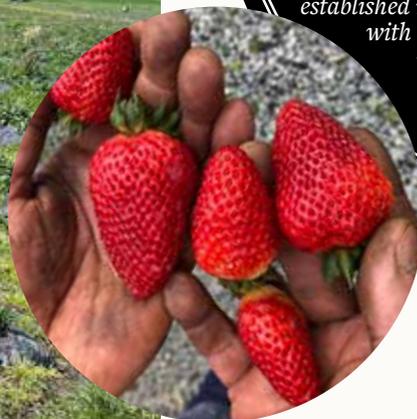
Christian Canala,
Vinify Wine Co



PEOPLE BEHIND THE PRODUCE

There are stories of ingenuity, hard work, innovation, challenges and resilience behind each and every local producer who brings fresh food to your shopping trolley and dinner plate.

Adelaide's finest supermarkets is proud of the strong, established relationships it has built over many years with local growers - and it continues to recognise and champion these homegrown producers.



SA organic strawberries

Husband and wife team Sonja Bognarova and Plamen Paraskekov grow certified organic strawberries at their 32-hectare property at Lobethal in the Adelaide Hills.

The farm-fresh strawberries are always snapped up quickly when they arrive in store at Frewville and Pasadena Foodland.

"We have people saying 'wow, these strawberries taste like what my grandmother used to grow'. The flavour gets them in, every time," Sonja says.

Sonja and Plamen have a long association with Adelaide's finest supermarkets which means their local organic farm is supported while customers get the best berries.

"The attitude of the Chapleys is amazing and they have gone huge distances in the promotion of organics since the beginning," Sonja says.



"They've also always promoted education about organics, right down to their staff who can talk to customers about it. We appreciate their 'let's do it' attitude."

Bulgarian-born Plamen is an agronomist who worked in Europe before arriving in Australia in 2001. He worked with NASAA (The National Association for Sustainable Agriculture Australia) in various roles including as an organic inspector. He also helped convert many farms to organic production.

Sonja studied environmental science in Bulgaria and moved to Australia in 2008 to join Plamen who was already living here and the pair set about growing organic vegetables in the Hills.

"At first, we didn't have any money, we leased land which was previously a conventional farm, we leased the equipment, the sheds and trucks, we leased everything, and converted it to an organic property with all the certification processes," she says.

"We started working with a wholesaler but he left us in a pickle so I began delivering our produce myself to small organic shops but didn't get a good response. They all said 'we don't know you,

we already have a supplier'. So I ended up driving from shop to shop with boxes of sample produce which I'd give away for free.

"The Chapleys supported us initially by taking on our vegetables which we really appreciated."

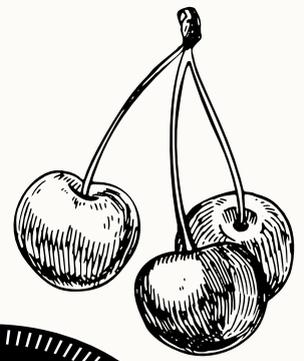
Sonja and Plamen later planted their first small block of organic strawberries in the 2010-2011 season, and the strawberry plantings slowly grew to a current 10 hectares, "We found that people were hungering for our strawberries more than anything else we grew," she says.

"We knew nothing about strawberries in the beginning, it was a very steep learning curve, we made some expensive mistakes".

The couple outgrew the first property and, in 2016, they bought their own patch of land in Lobethal which they converted to organic.

"We encourage consumers to look beyond the environmental advantages of organics, maybe don't think about price or being healthy but choose our strawberries based on flavour. They won't be disappointed!"

SA Organic Strawberries strawberry season starts late October and Sonja says, weather depending, fruit should be available until the end of April 2022. *



A CHERRY RIPE TIME

PLUMP, JUICY CHERRIES ARE A SUMMERTIME STAPLE AND THE SEASON'S BEST ARE FROM LOCAL ORGANIC PRODUCER, MARRIOTT ORCHARDS.

Marriott Orchards is at Montecute in the Adelaide Hills. The property was established in 1892 and has been producing cherries ever since.

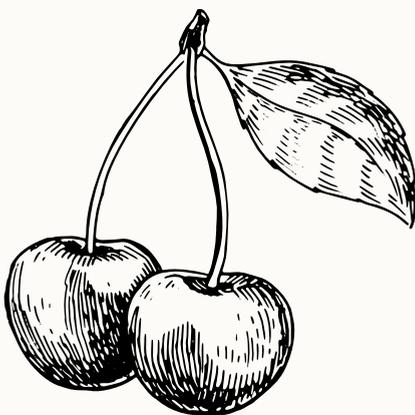
These top-grade cherries will be available at the Organics sections of Frewville and Pasadena Foodland from early to mid November throughout the festive season.

Cherry grower Philip Marriott and his family have owned the property for 15 years and converted the orchard from conventional farming to organic production.

"We have 5,000 trees and what is called a modern 'pedestrian' orchard which means we don't use ladders, we can pick all the fruit by walking around. Everything is hand picked, no machines, and is sorted by hand in our packing shed," Philip says.

The Marriott family also lives on the property which Philip says was the motivation behind transitioning to organic growing methods.

"I woke up one morning and thought 'the way we are doing this makes no sense'. It was a very emotional thing, not a level-headed business decision - but we have made it work," he says.



Marriott Orchards still has some of the older, original cherry varieties on the property but the fruit is kept for family and friends.

"The older-variety cherries are quite different, nice tasting, but very soft and small. The newer varieties have been developed to be larger and firmer so they can travel better. "People can rummage through boxes of modern cherries and whereas older cherries turn to jam when moved around".

It took three years for the orchards to earn fully organic certification through National Association for Sustainable Agriculture Australia (NASAA).

"We live in the middle of our beautiful orchard and when it was a conventional property and we needed to spray, we'd have to tell the kids to stay inside that day," Philip says.

"Now we are living the dream, it is really nice and how it should be, you can walk into the orchard, pick a cherry and know it's healthy."

Philip says organic farming methods work better for smaller growers and "don't scale for large operations quite as well".

"It allows us to be more reactive, flexible and adapt to the orchard changes as it moves through the season," he says.

"If you grow conventionally using chemicals it is much more predictable, you are trying to manage the orchard by science.

"I look at it the opposite way, the orchard manages me. I'm along for the ride and need to fit in with it and can't control things to quite the same extent."

Philip, who has farming in his family history, studied Ag Science at high school but his work path led to a career as an IT lecturer at UniSA for 28 years. He says farming was always at the back of his mind and he took the plunge 15 years ago to become a cherry grower.

"My wife said 'there's a cherry farm for sale in the Hills' and we said 'how hard can that be?' and we bought it," he says.

"It wasn't a business decision and actually it was quite hard but we love it". *

Season's finest

Marriott Orchards grows multiple cherry varieties as different types ripen at different times. Philip explains the various cherries which appear during cherry season:

→ **STELLA**

A dark cherry with a delicious, almost tangy flavour.

→ **BING**

One of the first cherries to be commercially cultivated. A very old cherry variety. Sweet and rich.

→ **MERCHANT**

A very reliable, early-season cherry. The only decent early cherry. Apple-shaped, red, crunchy and sweet.

→ **LAPIN**

An American-style cherry, and a real

crowd-pleaser. I don't know anyone who doesn't like them!

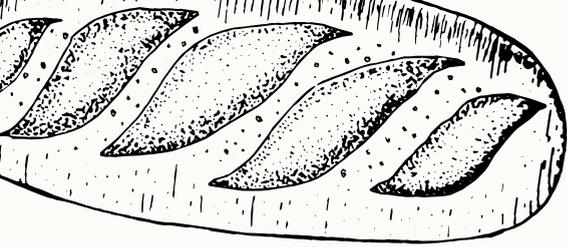
→ **SIR DON**

Named after the legendary cricketer, the cherry was developed in SA and has dark red to black skin and firm sweet red flesh.

→ **VAN**

Heart-shaped, light-coloured cherry with a short stem.





BAKERY / SALUMIBAR

Chef Beau Holt



All fired up

Wood-fired cooking is so hot right now and chef Beau Holt is embracing this most ancient of modern trends at Pasadena Foodland.

Beau says he's fired up about cooking a variety of meats, vegetables and breads in the Four Grand-Mere wood oven. The handcrafted wood-fired oven was made in France by a company which specialises in ancient-style ovens made from insulated fire bricks (known as refractory chamotte).

"It's great to use the oven beyond the daily use of bread baking and it is an overnight tool we can use for all our dining hubs," Beau says.

"I'm cooking meat and vegetables which can be used in dishes on Mr Nick's menu and this allows diners to experience wood oven flavours, aromas and textures which you can't get from conventional kitchen equipment.

"The fact customers can also see the oven is great, it's a visual thing, seeing it and connecting it to the food you are eating."

Beau, who has cooked in restaurants around Adelaide and internationally, says he has taken inspiration from well-known chef Lennox Hastie who has a restaurant in Sydney called Firedoor.

"I stumbled upon him on a Netflix series called Chef's Table, a show about cooking with fire, and that threw me in a whole new direction and really sparked my creativity," Beau says.

"I'm coming across traditional Italian, Spanish, Greek, Portuguese, South American and Middle Eastern dishes and they all utilise wood ovens and explore what they can bring out of it, apart from your simple beautiful sourdoughs and breads.

"Moving forward, I'd like to work on a wood oven taster menu, it's in its infancy as an idea at the moment. It doesn't need to be a full main course but perhaps an offering of five or six small wood



oven dishes (seafood, meat and vegetables) and people can come in and choose two or three to taste. The wood oven has got a lot to offer." *

Nadia Rowe



SALAMI STAR

Coppa, also known as Capocollo, is a delicacy made with pork neck and is favoured for its tender, marbled texture and distinctive savoury aromas. A mainstay of central Italy, Coppa can have varying levels of spice and heat. A Coppa from Queensland-based smallgoods maker Borgia, is made with 100 per cent Australian pork and is rolled in spices and salt and then air dried. Worth a taste for its complex flavours without being overly salty or spicy.

A SLICE OF EUROPE

Soak up the European vibes at Salumibar where the menu can transport you to the little bars typically found tucked away in the side streets of San Sebastian or Bologna.

At Salumibar, there's a chance to share a charcuterie or cheese board complete with antipasto and freshly-baked bread - perhaps even add a glass of Legado del Moncayo Garnacha from Spain to complete the experience. Salumibars at Frewville and Pasadena Foodland take inspiration from Spanish, Italian and French cultures with a menu of the world's best cured meats and cheese.

Nadia Rowe is the face of Salumibar at Pasadena Foodland. "The shared grazing-style tapas is a nice way of eating, taking your time and enjoying your surroundings," she says.

"It's good for us being able to draw on the beautiful olives, artisanal meats and so many cheese varieties - it's like a European market here with it all under the one roof."

Seek out Nadia with any salumi/charcuterie questions whether it be about the wagyu bresaola (air-dried beef), casalinga salami or French-style jambon ham. *

WORLD'S BEST WAGYU

In the world of beef, it doesn't come any more luxurious than the holy grail of steak - Wagyu. This prized Japanese-breed beef is buttery, silky, tender, juicy, umami-packed meat which literally melts on the tongue.

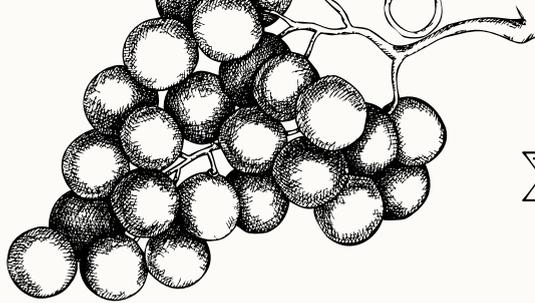
Wagyu fans can now source the Rolls Royce of Wagyu from Japan at Adelaide's finest supermarkets - this is the real-deal Wagyu experience - Kagoshima A5 Wagyu BMS 12.

To explain, the A5 grading is a Japanese system - it is the highest mark which Wagyu can score for yield, marbling, colour and brightness of the flesh, texture and colour, lustre and fat quality.

The BMS (beef marble score) is also a grading standard, which measures the meat's "marbling". Marbling is that webbing of creamy white fat that riddles a cut of beef, and which gives it a spectacular tenderness, juiciness and richness.

Kagoshima Wagyu is a luxury product (\$300 per kilo) but it pays to remember, this is a decadent experience and the beef is usually consumed in small amounts.





Grazing boards are all about variation and ease – don't think too hard, buy what you love and place everything in a way that makes you smile, your guests will feel the joy.

GRAZE AWAY

It's peak party season and we're all looking for clever ways to entertain our friends and family while keeping kitchen time to a minimum.



A thoughtfully-curated grazing board delivers wow factor while offering a variety of tastes and textures.

Food identity Mandy Hall, former MasterChef contestant, shares her simple tips and tricks for a cheese grazing board that guarantees there is something for everyone.

“This is the time of year for gatherings and a grazing board is a fabulous way to feed a few people with loads of little bites and without the pressure of putting together a special dish,” Mandy says.

“Please don't forget if you are preparing food for guests, keep everyone safe and use gloves.”

GRAZING BOARD TIPS

Prep time: 15-30mins
Serves: 6+ people

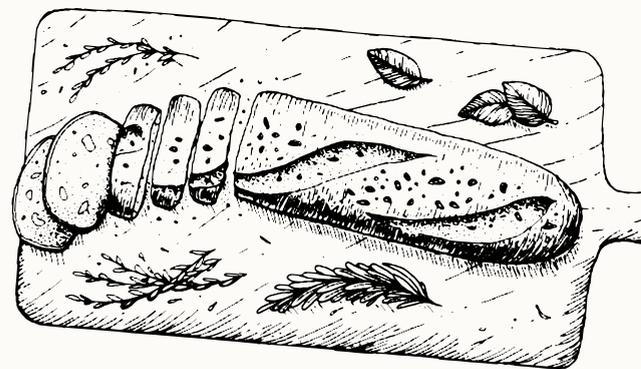
You don't have to have a board, you can use a big plate, a baking tray that you have covered in brown paper or even a chopping board!

When you are shopping for your board, think about how many people you are hosting, any potential food intolerances or allergies, which foods are seasonal and therefore, more flavoursome and cost effective.

Decide all the bits and pieces you need. If you have bought or made some dips, it's great to put them into little bowls - but keep the tubs with lids because then you can put the leftovers back in the fridge! Which nuts and seeds do you already have at home? Now is the time to use up these ingredients you already have.

Allow about 50g of cheese per person when you are thinking about cheese buying to help you stay on track. I allow the same if I am also including any charcuterie. I buy about three to four different varieties of cheese and two to three varieties of cold meats.

Other items to include on your board can be fruits – dried or fresh - nuts, veggies, pickles, tinned fish such as sardines or cured fish, olives, breads and crackers. Again, a variety of breads and crackers looks fabulous and keeps everyone



happy, if you have things in oil or marinated – place some toothpicks in easy reach so that people can easily select.

If you are using fruit and vegetables such as grapes, strawberries or tiny vine tomatoes – keep them all on the stems, it looks great and it stops them from rolling around.

I love adding apple and pear to boards but they do turn brown pretty quickly once cut and can look a little uninviting, so I tend to leave them off. Don't forget to let your cheeses come to room temp, that's when they show off their best. *



Platter up

Entertaining with friends and family can be a breeze this party season with a range of abundant, beautifully-presented, freshly-made food platters available at Frewville and Pasadena Foodland.

Not all party platters are created equal and a lot of care goes into creating the best, most fresh and tasty selections.

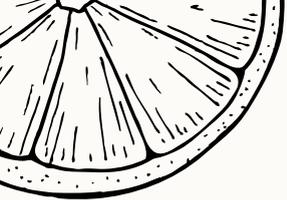
Get the party started this holiday season with top-quality affordable platters and boards to suit any occasion.

Frewville and Pasadena stores are dubbed “the world's biggest pantry” and all the platter ingredients are sourced from in store. Choose from housemade sweet or savoury pastries; gourmet

cheese; antipasto; dips and crudites; barbecue chicken; seafood; assorted wraps; brioche sliders; fresh fruit and sushi; gourmet doughnuts or a macaron box. *

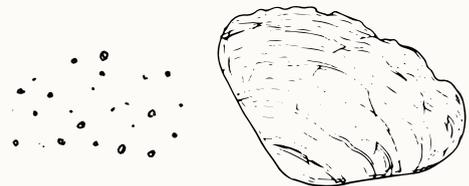
For more details go to adelaidesfinest.com.au or speak to the friendly staff at either store who are happy to assist with selections, orders and recommendations.





Tim Brinkworth

OCEANICBAR



Oceanic treasures

PASADENA FOODLAND IS RAISING THE (OYSTER) BAR TO NEW LEVELS BY BRINGING SOUTH AUSTRALIA'S FINEST, FRESHEST OYSTERS DIRECTLY FROM THE GROWER TO YOUR PLATE.

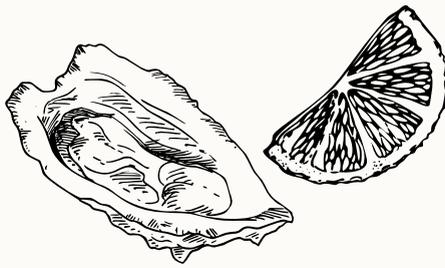
Oceanicbar offerings have taken another leap forward with a new supplier - Tim Brinkworth from Jet Oysters - who has access to 22 growers across SA's best-known regions.

He concentrates on sourcing plump, perfectly-conditioned Pacific oysters from the pristine waters of Franklin Harbour at Cowell, Streaky Bay, Smoky Bay, Coffin Bay, Denial Bay and St Peter's Island. The growers are all small, family owned and operated operations.

"I bought Jet Oysters as an existing business a couple of years ago with about 4 growers and today we are currently dealing with more than 22 producers" Tim says.

"What that means for Pasadena Foodland is we have a greater supply of the best oysters, and all the time.

"When you're dealing with one particular grower there are times when they may not be able to get on the water due to weather conditions, maybe low tides, maybe not be able to harvest for whatever reason so having those other bays and harbours that we can harvest from means we can always supply top-grade oysters."



Tim visits the Eyre Peninsula growers to get a better understanding of their operations and says technology is also a handy tool. "They are always sending me photos of the oysters to show their condition," he says.

Provenance is important as consumers are becoming more aware of how food is produced, the origins of ingredients, the ethics used to produce and transport goods and, of course, sustainability.

"My growers use a Jet Oyster tag so a customer such as Adelaide's finest supermarkets who buys those live oysters knows exactly where they're from," Tim says.

"The transparency is there, they know when they were harvested, the region and even the name of the grower. I just help to link those dots between everyone.

"We have oysters harvested Monday, on a refrigerated truck that day and in store here at Pasadena early the next morning".

Tim, who lives locally and shops regularly at Pasadena Foodland, has built a good working relationship with Oceanicbar's resident oyster expert, Orlando Bagnara.

Hospitality veteran Orlando has a following for his restaurant-quality oyster creations which are imaginative, seasonally-focused, beautifully presented and always delicious. *

WHAT'S ON AT OCEANICBAR

Summer sunshine brings cravings for the best Aussie shellfish from sea-fresh local oysters to plump, tender scallops.

Oceanicbar at Pasadena Foodland is the destination for sustainably-sourced shellfish which can be enjoyed in store with a glass of SA wine or craft gin cocktail. The shopping can wait!

Oysters, the best from SA, are freshly shucked and served in their natural glory with Riverland lemon and pepper or a classic mignonette sauce. Or go on a flavour journey with Orlando's creations such as cult favourite Mister Miyagi with its Japanese-inspired flavours - and an array of textures - blending to create a sea-fresh, sweet, punchy and spicy experience. Fans of grilled oysters will love Orlando's version of the famous Kilpatrick or try an oyster with gratinated crab meat.

Baked Hervey Bay scallops are taken to a new level with crispy panko crumbs infused with lemon zest and bottarga, which is a delicacy of salted, cured fish roe.

The ultimate indulgence - caviar - is also on the menu. Caviar Polanco Oscietra Grand or Polanco Baerii Siberian Reserve caviar is accompanied by blini (small Russian-style pancakes) and a chive creme fraiche. Just add a glass of Pol Roger Champagne!

Raw fish is impeccably fresh at Oceanicbar. Sashimi is prepared by Pasadena Foodland's in-house sashimi chef and is served with yuzu vinaigrette, pickled ginger and wasabi while kingfish ceviche is citrus, jalapeno, crispy corn and lemon-infused olive oil.

Light meals or snacks range from a classic Gulf prawn cocktail to a calamari taco, New England-style lobster roll or Spanish Ortiz sardines with wood oven bread and condiments. *

Coming soon to Oceanicbar at Pasadena Foodland - a live oyster tank! The custom-built tank provides a natural habitat and mini eco system for oysters, maintaining the same taste and quality as when they were farmed.



SUPER FREEZE

Dinko Tuna at Port Lincoln has developed an innovative super freezing process to ensure its sashimi-grade Southern Bluefin Tuna is available year round.

The sustainably-farmed tuna is cryogenically frozen to minus 60 degrees Celsius within hours of harvest which ensures that ocean freshness without the need for heavy chemical gases such as CO2 which is commonly used to preserve fish.

The natural freezing technology means that when you defrost the premium

Bluefin Tuna, it tastes as if it was harvested that day. The colour, texture, firmness and ocean fresh flavour all remain the same.

Dinko's Southern Blue Fin Tuna is available from Oceanicbar's freezer section at Frewville and Pasadena Foodland. *

SUMMER VIBES

Harikrishna Somarajan



Market vibe

Adelaide's finest supermarkets has always put its support behind countless local producers, growers and suppliers with a focus firmly on quality, taste, style and seasonality - and nowhere is this more clear than at Mr Nick's at Frewville and Pasadena.

Mr Nick's dining hubs at both stores have a Food Appreciation 'Menu' with an ever-evolving selection of seasonally-driven lunch and dinner dishes based on the best produce at that moment, selected from what is arguably the world's biggest pantry.

Spero Chapley says Food Appreciation dishes are an opportunity to make genuine connections with growers and producers while creating a "real market vibe with something on, something different, something happening every day".

"We want our 'menu' to reflect this vision and to tell the stories behind the ingredients and connect the dots in a way that has meaning and purpose," he says.

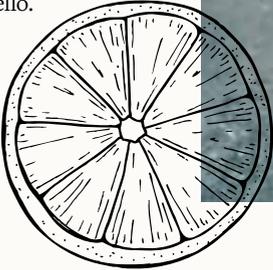
Food Appreciation dishes also give regular diners at Mr Nick's the chance to taste something new on each visit while the store's chefs have the opportunity to exercise their skills and creativity.

Both Mr Nick's cafes also have a base menu with customer favourites which also take best advantage of everything available in store such as a prime wagyu steak from the in-house butchers, cooked as you like, with sauteed greens, roasted chat potatoes and red wine jus or panfried barramundi from the seafood bar, seasoned with Cajun spice from Spicebar and served with hummus, quinoa, garlic sauce and chilli oil - everything from under the one roof!

SIMPLE SUMMER SPRITZ



Move over, Aperol Spritz! There's a bright and breezy summery cocktail on the block - the Prosecco and Limoncello Spritz.



Mr Nick's Frewville restaurant manager Harikrishna "Hari" Somarajan says the thirst-quenching cocktail is made up of bubbly Prosecco, good-quality lemon soda amped up with the sweet and tart taste of limoncello.

HARI'S CITRUS SPRITZ



Ingredients

- Crushed ice, enough to fill the wine glass
- 40 ml Ambra Limoncello
- 50 ml Prosecco
- San Pellegrino Limonata (available in store)
- Mint OR basil to garnish (available in store)
- Deydrated lemon slice (available in store)

Method

1. Add the Ambra limoncello to a large wine glass. Fill the glass halfway up with crushed ice. Add the Prosecco and top up with lemon soda.
2. Add crushed ice on top and garnish with dehydrated lemon and mint or basil.

ORIENTBAR

The word is out! Asian street food fans can find all their authentic favourites, expertly cooked and ready to go at Orientbar at Pasadena Foodland.

Mouth-watering and great-value hawker-style food can be enjoyed as a dine-in or takeaway experience.

Chef Palm Skolaree has curated a menu of freshly-cooked dishes such as a Malaysian laksa, arguably the best in town, and beautifully-executed Thai chook chee red chicken and Massaman chicken curries. Don't miss his epic Pad Thai noodles!

Street food favourites range from barbecued northern Thailand sausages to Thai BBQ spare ribs or honey soy wings.

Peking duck is roasted in house and can be served with Asian salad, steamed rice or Mr Nick's fried rice.

For Japanese food fans - Katsudon - with a marinated pork loin with fried onion, egg and Japanese sake sauce.



COFFEE CULTURE

ADELAIDE'S FINEST SUPERMARKETS PIONEERED THE COFFEE-WHILE-YOU-SHOP CONCEPT AND CONTINUES TO TAKE SPECIALTY COFFEE TO NEW HEIGHTS.

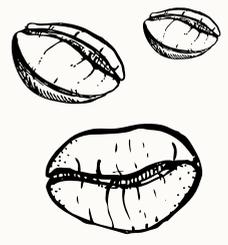
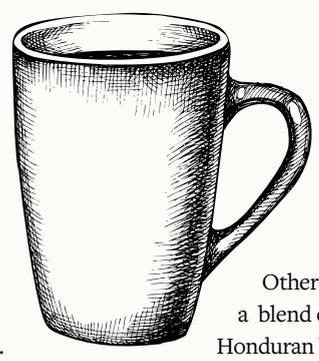
The coffee culture at Frewville and Pasadena has been steadily evolving with the addition of a new specialty supplier, Paradox Coffee Roasters. Each store also has a super high-end espresso machine from Slayer, a revolutionary United States coffee machine manufacturer.

Head barista at Frewville Foodland Vanessa Luu says Mr Nick's coffee is sitting at the top of the pyramid. "We want to be at the forefront best of everything with coffee from the beans to the equipment to our baristas," she says.

"We've become a destination coffee spot, we are benchmarking ourselves against the best cafes all the time, and we are proud of the coffee culture we've built.

"The best and most consistent coffee is the aim but we are also all about a sense of community which you find in a café ...and Mr Nick's delivers that sense of connection."

Vanessa says Paradox coffee includes a signature Mr Nick's blend which is a traditional darker roast.



Vanessa Luu

Other premium coffees are Purple Rain, a blend of Tanzanian, Nicaraguan and Honduran beans. It was awarded the Gold Medal for Organic Coffee at Golden Bean industry awards and is made up of coffees that are organically produced and sourced from farms and cooperatives contributing to the education, health and wellbeing of the farming communities from which they originate. This smooth blend sets the benchmark for organic coffee.

Or try Picasso Baby, a blend of Colombian, Ethiopian and Tanzanian beans. The micro-lots in this blend are all sustainably sourced. This fruit-based blend with lively rich new flavour profiles blackberry, underlined with cola and dark chocolate and a juicy, silky body.

"We have done a lot of thinking, tasting and testing and we are getting great feedback on the Paradox coffee," Vanessa says.

Pasadena Foodland has also welcomed coffee pro Thanh Luu as head barista. Thanh brings vast experience to his role in addition to a passion for making the very best coffee imaginable. *



BEAT THE HEAT

Spice is a secret weapon for home cooks to add flavour to their food but it can also help keep you cooler on oppressively-hot summer days.

Jueyenne Staltari from Spicebar at Pasadena Foodland says adding summer spices to your diet can prevent heat stress and refresh your body.

"Spice is not just a taste-enhancing ingredient but it also contains bioactive compounds and antioxidants which can help maintain your body temperature when it's really hot," she says.

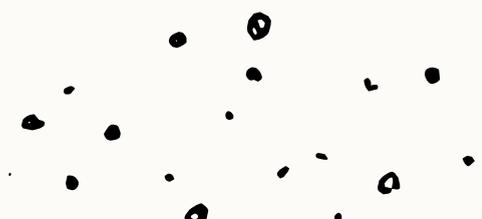
The top spices for summer are cardamom, fennel seeds, cumin, coriander, fenugreek seeds, cinnamon and ginger – and they're all available at Spicebar.

Jueyenne says the Indian culture's concept of "taseer" essentially means certain foods have cooling properties while others warm you up.

"It doesn't always make sense," she says. "An example is, chai is hot but the taseer of chai is

cold so that's why people in India still drink it on a hot day to cool down."

Spicebar at Pasadena Foodland is a colourful, fragrant spicery which stocks an A to Z of spices from every corner of the globe – and are at the heart of Asian, Mediterranean, Middle Eastern, South American and Australian cuisines. The ever-increasing range of herbs and spices are contained in storage boxes with lids which allows customers to select as much or as little of the ingredient as needed. *



MEAL KITS

SUMMER BREWS

The warmer weather is the ideal time to try Mr Nick's cold brew coffee made using a new Toddy Cold Brew System.

Cold brew – the perfect coffee experience for an Australian summer – is a centuries-old brewing method. Cold brew refers to the temperature at which coffee is brewed rather than the temperature at which it's served. During a true cold-brew process, time replaces heat. Ground coffee beans are steeped for an extended period of time (usually 8 to 24 hours) to create a smooth, flavourful coffee extract that can be served hot or cold and can stay fresh refrigerated for over a week.

*The Toddy Cold Brew System started in 1964 when Todd Simpson, a chemical engineering graduate, developed and patented a cold brew system that, using regular coffee beans, creates a superior-tasting cup of steaming hot coffee. *



Dinner fix, pronto!

THE MEAL KIT INDUSTRY IS BOOMING AS A GROWING NUMBER OF PEOPLE SEEK HEALTHY AND CONVENIENT MEALS AT AFFORDABLE PRICES.

Mr Nick's Kitchen Hand Meal Kits are proving a big hit with a wide range of people who are wanting delicious, nutritious dinners on the table with minimum effort.

The chef-designed meal kits are a smart, logical way of cooking at home using fresh ingredients and easy-to-follow recipes that save time, produce satisfying (and nutritious) meals and also cut food wastage so you don't need to constantly throw out unused food from your fridge.

Mr Nick's Kitchen Hand Meal Kits tick plenty of boxes – they are all created and packaged in-house and from scratch every single day using fresh produce available in both stores.

The recipes are faster to prepare than many other meal kits because in-store chefs have done a lot of the hard work by pre-chopping fresh seasonal vegetables or preparing ready-to-go side dishes such as fried rice and potato gratin.

These sides are a great match for perfectly-portioned protein including Angus sirloin steak or barramundi fillets prepared with in-house Spicebar blends, meaning the result is as good as having your own chef in the kitchen.

Pick the kits up from Frewville and Pasadena Foodland or add to your home delivery order. Then it's a simple and fast meal prep without the bother of menu-planning or shopping.

All ingredients are perfectly portioned with two serve kits \$19 and four serve kits \$37.

Look out for a new dinner kit sensation: Mr Nick's new yiros kits are available with either lamb, chicken or pork souvlakia marinated by in-house butchers. Or try Mr Nick's super-quick falafel wrap with tzatziki and tabbouleh.

Stay tuned for a Thai-inspired choo chee chicken (or tofu) with Asian vegetables and organic rice.

TESTIMONIALS

"We are a delivery customer and receive great service with that. We have tried each of the meal packs on offer and absolutely love them. They are so fresh and tasty and easy to prepare. They take the guesswork out of 'what shall we have for dinner?'. Thank you for providing them".

Chris and Graeme Fanning

"Mr Nick's Kitchen Hand Meal Kits are excellent! I would love to see your team expand their range. For now, we will continue to purchase and look forward to more meals becoming available. They are perfect for the time poor and are seriously tasty especially knowing they are made in-house from fresh ingredients."

Mitchell Howie

"...really good...a FAR superior alternative to takeaway. Cheaper, healthy, easy, and much tastier".

Ben, online customer



DAIRY DIVERSITY

Long gone are the days when milk only meant the cow variety.

Thesedays, there is a dizzying array of non-dairy milk types – nut (soy, almond, cashew, macadamia) or rice and hemp "milks" or "mylks".

In great news for non-dairy fans, there will now be no extra cost for alternative milks with your favourite coffee at Mr Nick's Frewville and Pasadena. Your milk of choice, no extra charge!

SPICE FIX

Mr Nick's signature spice mixes have quickly become a pantry essential and are an easy way to add complex flavours to any meat, seafood or vegetable dish.

The fresh spice rubs, all blended and packaged in house, are proving a big hit with home cooks and are available in self-serve, bulk displays which means you can buy as much or as little as you need.

This also makes it easy to taste

your way through the entire range and find your favourites.

Spicebar staff members mix up the spice rubs in house every week and the kitchen aromas at blending time are heavenly!

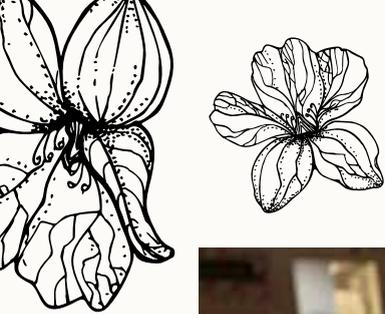
The ever-expanding array of Mr Nick's spice mixes includes:

- Bitey Kebab Spice Rub,
- Pleasantly-Hot Peri Peri Rub,
- Salt and Pepper Squid Mix,
- Jerusalem Blend, Saltbush Dukkah, Tikka Masala, BBQ and Coffee Rub, Anchoral Rub, Chermoula, Fennel Fish Rub, Turkish Spice, Sticky Pork 5 Spice Rub. *



HERBAL HYDRATION

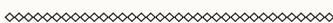
Jueyenne from the Spicebar at Pasadena recommends herbal water as a way to stay cool this summer. Soak one teaspoon of fennel seeds or cumin seeds or coriander seeds or fenugreek seeds in half a litre of water for 4-5 hours or overnight. Strain the water and drink throughout the day in addition to your usual water intake.



Rhiannon Clohesy

Focus on local

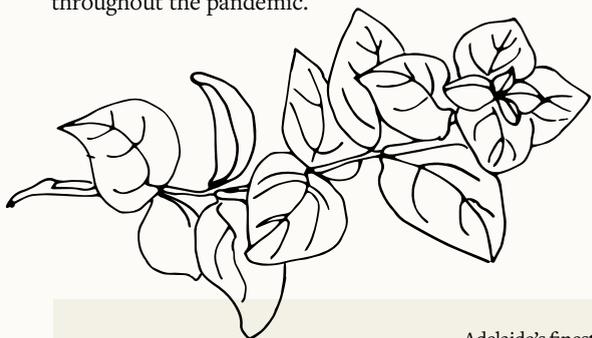
LOCAL DESIGNER RHIANNON CLOHESY IS THE CREATIVE POWERHOUSE BEHIND RHICREATIVE A BOUTIQUE DESIGN BUSINESS WHICH PRODUCES GREETING CARDS, STATIONERY, GIFTS AND HOMEWARES.



A selection of Rhiannon's South Australian designed and made products are a popular addition at Flowerbar at both Frewville and Pasadena Foodland.

The talented mum of two, who works from a studio at Cumberland Park, has found a following for her bold, joyful and colourful calendars, gift wrap, stationery, art prints, baby books, pregnancy journals and homewares.

Rhiannon says she has noticed a "strong shift in people paying attention to locally-made stuff" throughout the pandemic.



GREAT OUTDOORS

Dining outside is one of the highlights of spring and summer.

Melamine dinnerware is great for entertaining outdoors as it is unbreakable, lightweight and looks stylish.

Adelaide's finest supermarkets offers a range of fashion-forward tableware and this season's offerings include the eye-catching Frankie collection from Ladelle which is bold, vibrant and minimal.

The on-trend colours paired with sleek matte melamine create a quintessentially summer look. The range is perfect for a fun outdoor table setting, durable for outdoor conditions but not compromising on style.

Julie Smith is a buyer for Frewville and Pasadena Foodland's Variety sections. She sources the popular and ever-growing range of dinner, kitchen and homewares on offer at each store.

"We try to change things up and add new items so there's always a good variety, as the section name suggests, and shoppers can always be stimulated by our range." *

"My design work is printed at Eagle Press at Brompton and it's a nice feeling for me, too, to support other local businesses," she says.

Rhiannon is originally from Mildura where she started off her career by doing a design and print apprenticeship. When she moved to Adelaide, she continued working in the printing industry while pursuing her own creative pursuits on the side. She says Rhicreative all started with greeting cards.

"My mum, an artist, had a homewares store in Mildura and I used to go to trade fairs with her...she'd always say it was hard finding wedding cards," Rhiannon says.

"I started designing some cards for her and that was really the beginning of my business, there was no grand business plan, I stumbled into it."

"When I go to trade fairs, I get a little kick out of the common question I hear: 'are you from Sydney or Melbourne?'. It's like you can only come from there if you have a great product.

"I am always proud to say, we are from Adelaide!"

Check out Rhiannon's contemporary greeting cards, planners and small gifts such as soaps and Little Boxes of Positivity/Good Words at Flowerbar.

rhicreative.com.au



ORGANIC SKIN SCIENCE

LAMAV is Australia's first certified organic skincare range infused with bioactives – and it's now available at Flowerbar at Frewville and Pasadena Foodland.

Adelaide's finest supermarkets has long been aware of growing consumer awareness about the dangers of chemical compounds in traditional cosmetics. It has responded by stocking high-quality Australian-made organic skincare brands such as LAMAV which was founded by Dr Tarj Mavi, a veterinarian, research scientist and "clean beauty" pioneer based in Sydney.

Like many women, Tarj experienced first-hand how hormonal imbalances can affect the skin and contribute to skin sensitivity and pigmentation.

After being confronted by its impact, Tarj decided to find a safe and effective solution to her skin issues. Unfortunately, however, she quickly discovered just how complicated it was to treat sensitivity and pigmentation naturally.

Most products already on the market had been developed using harsh chemicals and synthetic additives – ingredients which Tarj was determined to steer clear of. So instead, she was inspired to forge her own path.

Drawing on her experience as a scientist and researcher, as well as her deep respect for the natural world, Tarj began to combine her in depth knowledge of safety and efficacy of natural bio-actives to create formulas that were completely pure.

After testing hundreds of bio-actives and trialling countless combinations, Tarj finally launched the skincare range of 12 products in 2008, and she was inspired to share this knowledge with other women.

Check out LAMAV's all-natural, vegan, cruelty-free, certified organic, Australian owned and made skincare products at Flowerbar. *





SEED OF AN IDEA

Flowerbar's winning combination of lush greenery and boutique giftwares has inspired entrepreneurial students to open their leafy new pop-up store called The Seedling Society at Youth Inc. in Hindley St.

The plant and gift store was created, and is operated, by Youth Inc. Enterprise Academy students as part of their Work Ventures program. The aim is to provide meaningful, real-world employment opportunities for students and the chance to complete a Certificate III in Business.

Youth Inc. Work Ventures coordinator Lauren Lovett says the students derived inspiration for their new pop-up from Flowerbar Frewville and Pasadena Foodland with its abundance of flowers and gifts and brought that idea into Youth Inc.'s Hindley St heritage shop front.

The Seedling Society sells products sourced or made by the students in the Work Ventures program. There is an array of plants, succulents, cacti, ferns, ficus, raindrops, monstera and sustainable homewares ranging from soy candles and bamboo jewellery.

"(The Seedling Society) was created from scratch by the students and really stemmed from their interest in sustainability and a desire to develop their retail and customer service skills," Lauren says.

The Work Ventures program sees students working in different teams, depending on their interests and what they want to pursue when they leave Youth Inc.

The Sustainability team has been making the candles, the bamboo jewellery and everlasting posies for the pop-up and bath-bombs. The Events



team were behind the shopfront idea after being forced to pivot when some of their big events were postponed. This group buys succulents, propagates them, paints pots and makes cards and bath bombs.

The students who work at The Seedling Society are paid at award rate, and the money made from sales goes back into their wages and the Work Ventures program. The students are also gaining experience in customer service, POS, visual merchandising and a range of other relevant skill areas.

"The aims of the Work Ventures program are two-fold; to provide young people with positive experiences in the world of work and to support students in developing valuable pre-employment and entrepreneurial capabilities," Lauren says.

The idea has struck a chord with students. The uptake of student interest in the Work Ventures program has increased nearly 200 per cent.

WHAT IS YOUTH INC.?

Youth Inc. is a studio school, established with the support of Adelaide's finest supermarkets, which gives students the chance to gain formal SACE and VET qualifications while also focusing on mentoring and coaching to help build life skills, resilience and wellbeing.

Founder and chairman of Youth Inc. Enterprise Academy Spero Chapley, who prefers to resist the limelight, is the very reason Youth Inc. even exists today.

The journey began more than 12 years ago when he wanted to do something to help or inspire disadvantaged or disengaged youth to reach their potential.

The Chapley family established Youthinc in 2007 and, after the first 10 years of delivering employment programs for disadvantaged youth, it has evolved into a formally registered, independent, senior secondary school....with a difference.

"Our principal Fred Heidt is amazing, this is his calling in life, and I've had the pleasure of witnessing him working with young people, seeing them realise that (Youth Inc.) is a different and more positive experience to what they might have had elsewhere," Spero says.

"This is not just a place where they come in, go through a program and get shipped out. We are not about that. We really try to nurture a sense of purpose in our students."

Spero says Youth Inc.'s projects and ventures are infused by a strong focus on positive mental health, resilience and wellbeing. The school has teachers and educators but also an in-house psychologist, coaches and even an entrepreneur-in-residence.

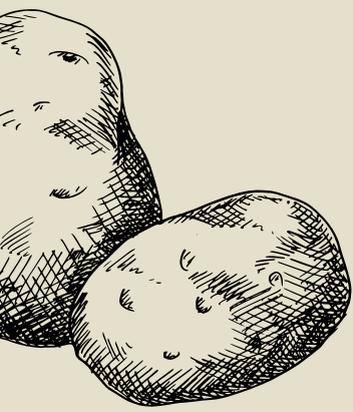
"Yes, students can fulfil their SACE and VET requirements with us but we offer a more tailored approach to education... so the focus is on wellbeing and project-based learning which gives them real-world experience," he says.

The school ethos underlines the importance of young people building resilience which will help them for the rest of their lives.

"While this is directly related to our development efforts over the past three years, it is also undeniable that our young people exist within a very uncertain job market," Lauren says.

"The aim is to provide young people with experiences that assist them to enter this changing world of work."

The Seedling Society @ Youth Inc.
110 Hindley Street, Adelaide
youthinc.org.au
@youthincsa



SA'S BIGGEST PANTRY

FOOD LOVERS ARE BECOMING INCREASINGLY PASSIONATE ABOUT WHAT THEY EAT AND WHERE IT COMES FROM.

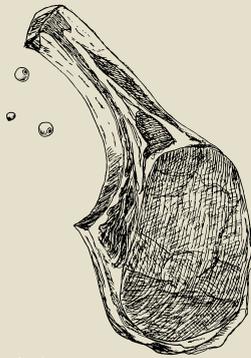


Knowing where your food is sourced helps to bridge the gap between farm to table. There is also a growing appetite in Australia for organic fresh produce with demand increasing 20 per cent each year. Adelaide's finest supermarkets has strong, well-established relationships with organic fresh produce suppliers from around South Australia. Some of these producers include:



Burra

Princess Royal Station
Premium grain-fed Angus beef



Virginia

Emanuel Cafcakis
Mr Nick's tomatoes



Kangaroo Island

KI Primal Harvest
Pasture-fed chicken

Port Augusta
Bultarra (North Western Pastoral district)
Saltbush lamb

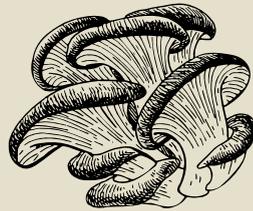
SA Mushrooms
Mushrooms

Riverland

Next Gen growers
Zucchini

Port Lincoln

Fisher Heydar Van Veen
Seafood including red snapper and King George whiting



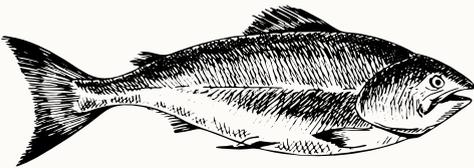
Fleurieu Peninsula

Feather and Peck at Mt Compass
Pastured free range eggs

Dinko Seafood
Prawns and blue fin tuna

Little Acre Foods at McLaren Vale
Smallgoods/gourmet foods

Boston Bay Smallgoods
Free-range, heritage pork products



Adelaide Metro

La Casa del Formaggio (Glynde)
Italian-style cheese

San Jose Smallgoods (Newton)
Cured meats



South East

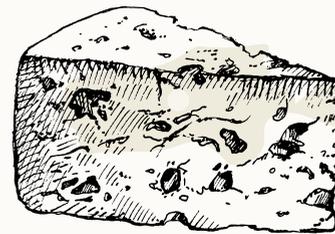
Hoods Earth Produce at Keith
Pastured eggs

Robe Dairy
Cheese



Port Wakefield

Fisher Bart Butson
King George whiting, squid, garfish

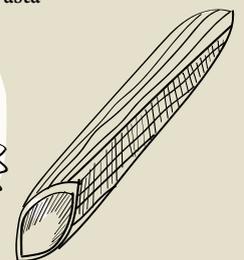
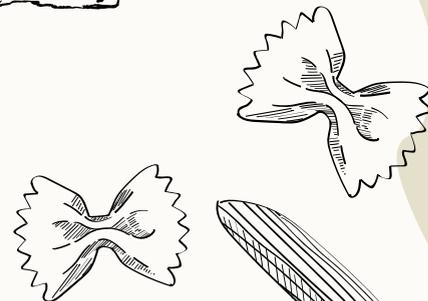


Clare Valley

Pangkarra (Maitland family)
Pasta

Murray Bridge

Eldridge Organics
Fruit and vegetables



Mt Barker / Wistow

BioPark Organic Farm
Stonefruit, cos lettuce, kale, garlic



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