

# Moggill Markets

18 June 2011

[www.moggillmarkets.org.au](http://www.moggillmarkets.org.au)

Make the most of the somewhat cooler mornings. Grab a coffee, choose something delicious to eat, find a chair and table and RELAX!

As well as the great range of fresh produce and the variety of other products available at the markets, the other most appealing aspect of shopping at the markets is the atmosphere. We regularly receive feedback from stall holders and customers about the friendliness of the markets and how pleasant it is to have time to talk to stall holders and other customers and to be able to have a more than a fleeting, impersonal relationship. This is one of the great joys of the markets. Of course as a regular visitor of the markets you already know this! But if you have friends who complain about the hassles of supermarket shopping remind them of the Moggill Markets and that shopping can indeed be pleasurable.



One of the standout products at this time of the year is the cauliflower. Its name comes from Latin Caulis – cabbage and flower, an acknowledgement that it is unusual in the family of plants that is better known for their edible leaves rather than its flower. Cheap and abundant at this time of year the cauliflower is incredibly versatile. We are probably all familiar with cauliflower with cheese sauce and cauliflower soup but cauliflower can be used in so many more ways. Try this cauliflower spaghetti recipe for one that really showcases the cauliflower.

Cook 375g of spaghetti in salted boiling water until just tender. While the spaghetti is cooking heat ¼ cup olive oil in a large frying pan. Add 700g of small cauliflower florets and cook, stirring until just tender and lightly brown, add 1/3 cup of pine nuts, 2 cloves of crushed garlic, 6 drained chopped anchovies and ½ teaspoon of dried chilli flakes. Cook stirring until fragrant. Stir in 1 tablespoon of lemon juice and ¼ cup chopped continental parsley. Toss cauliflower mixture with the cooked spaghetti, add a couple of extra tablespoons of olive oil and salt to taste.

**Moggill Markets continues to support local charities not only through making donations but also offering local community groups the opportunity to raise funds for their organisation at the markets. We have recently hosted the Breast Feeding Association and local Salvation Army Red Shield Appeal collectors. If you believe that your organisation may benefit from having a stall at the Moggill Markets please email [moggillmarkets@gmail.com](mailto:moggillmarkets@gmail.com)**