

SAWEEFKEND

FOOD & WINE words Dianne Mattsson & Kylie Fleming

m a g a z i n e



PICTURE dean martin

LOCAL HERO

BARRY BEACH

Artisan organics

He might look laidback at myriad farmers markets every weekend, but talking to Barry Beach late on a Friday afternoon, he is puffed. Kneading 100kg of sour dough for the bread component of his multi-organic weekend stalls is a food "workout".

The man who has transformed a hillside out of Port Eliot into the Beach Organics oasis, takes his breads, salts, spices, vegetables and herbs, even fair-trade chocolate, to Willunga, Henley, Goolwa and a fixed stall at Market Shed on Holland.

It is community supported agriculture, where people "subscribe and invest", receiving boxes of food in return. It is also linked to small-scale farm networks in Indonesia and Morocco, "helping us develop the fair-trade business model".

And the secret to the bread, from a 12-year-old starter, is shared at classes where participants are encouraged to wander for ingredients to fill flatbreads for lunch.

Learn more: beachorganics.com.au