



FOUR SEASONS FOOD & BEVERAGE ON KANGAROO ISLAND

Kangaroo Island offers food as it was meant to taste. And is at its freshest and most authentic at source, where producers grow, forage, make and package – with an eye for quality and sustainability.

The island's remote and untamed natural environment has always demanded a self-sufficient lifestyle. The early mixed farms of cattle, sheep and grain, plus kitchen garden, have diversified to a rich array of marron, free-range eggs, pasture-raised chicken, figs, lentils, freshwater barramundi, olive oil, condiments, and much more. A sample from the clear, clean ocean includes King George Whiting, oysters, abalone, calamari and garfish.

Early settlers learnt about the seasons, making the most of each one, surviving year round. This legacy of ingenuity and seclusion has influenced island food producers to deliver quality and flavour – whether they are fourth generation islanders or newly arrived and inspired.

Kangaroo Island wines, spirits, ciders and ales have a purity and restraint that perfectly matches the region's artisan food. Each cellar door is a 'one-off' and many offer regional food to complement wine tastings and sales, with restaurants and cafés proudly listing Kangaroo Island wine and produce. The island is home to one of the first boutique distilleries in South Australia where fresh botanicals (many locally foraged) enhance handcrafted gin, vodka and liqueurs.

Make your first port of call the farmers' markets – Kangaroo Island Farmers' Market on the first Sunday at Penneshaw and Kingscote Farmers' Market on the second and fourth Sundays. Here, growers and producers are eager to tell their story while you sample wares steeped in nearby habitats, climates and soils. Have a coffee and take your time. It's Kangaroo Island: the pace is languid and the atmosphere social. As well as traditional produce you'll also find a range of local arts and crafts on display.

Open for visiting year-round – some by appointment – are honey outlets, several fresh seafood outlets, winery cellar doors, microbreweries and the distillery. The dining is fine, casual or pop-up. Eateries dot the island from Cape Willoughby to Vivonne Bay, Kingscote to Snellings Beach.

Look out for authentic Kangaroo Island products both here and when you return home, with produce found at a number of retail outlets on the mainland as well as through local business online stores.

Autumn

- Pick up just-bottled jams, chutneys and sauces at the farmers' markets directly from the producers.
- Try your hand at 'squidding' (fishing for Southern Calamari) from a local jetty.
- Celebrate the cool nights with a leisurely feast and a bottle of local wine.
- Call into a pop-up food van for island-style 'fast food'.
- Book in for a cooking lesson with locally sourced produce.
- Enjoy a carefully crafted island cider or brew in the last of the long sunny evenings.

Winter

- Experience a storm passing as you stay cosy by a fire, with a glass of red wine and sticky figs.
- Get your hands on some just-laid free-range eggs.
- Tuck into a warm bowl of Kangaroo Island Oats topped with local honey.
- Hook some King George Whiting for the barbecue.
- Pop a sweet treat in your mouth at a farmers' market.
- Move your special celebration to the island and have it catered by a local.
- Visit a winery cellar door for a leisurely tasting.

Spring

- Visit a honey farm gate to try Kangaroo Island's distinctively complex flavour profile.
- Tuck into some plump new season oysters at American River, seafood outlets or restaurants.
- Chat to producers at the farmers' markets and sample your heart out.
- Enjoy new spring lamb at a gourmet gathering.
- Dollop wild fruit jam on a freshly baked scone.
- Wander amongst the first seasonal blooms of lavender, pre-harvest.

Summer

- Make a summer feast of Southern Rock Lobster or Southern Garfish to enjoy on a beach with a bottle of crisp cool-climate island wine.
- Savour marron at its plumpest and sweetest, perfect for a hot summer's day.
- Enjoy fresh oysters with a local gin and tonic.
- Delight in the cool and creamy flavour of lavender ice cream.
- Relish Kangaroo Island granola with fresh fragrant figs for your breakfast.
- Listen for the buzz of bees taking nectar from flowering gums – soon to be honey.
- Snap up a bottle of new season olive oil at a farmers' market.

Discover more...

Visit Kangaroo Island Tourism Alliance at **www.tourkangarooisland.com.au** or chat with a local for advice on where to eat or buy local produce.

Take a 'foodie' tour with the experts who know where to go.