



The age-old food market has been revived in the Western Cape and happily you can now enjoy the experience of shopping in the open air once again. Food markets offer you the opportunity to shop for groceries in a jovial environment where you can chat to the stall owners and enjoy a sense of community. The informality of the market allows you to stroll past stalls laden with the freshest fruit and vegetables or overflowing with delectable homemade products such as marmalades, jams, biltong, cheeses and other delicious foods. Is your mouth watering yet?

Food markets are sprouting up across the province and as more people are going green and organic, the food market is growing in appeal. Many food producers specialise in organic food which means that no pesticides are used on the fruit and vegetables while they are grown. And because the produce is local, you can be sure that these products' carbon footprint is far less.

Food markets provide the enterprising entrepreneur with the opportunity to make a living by supplying locally grown food and goods to consumers. These markets are a terrific place for you to do your shopping in an environmentally friendly way: you know that the food you buy is local and organic and you will be supporting the small food producer. Is it not rewarding to think that you can contribute to sustainable living by shopping in this way?

Find out where your nearest food market is and look forward to your next green grocery shopping experience!



Visit your nearest market:

Stellenbosch Fresh Goods Market

Every Saturday from 9:00 to 14:00
Oude Libertas, Stellenbosch
Website: www.slowmarket.co.za

Porter Estate Produce Market

Every Saturday from 9:00 to 13:00 (depending on the weather)
Tokai Forest, Chrysalis Academy Grounds, Tokai
For more info or to check if the market is open, please call Gail on 082 334 5434.
Website: www.pepmarket.co.za

Earth Fair Markets:

Tokai

Every Saturday from 9:00 to 14:00
Every Wednesday from 15:00 to 20:30

Noodhoek Farm village

Every Thursday from 16:00 to 20:30

St George's Mall

Every Thursday from 11:00 to 15:00

Website: www.earthfairmarket.co.za

You can also visit the following websites for more information:

www.foodshed.co.za

www.capemarkets.co.za

www.mothercityliving.co.za

Please contact us if you wish to share your green living story. E-mail us at

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