



**MEDIA RELEASE**

**08 April 2010**

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## **Market promotes healthy eating with fresh seasonal produce on offer for school holidays**

As the weather starts to cool off, the ever-popular Capital Region Farmers Market is showcasing its new season produce and encouraging families to stock up on healthy foods for the coming school holidays.

“The market is the best place to buy fresh regional fruit and vegetables in the ACT,” said Farmers Market spokesperson, Tony Howard.

“Families can visit the market each Saturday morning, chat to the growers and select the freshest seasonal produce, just great for the hungry mouths at home over the school holidays, with the bonus of it all being healthy.

“And with the change in seasons, there’s so much new delicious quality fruit and vegetable in season and available now. Fruit makes the perfect snack, and with the colder weather coming, vegetable soups make a return,” he continued.

From this weekend, Saturday 10 April, visitors can select from a range of new season fruit and vegetables including beans, asparagus, spring onions, sweetcorn, turnips, nuts, pumpkin, mushrooms, snowpeas, and more.

For a sweet fix that’s healthy, you can’t go past the apples on offer. Hillside Orchard in Orange sell their apples each week at the market with a range of varieties on offer including Granny Smith, Jonathan, Red Delicious, Braeburn and the relative unknown variety, Mutsu.

“Our Gala, Golden Delicious and Fuji apples are at their best right now. Pink Lady are just coming into season and will be available at the markets as of next week,” said Grahame Davidson of Hillside Orchard.

Grahame can sell anything up to three tonnes of apples on an individual Saturday at the market, “It’s a great market for us as Canberrans seem to really appreciate fresh, healthy produce,” he continued.

The Capital Region Farmers Market in Canberra is a genuine farmers market with over 100 stalls offering a diverse range of fresh food and agricultural produce straight from the producer to the customer. The Market is open from 8- 11am each Saturday at Exhibition Park in Canberra. All funds generated from the Market are fed back into regional communities and other projects chosen by the Rotary Club of Hall which founded the Market in 2004.



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**Top 5 healthy foods in season and available at the markets now:**

- **Apples** from Hillside Orchard, Orange NSW.
- **Nuts** from Batemans Bay Nut Roasting Company, Batemans Bay NSW.
- **Bananas** from Lady Finger Bananas, Reserve Creek NSW.
- **Beans** from Geranda Produce, Moruya NSW.
- **Carrots** from Cantrill Orchards, Nashdale NSW.

For the full list of stallholders visit [www.farmersmarket.org.au](http://www.farmersmarket.org.au)

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**For more information, images or to arrange an interview with, please contact Elkie Stuart, Threesides, 0421 230 103 or [elkie.stuart@threesides.com.au](mailto:elkie.stuart@threesides.com.au)**