



GunSmoke
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Page 4

Farmers Markets give back to the community

It's all about community at Farmers Market

The Capital Region Farmers Market, located just south of Gungahlin, provides local families not only with access to a wide variety of regional and seasonal fresh food and a lower footprint on the environment, but also a real sense of community involvement.

The Capital Region Farmers Market, held at Exhibition Park (EPIC) every Saturday from 8 am to 11 am, represents a great income opportunity for local and visiting growers. It is a genuine farmer's market with over 100 stalls offering a diverse range of fresh food and agricultural produce straight from the producer to the customer including fruits, vegetables, meats, breads, organic and specialist products, eggs, coffee, nuts, honey, seafood, chocolate, wines and oils, flowers and more.

The Farmers Market, founded in 2004 by the Rotary Club of Hall, provides residents with an opportunity to discuss face-to-face with growers and learn great recipes and gardening tips.

In addition, all funds generated from the Market, which constitutes of approximately \$150,000 every year, are fed back into the Canberra regional community through projects chosen by the Rotary Club of Hall.

With this Market revenue, the Rotary Club has been able to support local organisations such as the Greenhill Youth

Centre, the Community Pipe Band, SouthCare, the Paediatrics group at the Canberra Hospital (PaTCH) which makes patchwork quilts for kids in hospital and many more community organisations. Market funds have even been able to refurbish books for a primary school in Vanuatu.

The Farmers Market also helps families substantially reduce food miles between the growers to their tables. Produce from the Market comes direct from the producer and in some cases has only travelled 10 kilometres, resulting in lower transport costs and carbon footprint.

The Farmers Market introduced a two-shed policy last January to further enhance the Market's reputation as a genuine farmers market. Through the policy, Market's stallholders were split into two groups – one shed for producers selling their own products and the other for producers as well as agents selling on behalf of approved producers, which helps ensure that a wider range of products is accessible for consumers.

The Market Management Committee also formed an advisory stallholders' panel consisting of 13 'informed' stakeholders who meet fortnightly to discuss various authenticity issues.

For more information on Capital Region Farmers Market, visit:

www.capitalregionfarmersmarket.com.au