

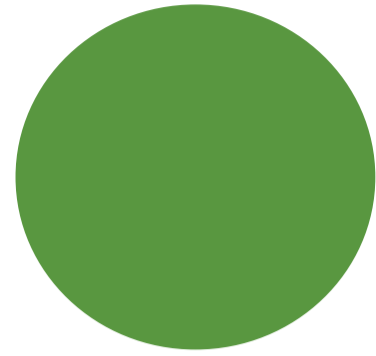
Buy local and seasonal food

The best way to buy local, seasonal food and to support local businesses is to go to farmers' market. Being a rather rural community, we are lucky to have plenty of choices:

- **Wairarapa Farmer's Market:**
9 am to 1 pm every Saturday morning at the Farriers Carpark, Masterton
- **Carterton Farmer's Market:**
9 am to 12.30 pm every Sunday at Memorial Square
- **Featherston Weekly Market:**
8 am to 2 pm every Saturday at 33 Fitzherbert Street
- **Greytown Country Market:**
9 am to 1 pm every third Sunday of each month at Stella Bull Park
- **Te Kairanga Farmer's Market:**
10 am to 2 pm the first Sunday of the summer months at Te Kairanga Estate, Martinborough



Have a vege garden



Why should I have a vege garden ?

- Environmental reasons:
 - Be more resilient,
 - Reduce greenhouse gas emissions by reducing pesticides and fertilisers and by eating locally grown fruits and vegetables,
 - No packaging.
- Health reasons:
 - Eat healthy fruits and vegetables (you know how it has been grown and what when on it),
 - Pick Fruits and vegetables when ready: they are fresh and full of nutrients and vitamins,
 - Stay active, fit and healthy.
- Economic reasons:
 - Save money (more than \$1,800 is spent every year by a family of 4 to buy fruits and vegetables).
- Other reasons:
 - Your fruits and vegetables taste amazing,
 - Be proud of your own production,
 - Share with your whanau, friends and neighbours if you have plenty.

