

ADVERTISING FEATURE | VICTOR HARBOR FARMERS' MARKET



IN THE GARDEN: Wear your wellies to the Victor Harbor Farmers' Market this Saturday to potentially win a prize as it participates in Boots For Change - Supporting Farming Families Market Day.

Boots to help change eating habits

THIS Saturday at Victor Harbor Farmers' Market will see the market celebrate its first Boots For Change - Supporting Farming Families Market Day.

Boots For Change was born from the 2015 ABC Heywire National Youth Summit and is supported by the Australian Farmers Market Association.

The motivation for the event is to encourage rural youth and highlight local farming families and communities and their efforts to put fresh food on Australian dinner tables.

The market will be gifting some of its lucky customers with prizes for wearing their best boots as part of its Boots For Change Day.

Stall holders will also take part and show case some seriously good looking boots as they vie for the first ever Best Stall Holder Boot Trophy.

Kids will also be able to join in with the market's Best Boots colouring in competition on the day.

So get down to your farmers market and show them your best boots.

The market is open every Saturday from 8am-12.30pm.



PURPOSE: The event aims to encourage rural youth and highlight local farming families and communities and their efforts to put fresh food on local dinner tables.

Tucking into big and hot treats

New and exciting foods at the market

BY LEA AUERBACH

IT's that time of year again where Christmas feels like yesterday, Easter has been and gone and the days have gotten that much shorter.

Winter is on its way and so too is the glorious comfort food that comes with it. None of that food can be enjoyed without the humble yet essential loaf of bread at its side.

If you are after an incredible range of healthy and mainly vegan friendly breads then a visit to The Hungry Caterpillar stall is a must. With their spelt sourdough loaves, ciabattas, baguettes, Turkish bread and some seriously yummy bagels on offer you cannot go wrong when you visit the proprietors Paul and Justine.

Their talent doesn't stop there as they have firmly cemented themselves as one of the markets go to breakfast stalls with their incredible egg and bacon rolls, potato rosti and waffles.

At our market we love our cornerstone producers but there is nothing like new stall holders coming in to give our Saturday mornings fresh energy.

Throughout April we introduced Walkers Hill Lamb who farm Dorper Sheep and hail from Willunga.

Walkers Hill Lamb are a fortnightly addition to the market who provide quality cuts of meat and their signature spice blend lamb sausages are cooked up on Saturday mornings for you and the kids to try.

One of their first repeat

customers exclaimed that it was the best \$3 they had ever spent.

Throughout the rest of April and May the market will be introducing more new and exciting stall holders. These include The Waffle Shed who will be serving up organic fruit and gelati covered waffles with cold pressed juices.

The Evolving Vegan will also be making their market debut with ready to eat vegan meal options to sample at market or take home.

With an influx of new blood Winter is looking up at the market and we look forward to and appreciate the continued support we receive from our local community.

Remember when you purchase a market membership that it not only provides you with a year-round 10 per cent discount, it also helps facilitate a meeting place where local farmers and producers can sell their produce, their expertise and remain self employed.

The market also supports local school and charity groups fundraising efforts with regular raffles being held.

If you are interested in becoming a stall holder or would like to have any more information on the market, email manager@victorharborfarmersmarket.com.au.

You can also visit the Website www.victorharborfarmersmarket.com.au/ or find them on Facebook.

The market is held at Grosvenor Gardens at Victor Harbor.

The Hungry CaterPillar

The Hungry CaterPillar Supplies Cafes and Restaurants on the Fleurieu with high quality hand made breads and to the public every Saturday

www.thehungrycaterpillarco@gmail.com



BOOTS FOR CHANGE | support farming families

PULL ON BOOTS AND SHOP AT A LOCAL FARMERS' MARKET DURING APRIL 2016