

'Eat Local, buy local'

Farmers markets in New Zealand have many positives for the local community. It helps the community and the farmers make money and sell fresh produce to the community. The community get a lot from the farmers because they can get fresh local produce and local food from the people that like to sell their produce.

The positives about the farmers markets are that the local community get fresh fruit, vegetables and meat; also they can get lots of jam and jarred foods and bagged nuts. The farmers market is fresh because it looks and tastes better. It lasts longer so it is better value for money. It is also nutritionally better because it will have more nutrition than the older produce at the supermarket because nutrients are gradually lost as the produce ages. 1

Also at the farmers market you can get lots of hot food and lots of organic food. The organic food have no harmful sprays and the community likes to know there are no harmful sprays on what they are eating but also the organics can be expensive and the produce may be smaller than the non-organic produce. Because the farmers market is local most people can just walk to the market and save petrol and get exercise and feel good that they are getting some exercise in their day. Not only are you saving money from fuel you're not polluting the environment from using the car. 2

It all depends on how much time the family has. If both parents work full time, Sundays may be very busy with other family events and so there may not be enough time to go to the markets or to preserve any excess cheaper produce. 3

People can also take their own bags and so they don't have to pay for a bag also if they bring their own bags it will help the environment. If we keep buying plastic bags and do not reuse them it will harm the environment. Plastic takes a long time to decompose or if it gets into the oceans our marine can swallow the plastic and choke and die. 4

At most farmers' markets people and families can talk to the farmers about their products that they are selling and if they have put sprays or other things in to their produce. You can develop new friendships, have fun together as a family and everyone becomes more familiar with local produce and what's in season at different times of the year. You could also ask these people about ways to cook or preserve their produce if you haven't used that food before. 5

The community is helping the farmers by buying the farmers produce and the farmers are helping the community by selling fresh produce to the community; it keeps the money in the community and can create more jobs and opportunities for the community. The nutritional value in the farmers market is better than packaged food from the supermarket, because it has less carbon miles. 6