



**7th March 2026**

## **This Week at the Farmers Market**

**Kia ora**

**It's National Farmers' Markets Week this week** – NFMWK is an annual celebration that highlights the vital role farmers' markets play in the nation's food system. **We celebrate this year with the theme 'Taste the Difference'** & many of our vendors will have samples for you to try. Authentic farmers' markets are different from any other kind of market or shop in that the person selling the food is usually the person who's grown, caught or made it, so there's a direct link between farmer and consumer. Be sure to enter a **OFM free raffle** when you make a purchase this weekend at your favourite or regular stall to go in the draw to **WIN a \$100 Market Voucher** (we will draw this mid-week & the winner will collect it the following week at the Market). **You can drop your entries into the bucket at our OFM caravan at the front gate.** You can enter from any or all your purchases. **Free fruit for the kids at the caravan & there are kids colouring competition entries there also (or to drop off).**

Congrats to our vendors Chad & Jess at **Dunford Grove** on their wedding recently – **find the newlyweds up on the platform with their fresh olive oil & refills this weekend.**

**Earnsclough Juice Co** now have their **fill-your-own-bottle-dispenser** available at the Market for pressed juice from certified organic apples from their orchard in Central Otago. It is a more affordable and sustainable option. It will still be pasteurised juice in a sterile container, which then gets decanted into a dispenser in small batches. Therefore the shelf-life time only starts upon the dispenser being filled. The glass bottles will remain as a hot filled and sealed option for those who want the longer shelf life prior to opening and Amy is hoping to start bringing hot spiced apple juice shortly too.

**Port Larder, Moturata Garlic & Gud Coffee** unfortunately can't make it on Saturday but will be back next weekend.

**In Season: NEW in: Peacherines, Black Doris Plums, Omega Plums, Summer Passion Apricots, plenty of freestone fruit, new season garlic, romanesco cauliflower, French & English greengages, flatto peaches, blackberries, fig leaf gourd, new season apples & pears,** apricots, blueberries, organic apples, cavolo nero, dahlia's, sweet peas, rhubarb, nectarines, kohlrabi, peaches, plums, red cabbage, **tomatoes**, cherries, beans, aubergine/eggplant, zucchini/ courgettes, **organic produce & fruit**, new season potatoes, coloured carrots, Chinese cabbage, beans, strawberries, cucumbers, radishes, cucumbers, capsicum, chillies, garlic, rhubarb, daikon, BioGro NZ organic certified eggs, variety of tomato plants. **New season extra virgin olive oil.** Baby & water spinach, autumn seedlings, leeks, broccoli, red & brown onions, celery, beetroot, salad greens, basil, coriander, kale, silver beet, cauli, **oyster mushrooms**, bok choy, walnuts and plenty more!

### **10 Reasons to Support Farmers' Markets:**

#### **1. Know Where Your Food Comes From**

Meeting and talking to farmers, horticulturalists and food artisans is a great opportunity to learn more about how and where food is produced.

#### **2. Taste Real Flavours**

The fruit and the vegetables you buy at the farmers' market will be harvested just before market day and will be the freshest and tastiest available.

#### **3. Enjoy the Season**

The food you buy at the farmers' market is fresh; the flavours will be at their best and you can properly celebrate the season.

#### **4. Support Small Scale Local Food Production**

Small scale growers are vital for providing local food resilience (especially when weather impacts on large industrial growers) and by selling direct, the grower and customer get a better deal.

#### **5. Variety**

Farmers' markets provide more variety than supermarkets - you can experience the colourful heritage varieties that past generations enjoyed before industrial, monoculture practices.

#### **6. Nourish Yourself**

Most food at farmers' markets is minimally processed, using fewer chemicals, sustainable techniques and picked just before the market so they retain nutrients.

#### **7. Connect With Your Community**

A farmers' market is a community hub, a place to meet friends and gather, bring the family, enjoy the day and local buskers while shopping for the best food around.

#### **8. Learn Cooking Tips, Recipes and Meal Ideas.**

Farmers and food producers passionate about the food they produce and can provide tips on how to store and cook it (& check out our website for hundreds of seasonal recipes gathered over the years at the Market).

#### **9. Shorten the Food Chain**

Farmers' markets don't have long food chains that cause extra transport emissions and requiring lengthy storage.

#### **10. Promote Humane Treatment of Animals.**

Most farmers' markets support free range and organic practices that are more humane for the animals.

The Farmers' Market movement is about supporting the local food economy, giving consumers access to regional food and building and strengthening local communities.

Farmers' Markets can be found across New Zealand from the Bay of Islands to Invercargill, in rural and urban locations providing the freshest, most local food to their communities. Every purchase supports a small local business rather than the supermarket duopoly.

There are approximately 25 FMNZ farmers' markets around New Zealand which make up 1000+ small food businesses, with an estimated 50,000+ customers supporting them every week of the year.

Prices can be cheaper than the supermarkets and many staples can be purchased – seasonal vegetables and fruit, meat, fish, eggs, dairy produce and bread. With the prices of food escalating in the supermarkets, shopping at a farmers' market is a viable option and National Farmers' Markets Week is one way of promoting the markets to the wider public that are not yet market shoppers.

If you have any spare good condition mugs at home that you want to clear out, then **we are accepting more cups / mugs for all our cup libraries**. Feel free to drop them to the Market caravan, many thanks.

**Remember, that only all our authenticated, verified Otago Farmers Market vendors are all WITHIN our gates (unlike others roadside profiting off our brand). Many thanks as always for your loyal support to our OFM vendors inside the Market and along the railway platform.**

For those of you who maybe isolating or homebound we have a few vendors that **can deliver to your door during the week:**

**Ettrick Gardens, Ronia & Pippi, Agreeable Nature Eggs, Tartan Sari, Dunford Grove, Happy Farm, Deep Creek Deli, Evansdale Cheese, Pane Ora, Harbour Fish, Mihiwaka Honey, Blueskin Bay Honey, Port Larder, Judge Rock Wines, Matheson & Roberts, No8 Distillery, Whitestone Cheese, NZ Nuts, Breads & More, Dunedin Craft Distillers, Princes St Butcher & others.**

You can find their details on our website or in the vendor profiles.

**If you want to BORROW A PLATE or CUTLERY for ready to eats, just swing by the caravan or get from one of our cup libraries for a clean one (and return it back there for washing and sterilising or in the drop buckets). We also have bags you can borrow for produce or shopping too if you forget. And we have AgainAgain cups for you to use if you have the phone app.**

**Bring CASH as some of our vendors are cash only.**

**Shop your way around Otago this weekend.... at the Market!**

**Mā te wā, see you later.** And **Taste the Difference** every week as the seasons change - we already know that our Central Otago stone fruit tastes better than anywhere, don't we!

**Michele Driscoll**

Market Manager

Follow & Like us on **Facebook** and **Instagram** for all the latest Market happenings.

<https://www.facebook.com/otagofarmersmarket>

<https://www.instagram.com/otagofarmersmarket>

Header image: **Waikouaiti Gardens**

## **This Week in the Kitchen**

I'm not ready for summer to be over yet, so let's make the most of sunny days with quick and easy recipes—a creamy peach tart and a fresh, not-your-ordinary salad.

**—Helen (Assistant Manager)**



### **PEACH, NECTARINE AND TOMATO SALAD WITH CORIANDER GARLIC DRESSING**

Produce from [Rosedale Orchard](#) [Janefield Paeonies](#) and [Hydroponics Dunford Grove](#)  
[Whitestone Cheese](#) [Happy Farm](#) [Waikouaiti Gardens](#) [Ettrick Gardens](#) [Stonehurst](#)  
[Gourmet Earnsclough Orchards Co Op](#) [Caithness Farm Ltd](#) [Garden to Market](#) [Waewae](#)  
[Permaculture](#)

**VIEW RECIPE**



## SOUR CREAM PEACH TART

Produce from [Earnsclough Orchards Co Op Agreeable Nature Free Range Eggs Holy Cow](#)

[\*\*VIEW RECIPE\*\*](#)

## Ettrick Gardens Market Specials

*Buy direct from the grower! Better quality at a better price!  
You can't get fresher than that.*



**FRESH Raspberries & Blackberries  
Blueberries & Strawberries  
Plums**

**NEW SEASONS Apples & Pears**

**XL broccoli** — spray free

**Cauliflower** — spray free

**Celery** — spray free

**Leeks** — spray free

Beautiful **Romanesco Cauliflower** — spray free

**Jalapeno chillies**

**Coloured capsicums** — many colours

**Red and green cabbage** — large & spray free

**Potatoes** 4 varieties— fresh dug

**Tiny Taties**

**Carrots** — orange & coloured bunched

**Courgettes** — spray free

**Silverbeet, kale and cavolo nero** — spray free



**Beetroot** 4 varieties — new season bunched & spray free

**Daikon** — spray free

**Tomatoes** — soil-grown and super tasty!

**Walnuts** - spray free whole & shelled

**\*\* Most of our vegetables are spray free! \*\***



Our courier service to your door is available anytime. Or CLICK & COLLECT Saturday morning at the Market or at our Ettrick shop anytime.

Email [j.hpreedyege@actrix.co.nz](mailto:j.hpreedyege@actrix.co.nz) for our latest order form and we can add you to our weekly update.

**Ettrick Gardens:** On your right at the main gate, or rapid 5104 Roxburgh - Ettrick Highway, State Highway 8, Ettrick. Central Otago. 03 446 6863 or 021 1518203. Follow us on [Instagram](#) & [Facebook](#)

## Earnsclough Orchards Co Op

Hi, we are looking forward to catching up on Saturday with delicious tree-ripened fruit from Alexandra. We are very happy to have FREE TASTINGS @ our stall on ALL fruit.....

TRY before you BUY☐



This Saturday we will bring:

### **ORGANIC**

Sunrise Apple

Royal Gala Apple

### **SPRAYFREE**

Peacherines

French Greengages

Shiro Plums (yellow flesh)

Omega Plums

Vintage Apple

Pears

Walnuts

### **CHERRIES**

StaccatoCherry

### **STONEFRUIT**

English Greengages

Summer Passion Apricots

Yellow Flatto Peaches

Yellow Flesh Peaches



Golden Peaches  
 White Flesh Peaches  
 Yellow Flesh Nectarines  
 White Flesh Nectarines

If you wanting 2nds (bottling/stewing) please  
**PRE-ORDER txt 021 455341.**

**CENTRAL OTAGO HONEY**

Runny Clover  
 Creamed Clover  
 Thyme  
 Bush \*blend Manuka/Clover  
 Comb Thyme  
 Comb clover  
 And  
 Manuka



**Organic Royal.Gala**



**BLUEBERRIES**

FINAL weeks — stock up now!

**1 punnet \$10**

**SPECIAL BLUEBERRY DEAL !!!**

**Buy 2 Punnets just \$15 OR 1kg bag just \$30**

Blueberry SPECIAL DEAL... remember blueberries freeze free flow. Save some for the winter months.

**PRE-ORDER your fruit** and we are happy to pack your order to collect.  
**Txt 021 455341 to PRE-ORDER or ask any questions about any special orders.** We aim to please.

Looking forward to seeing you on Saturday.  
***Sher, Rob and family***

**Stonehurst Gourmet**

**Time to start thinking about planning your winter herb garden! ☐ Winter hardy herbs ideal for casseroles & soups and for in winter salads ☐**

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 ☐ **Herb of the Week** ☐  
**PURPLE VERVAIN (*Verbena bonariensis*)**



A hardy perennial that has been used by humans for thousands of years with the first official records dating from Roman times. Unofficially it is thought to have been used well before this!

Due to its bitter taste, vervain have usually been used for medical reasons rather than culinary. Historically known for its calming and antispasmodic effects, making it useful for anxiety, stress, & insomnia.

In the Middle Ages, vervain was often included in folk medicine being well-known even back then as a relaxant or nerve tonic, whereas in Chinese herbal medicine, vervain was recommended for headaches and for migraines that were connected with the menstrual cycle. Modern experiments have shown that vervain does actually contain chemicals that help to calm anxiety and nerves and animal studies have shown vervain helps to protect and improve neurological conditions plus help repair/heal brain nerve damage after strokes.

Recent studies also show some positive results helping to protecting us from antibiotic-resistant bacteria and fungi. Vervain can be used to help with gingivitis and can help support gum health as it is anti-inflammatory, antidiarrheal and was once used to help with gout.

Clusters of lavender-purple flowers top stems from from midsummer to autumn. Full sun with well-drained soil, tolerates drought once established but benefits from watering in dry spells. Short term perennial. Ht 120cm (flowers)

**WARNING:** Avoid during pregnancy & breastfeeding.

Cheers, *Kate*

## Dunford Grove



It's that time again! Lots of mowing and tidying up around the Hazelnuts.

Our olive trees are fruiting and prep for harvest 2026 has begun.

Don't forget **refills are available** so make sure to bring your clean empty bottles.

See you on the platform Saturday! **Chad and Jess**

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# Otago Community Hospice Gates Collection

Otago Community Hospice

# STREET APPEAL

March 6<sup>th</sup> and 7<sup>th</sup>



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2026 marks a remarkable milestone - 40 years of Otago Community Hospice. We could not have done it without our amazing community!

If you can't find one of our amazing street appeal volunteers on the day you can donate at:



[www.otagohospice.co.nz/donate](http://www.otagohospice.co.nz/donate)





## OTAGO FARMERS MARKET

(January 2026)



292 kg

Food rescued  
(4 visits)



649

Meal equivalents



\$2,389

of social good



876 kg

CO<sub>2</sub>eq prevented  
equivalent to  
44 trees growing  
for a year



## Kiwi Harvest - Pay it Forward Crate



The crate will be near the Market caravan at the main middle gate.

If you are able to donate something extra from your shopping, look for the Kiwi Harvest flag. **Your small act of kindness makes a real difference for families in need.**

Kiwi Harvest will collect donations from the crate every Saturday at lunch time ensuring they are distributed to local charities and helping those facing challenges this week.

**Let's pay it forward!**

# Safer Crossing for a Safer Community - DCC

No one likes to miss out at the Otago Farmers Market, but don't be tempted to take a dangerous shortcut over the rail crossing to get there. A recent near miss has prompted the Dunedin City Council to remind everyone to **please use the designated pedestrian crossing points around the Farmers Market.**

The safe way to get to the market from the St Andrew Street carpark is to cross at the traffic lights at the corner of St Andrew Street and Anzac Ave. We want everyone to get to and from the Farmers Market safely, so take care of yourself and those around you by leaving the train tracks to the trains and using the pedestrian crossings instead.



## Again Again Cup

Did you know **paper coffee cups are NOT recyclable?**



Every day in New Zealand, **800,000 disposable cups** are used for a few moments and then thrown in the bin to **live in landfill - forever**. If a person throws away one coffee cup per day, it adds up to 10kg of waste per year!

### The solution? Choose to reuse.

You can have your takeaway without the throwaway. Let's take part in cutting down single-use by embracing the reusable Again Again cup.

The Again Again system is **EASY and FREE to use**. Make sure you

download the app to your phone before you come to the market (link down below). You can pop by to our caravan, check out a sterilised cup, grab your favourite coffee / iced drink / soup from one of our vendors, and return the cup to us before you leave.

We take care of all the sterilisation process, so you can focus on relishing your drinks without any worries. **The best part? Borrowing our cups**



**and having them sterilised is  
absolutely FREE!**

There are a number of cafes around town using the system. You can return / use your cup at any of those locations that you see the Again Again sticker. Your conscious choices can create a lasting impact in preserving our planet for future generations. *Let's unite as Team Reuse, sip responsibly, and save the planet one cup at a time!*

**Download the App here:**



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### **Keeping Well**

**Everyone welcome but PLEASE STAY AWAY IF UNWELL** (vendors & customers).

**Please only handle food & produce that you are going to buy.**

**Please respect everyone's space & feel free to wear your mask.**

**Please sneeze into your elbow.**

*Wishing you well!*

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**Feel Free to Share this Newsletter with Your Community.**  
Communities helping Communities

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### **Support LOCAL Small Businesses**

**No Dogs allowed in the Market apart from Registered Disability Assist Dogs.**

No Fliers / Pamphlets to be distributed at the Market please.



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Otago Farmers Market Trust | Dunedin, NZ

### **Postal Address**

Dunedin Community House, Level 1  
43 Princes Street, Central Dunedin, Dunedin 9016

**Get In Touch**

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