

Sell your extra fruit and veges

Do you have a bountiful summer crop of fruit and vegetables? A lemon tree laden with fruit perhaps? Or maybe too many new potatoes to eat yourself?

If so, you're invited to have your produce sold on the Community Table at the South Kaipara Harvest and Artisan Market.



Kura Geere-Watson and Sara Meadows on the Community Table

When it was established almost two years ago, one of the intentions of the South Kaipara Harvest Market was to be a place for local growers and farmers to meet the consumers in their local community.

While we encourage those with plentiful crops to book their own stall we realise there are many people who may have just a few extra fruit and vegetables they'd like to sell, and that's the purpose of the Community Table.

Bring your bag or box of produce along and we will sell it on your behalf.

The South Kaipara Harvest and Artisan Market will start 2017 with its first market of the year on the morning of Sunday 26 February at Te Whare Oranga ō Parakai (next to Parakai Springs).

For more information email foodrevolution@thrivekaipara.org.

Visit us at the A&P Show

Even though the Helensville District Health Trust has been a vital part of this community for 25 years, there may still be people who are unaware of the extent of our involvement and exactly what we do. So, please do pop by our tent at the Helensville A&P Show on Saturday 25 February to find out more about the Trust itself, and its highly regarded Birthing Centre, one of the best in the country.

While you're visiting be sure to try a sample of the healthy new menu at the Kaipara College Tuck Shop, which is now being supplied by the kitchen at Te Whare Oranga ō Parakai.