

Organic & Sustainable Living Market

Come and
join us for
lunch!



September E – Newsletter

Come & Enjoy the Market this Saturday the 26th

Welcome to Everyone,

At the Organic Market you will find organically grown food from South Australia, you can buy produce, grass-fed meats, organic chicken and many other goodies. The best **organic food** is what's grown **closest to you** .

Shopping at your local market is a great way to meet local farmers and buy fresh produce.

We feel so fortunate to do what we do, supporting family farmers and helping make connections between people looking for good food and those who grow it.

Support your local Organic Farmers!

"You must be the change you wish to see in the world."

— **Mahatma Gandhi**

A little bit about Organics-

Most people are aware that organically grown food is free from exposure to harmful chemicals, but that is only one small part of what organic is about.

A larger part of organic agriculture involves the health of the soil and of the ecosystems in which crops and livestock are raised. Organic agriculture is born from the idea that a healthy environment significantly benefits crops and the health of those consuming them. In addition, organic practices are also viable in the long term, since they are efficient in their use of resources, and do not damage the environment and local communities like large scale "chemical agriculture" does. Therefore supporting South Australian organic farmers is protecting **Your** air, water and soil !

September gardening tip

White oil recipe:

- Use two cups of vegetable oil and half a cup of washing up liquid.
 - Put those into a jar. Put the lid on and give it a good shake and you've got concentrated white oil.
- Label it and store this in a cool, dry place and it should last about three months. Also label it with the dilution rate - two dessert spoons per litre of water.

Use these oils on broad leaved trees and shrubs. Don't use them on hairy or soft leaved plants like lettuce, because it will burn the leaves. The best spraying action is to cover both sides of the leaves and the bark and it's best to spray in the cool of the morning.

This oil will control aphids, scale, mealy bug and citrus leaf miner as well as caterpillars. It works by blocking their breathing pores and this suffocates the pest. There is no way that pests will ever become resistant to white oil – so it's good forever.





Cloverland Organics

Cloverland Organics is a privately owned family farming enterprise that specialises in Certified Organic production. Our products include Grains, Flour, Beef, Lamb, Wool, and Fertiliser all certified organic. We are branding ourselves in the organic market as a provider of quality food at an affordable price with our direct approach to marketing and value adding our products.

We are a carbon neutral business with a direct focus to providing tree plantations around our land to provide habitat for endangered species which reside at our property. Our vision for Biodiversity plantations coupled with organic production is to duplicate what we do and reach a wider market with our products which are produced with conscience.

Organic Food is not a luxury, it's how food is supposed to be!

Live life with vigour and health, not in fear and worry.
Make inevitable changes now, rather than wait.

CL^{VER}LAND

Giving Balance, Harmony & Happiness to Earth & Man

ORGANICS



Meat Buyers Rewards

We have a delicious product at wholesale price!

We are confident that you will be well satisfied.

We are looking to expand our clientele of Happy Meat Buyers and have introduced rewards for those who recommend it to others.

Our delicious Lamb is \$8.50 per kg (approx 18- 21kg), Beef is \$12.00 per kg (approx 40kg).

When we get an order from your recommendation you will receive \$25 discount off your next order for every 1/4 of beef sold or \$10 discount per Lamb sold. Please remind your referral to mention your name.

Enjoy your meat! Taste the Difference! Reap the Benefit!

Yours in Abundance, Jason and Kathy

- Organic Beef
- Organic Lamb
- Organic Wool
- Organic Fertilizer

- Organic Wheat
- Organic Rye
- Organic Triticale
- Organic Barley

Call Jason &
Kathy

(08) 85 382 850

FILTER KING

We have just had a reverse osmosis filter installed by Filter King.

These units are Considered the Gold Standard of filters, RO units remove nitrates, sodium, fluorides, heavy metals, foul tastes, smells and colors. They can reduce the level of pesticides, dioxins, chloroform and petrochemicals. These filters utilize activated carbon as well as an ultrafine reverse osmosis membrane which only allows particles smaller than 0.0005 microns through.

You can really taste the difference !

Contact Vassilli - 82581697 or Mobile: 0431 391 225

Our Stall Holders

Bettertaste Organics – *Organic chicken & turkey. Can be delivered to your door or you can buy them from the market!*

Dom & Danni

Cloverland Organics – *Organic Lamb, Beef and organic Fertilizer .Kathy and Jason*

The Organic Loop– *Quality Organic Fruit & Veg. John always has a wonderful range of seasonal fruit and veg.*

Grandpas Eggs – *South Australian Certified Organic eggs*

Fay & Basil

Organic Make-up

Elizabeth

Pure Linen – *Australian made Organic Sheets , Blankets, Quilts , Pillows , Mattress protectors and more!*

Simorne

Tri Nature – *Safe Cleaning Products*

Marie

My life My Home – *Organic sour dough bread, Jams and sauces, Gluten free products.*

Debbie & Maria

Think Global – *Lucy has a wonderful range of fair trade gifts and Clothing*

Lucy

Cosmic coffee – *Organic fair trade coffee*

Richard

“Alkalisising and Energising Green Smoothies”

Louise MaCartney

Sorrells Olive Oil – *The best South Australian Organic olive oil you will ever taste!*

Gina

Beautiful Honey – *South Australian Honey*

Laurie

Byron Bay Donuts – *Yummy donuts with jam or chocolate!*

Monique simone

UAC6 – *Beautiful Homemade soaps and skincare*

Vicki Markel

Enjo Products – *Earth Friendly cleaning products*

Amanda

Sue second hand clothing – *Quality second hand clothing*

Sue

***N.I.C.E Foods** – Delicious homemade food. These ladies have a gift in the kitchen!!! Try them for lunch or breakfast!*

Sarah and Rebecca

***Joyeata** – Organic fruit and veg farmer from Lewiston*

Gary & Sue

***Kates Dry goods** – Organic flours, oils, oats, sugar etc.*

Kate

IONIC DETOX FOOT BATH

FOR OPTIMAL HEALTH

The foot detox bath uses a gentle current that flows through the body, drawing out positively charged toxins through your feet.

It gently detoxes the whole body

Helps with inflammation, headaches, pain and tension.

Slows down the ageing process and improves body flexibility.

Improves sleep, energizes and helps with the elimination of heavy metals.

Relax for 30 minutes while you detox - you will be amazed by what you see!

Single session fee - \$35.00

Special Offer - 3 sessions for \$90.00

Available today at the market or by appointment at

THE KEY TO HEALTHY LIVING at The Green Door

Shop 3, 401 Grange Road, Findon (opp Mitre 10) PHONE – LINDA ON 0438239159

Never doubt that a small number of dedicated people can change the world, indeed it is the only thing that ever has

Margaret Mead

Thank you again for your support!

See you at the Market!

Simorne Koumi

Organic & sustainable living market Co-ordinator

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