



“Little Edge”

Holiday Clinic

September School

Holidays

**Open to NEW & EXISTING players aged
5-11 years**

WHEN – 29TH & 30TH SEPTEMBER

WHERE – CLYDE PARK

WHAT TIME? – 9AM-1.30PM BOTH DAYS

HOW MUCH? - \$80

LIMITED NUMBERS

WHAT DO YOU GET?

MORNING TEA, LUNCH, A “LITTLE EDGE” T-SHIRT & HOCKEY PACK

For further information & registration form go to –

toowoombahockey.com.au

or call Reception on

4633 1229

PRESS RELEASE

For Immediate Release

Date: 3rd September 2015

LITTLE FARMERS AND SCHOOL GROWERS TO FLOURISH

It was astonishing to read that just a over a year ago, research in Australia revealed that "a third of Australian children struggled to identify fruit and vegetables, and were confused about where produce came from."

"The study, (commissioned by Woolworths) which surveyed 1601 Australian children aged between six and 17 years, revealed 92 per cent did not know bananas grew on plants."

(Source: Sydney Morning Herald, May 27, 2014.)

Given that the Toowoomba Farmers' Market is a strong advocate for children learning about the origins of their food and local food systems, we are developing programs for children to take a hands on approach and tackle this problem from the ground up. This will foster an appreciation of freshly home-grown food, further developing healthy eating habits and encouraging community involvement.

We encourage early childhood centres & schools to engage and educate students by hosting a stall and selling their surplus seasonal produce grown in the educational setting. Stall fees are waived for educational and non for profit organisations, so this is an opportunity for the community to be involved, helping raise awareness about self sufficient practices and sustainable agriculture.

The Spring Market Day on September 26th (during the school holidays) will be the first at the newly revamped venue; "The 'GROUNDS" - a rural setting on the South West side of the Toowoomba Showgrounds. It's a great way to get the kids out of the house & enjoy what's on offer.

Kids will delight at watching a cow being milked at 8am, then learn about caring for animals in the animal nursery. Our cooking demonstrations by leading chefs and providores will show kids and adults alike, how to pick herbs fresh from our kitchen garden and use them seasonally with other local produce. Kids can then head over to the craft barn, paint a pot and plant a seedling to take home and nurture, in time for their own creative genius to blossom in the kitchen.

The schools with garden programs who are participating in the September markets include Rockville State School and Newtown State School.

"Childhood is an ideal time to learn about growing food. Children learn the importance of handed down skills from older generations, making connections with each other, the community and reconnecting with food ultimately." **Fiona May, CEO Toowoomba Farmers' Market.**

The Toowoomba Farmers' Market is held on the last Saturday of each month from 7am-12noon. The Spring Market is Saturday 26th September, 2015.

For more information go to www.toowoombafarmersmarket.com.au

Email info@toowoombafarmersmarket.com.au

Like us on Facebook (Toowoomba Farmers Market)

Fiona May can be contacted on 0439 844 849

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