



# Clarence Park Environmental **MARKET NEWS**

December 2016

Market Co-coordinator/Editor: Pam Marshall

## Clarence Park Environmental Market & Cafe



Clarence Park Community Centre 74 East Avenue, Black Forest  
Monthly (1<sup>st</sup> Saturday) - 10.30 am to 12.30pm

**Christmas Market:** December 3

Next Market: February 4 2017  
(NOTE: No market in January)

**Free Demonstration: Make Your Own Bath-salts** - at the December 3 Market (11.30am). See how to make your own bath-salts. Cheap, easy to do and a great Xmas gift. Bring a small-medium sized jar and make your own take home sample (\$4).



◆ **Home-made/Home-grown Produce – Recycled/second-hand goods & clothing**

◆ **Country-style Café:** offering organic/fair trade coffee, tea, fresh homemade food

◆ **Food Co-op open for business:** Wholesome, nutritious food at low prices. Nuts, dried fruit, seeds, pulses, beverages, flour, grains, pasta, washing products, honey, free range eggs, oils, and more. Most foods locally & organically grown. Bring your own jars & bags for discount.

◆ **L.E.T.S. trading** ◆ **Bike maintenance** – by appointment

◆ **Urban Orchard** – Backyard fruit & vegetable swap

### STALL SITES AVAILABLE - Start Small - Build Big!

Earn extra \$'s! Home-made, home-grown, recycled goods. \$5 per stall – includes trestle & chairs (plus air-conditioning!) Bookings: email: [pam@theshoppe.com.au](mailto:pam@theshoppe.com.au)

Subscribe to the **Environmental Market Newsletter** for recipes, information and list of upcoming talks and demos – email [pam@theshoppe.com.au](mailto:pam@theshoppe.com.au)

Like us on **Facebook:** [www.facebook.com/EnvironmentalMarketandCafe](http://www.facebook.com/EnvironmentalMarketandCafe)

Clarence Park Environmental Market & Cafe organized in conjunction with Clarence Park Food Co-op, Urban Orchard, S.I.S.L.E.T.S. & The Self-Sufficiency Shoppe [www.theshoppe.com.au](http://www.theshoppe.com.au)



## Clarence Park Market Cafe

Experience good homemade food!

Offering a range of slices, cakes, quiche, muffins, brewed coffee, teas, etc.  
Available in \$'s or half LETS units and \$'s.

Try out best seller: Homemade savoury muffins. Eat at market or take home.

## At the next market:



### Clarence Park Food Co-op

Wholesome, nutritious food at low prices. Nuts, dried fruit, seeds, pulses, beverages, flour, grains, pasta, washing products, honey, free range eggs, oils, and more.

Most foods locally & organically grown  
Bring your own jars & bags for discount  
at the Clarence Park Community Centre

Open: Mon, Tues, Wed & Saturday  
10.30-12.30pm Enq: 8297 6249  
**OPEN FOR BUSINESS MARKET DAY**



### The Self-Sufficiency Shoppe

*Safe, chemical free and environmentally responsible alternatives to consumer products*

Full range of The Shoppe products  
available at next market

The Shoppe Product Catalogue now  
available – download from  
[www.theshoppe.com.au](http://www.theshoppe.com.au)



### Adelaide LETS at the One Planet Market

A project of Sustainable  
Communities SA Inc.  
3<sup>rd</sup> Saturday of each month  
9am -12 noon

**Payneham Community Centre**  
374 Payneham Rd (cnr Arthur St) Payneham

**Adelaide LETS Christmas Market**  
At The Joinery, 111 Franklin Street,  
Adelaide  
**3 December 2016 - 9am-noon**

**Come and sell, buy or exchange:**  
LETS members stalls - Seed savers  
Hair cuts - Clothes swap -- FreeCycle  
Morning tea centre - Local native plants  
Local produce - Urban Orchard Enquiries  
Sue 8266 2757 [adelaidelets@hotmail.com](mailto:adelaidelets@hotmail.com)

## -Reuse and Recycle-



## Cheap and Easy Christmas Decorations

- Use popcorn chains made by stringing coloured popcorn together with sewing thread & needle look . In fact any small sweet can be threaded into long chains or tied onto the tree. A row of Christmas sweets – such as Xmas trees or toffees (in wrappers) strung together look very effective.
- Make chocolate Christmas shapes in chocolate moulds (and wrap in foil) and hang with cotton thread. Spray paint pasta shapes (larger shapes look best) & hang on the tree.
- Small gift soaps – wrapped in cellophane & tied with colourful ribbon
- Use Christmas-shaped biscuits with a hole for hanging.
- Make white paper 'snow flakes' by folding a piece of white paper into half, then quarters, and then eighths. Using sharp scissors cut out small sections. Unfold to form a lacy patterned 'snow flake' to hang on the tree.
- Candy canes hung on the tree add colour and appeal. A box of 20 candy canes costs only \$2 – a cheap form of decoration!
- Hang old toys, model cars, alphabet blocks, small stuffed animals, dolls, wooden spoons, tea balls, old cutlery, egg whisks, napkin rings, tea bags, pretzels, lollipops, jewellery, beads, brooches, baby booties, fancy (small) pieces of china, small framed pictures, corks, paperclip chains, hair combs & clips, buckles, artificial flowers, old CD's, tassels, pretty pictures glued to cardboard, old cutlery, etc, are all options for decorations for the tree – in fact using items with sentimental value help to make Xmas a special time of reminiscing and warmth.



**Happy Christmas and New Year to all.**  
**Thank-you for supporting the Clarence  
Park Environmental Market & Café**