

Heads up: You don't want to miss this organic farmers' market this Sunday

[Sheree Gomes Gupta](#) | September 2, 2016

A great reason to wake up early



If you're looking for a way to give back and also stay in shape this festive season, head to the Juhu Organic Farmer's Market at Jamnabai Narsee School this Sunday. The produce is as good as it gets—apples from Uttarakhand, chestnuts from Nainital, avocados from Kodaikanal, and lots of other fruits and veggies from the fertile regions of Ahmed Nagar, Pune, Satara, Palghar, Vasai and Naik.

“It's basically a win-win for all—our farmers get the much-needed financial support they need and we, the consumers, get organically-grown fresh produce directly from them. With the concept of ‘clean eating’ becoming so huge these days, such markets are a boon for the health conscious,” says the school's trustee and well-known Bonsai artist, Urvashi Thacker.

She, along with Meera Sheth of the Inner Wheel Club of Bombay West, and Reyna Rupani of the NGO SHARAN (Sanctuary for Health and Reconnection to Animals and Nature), has been instrumental in getting this initiative going. “The idea is to ensure farmers get a fair price so that they continue to grow organic produce,” says Rupani.

In addition to the above, the market offers dry organic groceries (pulses, grains, whole wheat pastas, ragi noodles), chemical-free soaps, detergents and shampoos, eco-friendly Ganeshas, bags, organic treats (we're told oil-free, dairy-free, sugar-free, some even gluten-free!) as well as home-baked breads, pani puri and samosas. “Anything and anyone supporting health and environment will be a part of this market,” adds Rupani.

Timings: 10.30am to 12.30pm. Buyers are encouraged to carry their own eco-friendly bags