

# Oranjezicht City Farm Market now also open on Sundays

The Oranjezicht City Farm Market (OZCF) in Granger Bay at the V&A Waterfront, Cape Town will extend its operation to Sundays from October 2018. The market's operating hours will also be extended from 9am to 2pm on Saturdays and 9am to 3pm on Sundays.

Sheryl Ozinsky, a founding volunteer of the Oranjezicht City Farm and co-owner, says: "One extra day of trading, not only provides customers with more access to local, fresh, high-quality produce but also creates expansive opportunities for the 28 small-scale local farmers who supply the market with produce. Now, these farmers can employ more people, and with the demand for additional products, they can open up more of their land to regenerative farming practices that use no pesticides and focus on ecosystem diversity, crop rotation, composting and growing crops without disrupting the soil."

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We're open; the sun is shining it's a peach of a day in Cape Town.

*A post shared by [OZCFarm](#) (@ozcfarm) on Sep 21, 2018 at 11:12pm PDT*

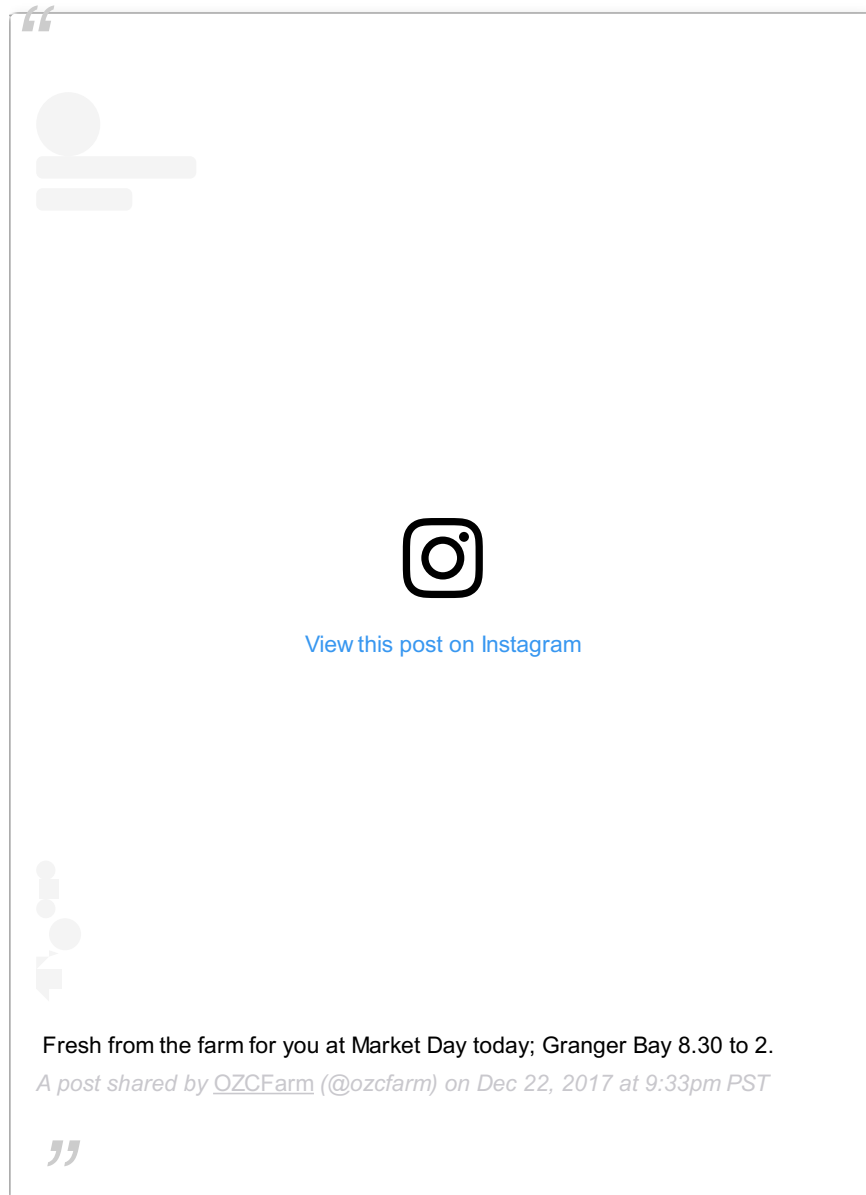
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In an age when convenience is valued over sustainability and community, we tend to forget what food really is — something that was alive and had to grow — and what this means both to the environment and the farmers that produce it. Agriculture is the world's largest industry, but also one of the worst-polluting industries on the planet — even though it could be one of the most powerful forces for good. It's easy for people to distance themselves from the problem. Most people aren't farmers and don't think about these issues daily. But it's the food choices we make every day that feed into our farming practices and can also lead to an extraordinary future. If we invest in farming that is adaptable and regenerative; that respects the limits of season; that builds soil and economies - we can grow a vibrant way of farming that delivers fresh, healthy, affordable food to more South Africans while being resilient in the face of a shifting, highly

variable climate,” Ozinsky continues.

“The market is a source of genuinely exceptional local produce; food that is fresh, healthy, seasonal and that builds and strengthens local economies. The ingredients are fresher - and that much tastier. As an example, farm-grown oysters and mussels – with no damage to the aquatic system. They’re kept in better conditions and they get to market faster - which means they’re fresher. It’s those farmers we need to support - the farmers who are working the land or the sea and are doing right by it,” she says.

She adds that “The V&A Waterfront have shown themselves to be truly committed to the goals of expanding access to local organic produce and creating opportunities for our small-scale local and organic farmers. Not only have they provided our market with a stunning venue, and affordable parking for more than five hundred cars, but they have helped to make the operations reasonably affordable.



with more than 60 traders and approximately 4,000 visitors every Saturday, the OZCF Market Day has a direct economic impact estimated in excess of R30m per annum, supporting nearly 200 jobs and approximately 75 small businesses including local farms.”

“The Oranjezicht City Farm Market Day is as much a connection for farmers to local consumers as it is a great offering for Capetonians,” says David Green, CEO of the V&A Waterfront. “By supporting this initiative we are reaffirming our commitment to growing small business. After purchasing your fresh produce and groceries, when last did you share good company with friends and family, in the midst of a beautiful sea view, whilst savouring something delicious to eat and drink?”

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