

National
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Wirral Farmers' Market

TAKE 5 A DAY

at the

WIRRAL FARMERS' MARKET
New Ferry Village Hall, Grove
Street, New Ferry (off A41)

Direct
from the
producer
to you

9 a.m. - 1 p.m.

In season vegetables
include spring
onions, radishes
and lettuce

Eating 5
portions
of fruit &
vegetables a
day helps prevent
coronary heart
disease and some
cancers

Saturday April 11

Wirral Farmers' Markets are held
on the 2nd Saturday of every
month. For more details visit
www.wirralfarmersmarket.org.uk
or call 0151 643 1393

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(fruit & veg)



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Wirral Farmers' Market

TAKE 5 A DAY

at the

WIRRAL FARMERS' MARKET

New Ferry Village Hall, Grove Street, New Ferry (off A41)

In season vegetables include asparagus, carrots, cauliflowers and strawberries

Direct from the producer to you

9 a.m. - 1 p.m.

Eating 5 portions of fruit & vegetables a day helps prevent coronary heart disease and some cancers

Saturday May 9

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Wirral Farmers' Market

TAKE 5 A DAY
at the
WIRRAL FARMERS' MARKET
New Ferry Village Hall, Grove
Street, New Ferry (off A41)

In season vegetables
include new potatoes
tomatoes, lettuce
Broad beans and
asparagus

Direct from the
producer
to you

9 a.m. - 1 p.m.

Saturday June 13

Eating 5
portions
of fruit &
vegetables a
day helps prevent
coronary heart
disease and some
cancers

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Wirral Farmers' Market

TAKE 5 A DAY
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New Ferry Village Hall, Grove Street, New Ferry (off A41)

In season vegetables include french beans, peas, strawberries and gooseberries

Direct from the producer to you

9 a.m. - 1 p.m.

Eating 5 portions of fruit & vegetables a day helps prevent coronary heart disease and some cancers

Wirral Farmers' Markets are held on the 2nd Saturday of every month. For more details visit www.wirralfarmersmarket.org.uk or call 0151 643 1393

Saturday July 11



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New Ferry Village Hall, Grove
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In season vegetables
include peppers,
celery, tomatoes,
courgettes and
raspberries

Direct
from the
producer
to you

9 a.m. - 1 p.m.

Saturday August 8

Eating 5
portions
of fruit &
vegetables a
day helps prevent
coronary heart
disease and some
cancers

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Wirral Farmers' Market

TAKE 5 A DAY
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New Ferry Village Hall, Grove
Street, New Ferry (off A41)

In season vegetables
include main crop
potatoes, cucumbers,
peppers, celery,
tomatoes and
raspberries

Direct
from the
producer
to you



**Eating 5
portions
of fruit &
vegetables a
day helps prevent
coronary heart
disease and some
cancers**

Wirral Farmers' Markets are held
on the 2nd Saturday of every
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Saturday September 12 9 a.m. - 1 p.m.

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Wirral Farmers' Market

TAKE 5 A DAY

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WIRRAL FARMERS' MARKET
New Ferry Village Hall, Grove Street, New Ferry (off A41)

In season vegetables include potatoes, leeks, beans, peas and pumpkins

Direct from the producer to you

9 a.m. - 1 p.m.

Saturday October 10

Eating 5 portions of fruit & vegetables a day helps prevent coronary heart disease and some cancers

Wirral Farmers' Markets are held on the 2nd Saturday of every month. For more details visit www.wirralfarmersmarket.org.uk or call 0151 643 1393

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Wirral Farmers' Market

TAKE 5 A DAY
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WIRRAL FARMERS' MARKET
New Ferry Village Hall, Grove Street, New Ferry (off A41)

In season vegetables include sprouts and aubergines

Direct from the producer to you

Saturday November 14 9 a.m. - 1 p.m.

Eating 5 portions of fruit & vegetables a day helps prevent coronary heart disease and some cancers

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Wirral Farmers' Market

TAKE 5 A DAY
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New Ferry Village Hall, Grove
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In season vegetables
include **all root
crops**

Direct from the
producer
to you

9 a.m. - 1 p.m.

Saturday December 12

Eating 5
portions
of fruit &
vegetables a
day helps prevent
coronary heart
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New Ferry Village Hall, Grove Street, New Ferry (off A41)

Direct from the producer to you

9 a.m. - 1 p.m.

In season vegetables include potatoes, carrots, cabbage and sprouts



Saturday January 9

Eating 5 portions of fruit & vegetables a day helps prevent coronary heart disease and some cancers

Wirral Farmers' Markets are held on the 2nd Saturday of every month. For more details visit www.wirralfarmersmarket.org.uk or call 0151 643 1393

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In season vegetables
include potatoes,
leeks, carrots,
savoy cabbage
and sprouts

Direct
from the
producer
to you

9 a.m. - 1 p.m.

Saturday February 13

Eating 5
portions
of fruit &
vegetables a
day helps prevent
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In season vegetables
include rhubarb,
leeks, carrots, radish
beetroot and purple
sprouting broccoli

Direct
from the
producer
to you

9 a.m. - 1 p.m.

Saturday March 13

Eating 5
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