

To market, to market



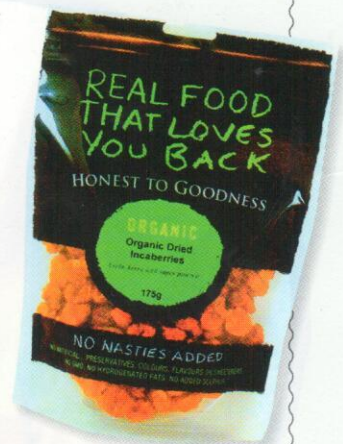
If you're in the rainy city, your weekend shop could now see you walking a little lighter. The Markets of Melbourne – a collaboration of Prahran, Queen Victoria and South Melbourne Markets – are going to great lengths to cut back on the resources used and waste produced, including reducing water consumption, using solar energy and donating any fresh food waste to Second Bite for the homeless. To find out more visit www.marketsofmelbourne.com.au

G TIP

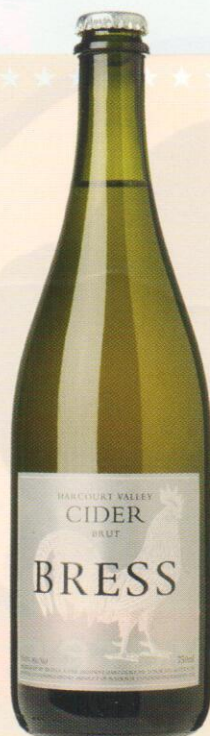
If you find yourself forgetting about the leftovers that need to be eaten, leave yourself notes about it on the fridge to ensure it doesn't go wasted.

Super Inca

Being touted as the new superfood, the incaberry is a small fruit native to South America's tropics. What makes it so worthy? It packs more antioxidants in its punch than goji berries, green tea and blueberries, and is high in dietary fibre, potassium, vitamin C and phosphorus. Eat them as nature intended by buying organic. Honest to Goodness Organic Dried Incaberries, \$9.90, www.goodness.com.au



Spotlight on... *Bress*



In recent years Aussies have firmly jumped aboard the cider train, and as we head into the warmer months again there's no better time than now to enjoy a bubbly glass of apple cider. Making the enjoyment guilt-free is Bress who, from their certified biodynamic Victorian farm – now considered to be the largest cider apple orchard in Australia – knock out some of the finest bottles of bubbly this side of the equator. The effort in building up their farm from a run down farmhouse surrounded by seriously depleted soils to become a biodynamic dynamite, is evident in their tipples, with their almost champagne-style dry Brut cider a perfect delight. (\$20, 750 ml). Not content to stop there, the husband-wife team, Adam Marks and Lynne Jensen also offer up some great wines as well as produce including seasonal garlic, quince jelly, vinegar and olive oil. www.bress.com.au