

# Organic markets Delhi



By Dr. Gouri

These markets have become a popular spot for Delhi's weekend calendar as consumers become more and more conscious of the source and quality of their products

## **I. Gurugram's Organic Farmer's Market**

This is a citizen's initiative to make pesticide and chemical free, natural clean food available which they believe is not a privilege but a basic right. The market sees organic farmers, producers and retailers, gardening experts, health and fitness enthusiasts and other concerned environmentalists come together to share their knowledge and goods. Apart from fresh vegetables and fruits, there is also organic millets, spices and condiments available for sale.

While shopping for these supplies if you seem to get hungry you can also grab a bite at Organic Express at the market which offers up snacks like sandwiches, salads, multigrain breads, gluten-free cookies and freshly squeezed juices. With over 300 hundred people visiting the market we suggest you get there in the early hours to avoid the crowd and get all that healthy shopping done!

To keep yourself updated about their next market location and for more details click [here](#).

## **II. The Earth Collective Market Organic & Natural Lifestyle Market**

Asiad Village, Siri Fort, New Delhi

This market is run by a group of organic foodies and farmers committed to making a change in people's lifestyles. To promote holistic eating habits and sustainable growing practices this market not only makes fresh farm produce available but also has organic jams, natural fertilizers, and even earthenware up for sale.

## **III. Delhi Organic Farmers' Market**

**Address:** The Park Hotel, 15, Parliament Street

Run by environmentally conscious people this market hosts organic farmers and primary producers to sell their goods. The farmers who come as far as Rajasthan and Ghaziabad bring genuine organic goods because they use traditional techniques to grow their produce without

additional pesticides. This isn't only a space to shop but also to share and discover all things to do with organic food and it's cooking!

#### **IV. Handpicked**

**Address:** First floor balcony, Select Citywalk Mall, Saket, New Delhi.

An unusual space for an organic market this one takes place at the Select City Mall's first floor balcony. It is your one-stop shop to premium, high quality and anti-oxidant rich organic products. Lush green vegetables and pulpy fruits, dairy goods, organic jams, pickles, various breads, herbs and spices their spread is a diverse one. If you are looking for a scrumptious healthy meal while you shop you can get it right here with their very own in-house brunch; pizzas, paranthas, salads, sandwiches, eggs and more-all cooked in the organic healthy way. The market also encourages individual talks with specialists about organic food, where it is sourced from and the lifestyle that supports it, waste management and more. This is a market for those looking for a healthy culinary knowledge and experience!

#### **V. Gurugram's Organic And Natural Market**

**Address:** DLF Club Phase 5, Golf Course Road, Gurugram, Haryana.

Hosted by Nature's Allies this market tries to try to bring a change in people's lifestyle by introducing and advocating the use of natural and organic products. You will find organic pulses, jaggery, basmati rice, brown sugar straight from the fields of Eastern Uttarakhand. The market also sells clay products which can be used in the kitchen, including microwaves, stove and ovens. Promoting clay products is part of their larger motive for a healthy and sustainable way of life. This a market with goods that can transform your culinary habits for the better!

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