

Green stalls and health-food products



Eco-friendly and healthy, home-made produce has become increasingly popular among the consumers. In an effort to meet the expectations of a growing population following the healthy lifestyle trend, Poznań's market stalls and health-food stores have prepared a rich and wide offer. It is there that you can buy produce not often found at your local convenience stores or supermarkets - eco-friendly or homemade meats, dairy, fish, cheeses, herbs and fresh fruit and vegetables.



THE GREEN STALLS OF POZNAŃ'S MARKETS

Fresh fruit and veg as well as local produce can be found in Poznań's markets: Wielkopolski, Bernardyński and Jeżycki. When seeking something off the beaten tourist trail, Wildecki and Łazaski markets are worth checking out.

HEALTHY FOOD

To see yet another "slow" face of Poznań, come and check out some of the city's many health-food stores, offering natural, unprocessed and where possible, eco-friendly produce.



Zielony Targ - The Green Market

Bernardyński Square

Phone no. +48 608 551 140

www.facebook.com/PoznanskiZielonyTarg

Opening hours: Saturdays 8-1pm

Be sure to visit Bernardyński Square on a Saturday when the Green Market takes place - a real eco-market with regional, traditional and healthy food options and a wide selection of fresh fruit and veg, delicious cheeses, real butter, milk, yoghurt and many, many more.



Zielona Spizarnia - The Green Pantry

www.zielonaspizarnia.pl, www.facebook.com/zielonaspizarnia

All locations:

Stary Browar - Courtyard

Phone no: +48 600 801 203

Opening hours: Mon-Sat 9-21, Sun 10-20

ul. Szamotulska 29, Baranowo

Phone no: +48 600 870 240

Opening hours: Mon-Fri 9-18, Sat 9-14

CH Posnania, level 0

Phone no: +48 606 332 232

Zielona Spizarnia (The Green Pantry) delis offer fresh fruit and veg, meats, cold cuts, fish, breads and preserves, most of which come from local farms in Wielkopolska, with eco-friendly certifications and has been produced based on traditional recipes.



Orkiszowe Pola

www.orkiszowepola.pl

ul. Strzeszyńska 76
Phone no: +48 500 834 934
Opening hours: Mon-Fri 10-19, Sat 10-15

os. Batorego 79a/u4
Phone no: 539 300 149
Opening hours: Mon-Fri 10-19, Sat 10-14

Orkiszowe Pola (Spelt Fields) is the place to find information on good health and ways to achieve it by smart and good nutrition. It is the place for those who wish to maintain their good health and those who - due to illness or chronic health problems- seek to rejuvenate their body and recover.