

Andalucia - Explore The Farmers Markets and Truly Experience The Mediterranean Diet.....

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Spanish Tit-Bits



Andalucia is a region of farmers and artisans and has a huge area of fertile lands. At the same time, ecological farming systems are increasingly being established, whose produce is sold in markets and specialist shops. If you travel to southern Spain be sure to try the local produce. Fresh fruit and vegetables grown without using chemicals, wines, honey, spices and a wide range of products you can find at the 10 ecological markets we describe below. Don't miss out!

Guadalhorce Ecológico

The Guadalhorce Valley is known as "the orchard of Málaga" and is characterised by its fertility and the cultivation of vegetables, fruit and citrus fruits. More and more farmers are signing up to ecological production and its consumers are also growing in numbers. Málaga province has nine ecological markets that belong to this new Guadalhorce network established in different towns. Marbella, Cártama, Mijas, Benalmádena and the capital of the Costa del Sol are where producers set up their stalls on weekends. If you want to find out their opening times, visit-

www.quadalhorceecologico.es

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Mercadillo Ecológico de Antequera. Fotografía de Andalucía Información

Vega de Antequera is the spiritual home of good crops and its farmers take special care with their fruit. In the city of El Torcal on the first Saturday of each month you will find this market full of local ecological produce on the Plaza de Andalucía. The potatoes are renowned in the district, as well as other fruits and vegetables that ooze nature. You can take advantage of a trip here to make some purchases, as well as visiting one of the most beautiful cities in the province.

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Miel ecológica

Nestled in Almonte, Huelva, and surrounded by the wonderful setting of Doñana, is where you can buy organic honey at Apícola Doñana. Sweeten your breakfast with this local product that is also mixed with pine nuts, almonds, nuts or a variety of fruits. If you want to recharge your batteries try its royal jelly. You can make the most of your visit to the province by enjoying the natural setting of the Huelva salt marshes and the unbeatable landscape of Doñana Natural Park.

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Frutas y verduras ecológicas

The El Carmen market in Huelva has a 100% organic stall where you can buy all the traditional produce from the Huelva countryside that has not been treated with chemical fertilisers or pesticides. You must try the organic strawberries, a delicacy for all, that has become quite an identifying emblem of this town in Spain and in the rest of Europe. A mosaic of colours recently picked from the ground for your table.

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Productos ecológicos de Andalucía

Good food based on organic produce is the main slogan of the local shop "Con la mesa puesta." Its shelves are stocked with fruit, vegetables, pulses, bread, meat and fish, as well as natural cosmetics and other organic goods. If you travel to Cádiz, be sure to stop by this establishment where, if you have celiac disease or are lactose intolerant, you can find food adapted to your needs.

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Kochumbería Tienda Ecológica, Cádiz

This small family shop sells natural product lines that are popular in this part of southern Spain. This organic establishment is known for its infusions and eggs laid by free range hens that eat natural cereal, which you can taste in the product. Don't miss this unique shop and be sure to visit one of the most charming towns in Cádiz, where you can enjoy a seaside sunset worthy of a film.

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Ecocenter Tarifa

Tarifa is a locality with impressive beaches boasting fine sand and crystal clear water, and is a meeting point for many nature lovers. Tarifaecocenter is an establishment that was created on the premise of comprehensive health with environmental awareness. Here you will find, in addition to all kinds of organic food, natural cleaning products and cosmetics. If you decide to take a dip in the sea in this beautiful city, be sure to visit the shop and try its products.

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Uva Moscatel. Fotografía de bodegalascas

The Málaga Museum of Wine was created from the concern and desire of the wine growing sector to have a space from which to promote the values of quality and prestige of Malagan wines and their culture. In this enclave you can find a wide range of organic wines, including those produced in the same province, which are gaining increasing recognition. If you visit the capital of the Costa del Sol you must visit this museum because, as well as learning about its history, you can taste all its varieties.

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Mermeladas ecológicas Eco Melar

Montejaque, in the heart of the Sierra De Grazalmena Natural Park, is home to the organic jam factory Eco Melar. Created with the aim of enabling local women to be self-employed, this establishment produces natural artisan agricultural products and fruit liqueurs. Don't miss this golden opportunity to visit one of the most important ecosystems in Andalucia and at the same time experience the authentic taste of natural jams and preserves.

Mercadillo de la Viñuela, Axarquía

If you are a fan of tropical fruits make sure to visit Axarquía Market to try its organic produce. Mangoes, avocados and custard apples are just some of the delicacies sold in the organic markets in Nerja, Torrox, Torre del Mar and Rincón de la Victoria. Its organic crops look out over the sea and are looked after with great care by local farmers, whose natural produce is becoming increasingly well-known. What better reason to visit this Malagan district and enjoy the delicious flavours of the most exotic fruits.

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