



KAIKAI NEWS

Volume 1, Issue 1

July 2010



Welcome to the Honiara Central Market!

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Special Events

July

7th: Independence Day

August

HCM 20th birthday celebrations

September

World Tobacco Day

Dear Visitors,

On behalf of the City Market team, I would like to take this great opportunity to welcome you to our first edition of Kaikai News, the quarterly newsletter of the Honiara Central Market.

Honiara City Market is located in the heart of city. It is designed with lots of colorful paint drawings by different artists in and around Solomon Islands. The producers are selling lots of their products such as fresh fruits, vegetables, root crops, fresh reef fish, plants and flowers, clothes, jewelleryes as well as local carvings.

The people are very friendly and you could ask anyone to take you around the market to observe first prices or look for other preferred products.

The market opens from 7am ó 5pm from Monday to Saturday.

It is closed on Sunday as the day is reserved for church worship.

Also, on public holidays, for example, Independence Day on

7th July, the market is definitely closed. People should buy their goods/ products the day before.

We look forward to seeing you soon.

Happy Shopping!

Henrietta

Honiara City Lord Mayor



Honiara Central Market 20th Anniversary

By Gabriel Riotarau, Market Reporter

As the clock ticks, the Honiara Central Market is just a few days away from 20 years of age. Celebrations are well planned and will target all walks of life to mark the important event with fun and excitement. The celebration is crucial in reflecting the 20 years of providing services for the local popu-

lation. It will eventuate in the coming months of August at the Central Market. On every Saturday of the month there will be different organized activities to celebrate marking this important occasion. Families, friends, and users of the market are expected to turn up in good numbers during the month. All welcome!

Calendar of events:

August 7: Children's Day

August 14: Competition for market producers

August 21: Come and Try local foods

August 28: Final celebration including presentation of commemorative sign by the Mayor.



Homes of Healthy Taste

By Gabriel Riotarau, Market Reporter

Honiara residence and surrounding citizens are encouraged to buy local food at Central Market. Local products are essentials, fresh and very affordable. Even more paramount and beneficial for families in order to have a balance diet on

their tables.

Residents are advised to eat more root crops and vegetables rather than packed or imported goods such as rice, noodles and so on. Children are often seen eating sweets like lollies, biscuits and should have more opportunity to eat pineap-

ples, cucumber, pawpaw and green coconuts instead.

Further it will boost the local producers to improve and increase their production that can be just enough everyone. At the end we will have a good and disease free population.

Beware of pickpockets!

By Rellysdom A Malakana, Market Security

We have been aware that pickpockets are common around the market area. A man had his wallet containing \$3500 stolen and two others also had money taken from their pockets in recent months.

We are strongly asking you to be aware of your belongings when shopping in the market and keep your basket out of reach of others.

Safety Tip: Always keep your baskets and possessions where you can see them when you are shopping.



Interview: Farmer Mary Seni

By Jessica Whiting , Market Reporter

Q: Mary, where do you come from? A: I come from Visale in western Guadalcanal.

Q: What do you sell at the market? A: Each day I sell a variety of goods including coconuts, kumara, eggplants and bananas which grow on my family's farm.

Q: How long have you been coming to the market to sell your goods? A: About four years now. I come with my mother who has been traveling to the market

every day for 15 years.

Q: What do you enjoy about working at the market? A: I like interacting with customers and other stall holders. There is buzz about the market, especially on a Saturday. It is a very social place to work.



Market Prices

By Karen Seni, Market Reporter

The market price for local kaikai is reasonable and affordable all year round. Although weather and production of crops is not consistent, when production is much more favorable the price will be 3 times lower than its normal price.

More so, the price is cheaper during the early hours of

the day, because that is when producers sell their products. During the late hours of the day it is normal practice for other people to buy products from the producers and sell it at a higher prices.

So if you are thinking of where to buy fresh local products at a very affordable price think of Honiara Central Market.

Stores for rent

One bedroom
Two taps and refrigerator included.
Safe area
\$1000 per month
Location: Central Market

One bedroom
Refrigerator and one ice box included
Safe area
\$800 per month
Location Central Market

Call Jimmy Tawo on
22897

Health Tips With Theresa Dola

Buyers

- Make sure to give the customers the right change
- Wash your hands after using the toilet
- Keep your nails short
- Wash the produce before selling it
- Place the vegetables on clean plastic
- Keep your food in the shade
- Keep the flies away from your food

Sellers

- Always respect the sellers
- Be careful of your wallets and phone while shopping
- No smoking and betel nut chewing in the market
- To help the environment, bring your own old plastic bags from home
- Wash your bought produce before cooking
- Keep your food under the shade or in a cool area at home.



The Kaikai News team

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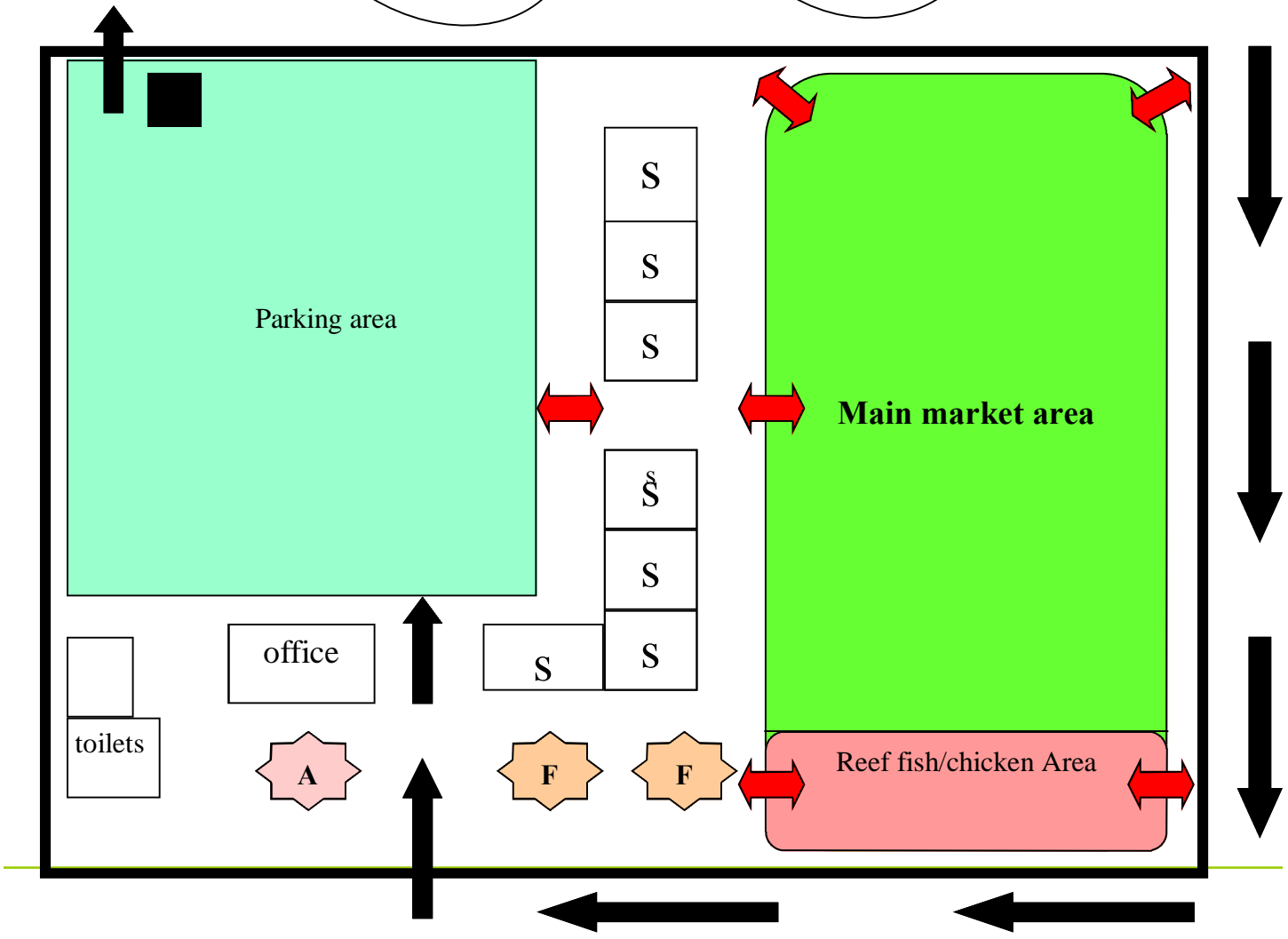
Main Road

Eastwards

Westwards

Naha bus stop

KG bus stop



Sea Front

TIPS ON DIRECTION

- Westwards drop at island trends bus stop.
- Eastwards drop at main market bus stop.
- All Taxis knows the place.

KEYS

- - Security house
- ◄◄ - Exit/Entrance
- Sô Shops
- Fô Fish
- Aô Artifacts
- ➡ - Truck road

wharf



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AI NEWS

“ Product Blo Umi

competition



Visit us online at www.honiaracentralmarket.com.sb

Our Central Market encourages local farmers to produce more local products. We can improve our health by eating more of our local products.

What you need to do: Take a photo of the biggest fruit or vegetable grown in your garden. The biggest item wins three garden tools, thanks to Honiara Central Market management.

Terms & conditions: The product must be from your farm and a picture of yourself at your farm.

Entries due by July 31.



Good Luck

Feedback Questions With Jimmy Tawo and Denver John Newter

- Q: How often do you visit the Honiara Central Market?
A:
- Q: When you visit the Central Market, what is your opinion about the market place?
A:
- Q: Can you suggest some ways in which we could improve the market?
A:
- Q: What is the best thing about Central Market in Honiara?
A:
- Q: What kind of foods do you usually go to buy in the market?
A:
- Q: In your own observation, do you have any health concerns with the market? If yes, explain what your concerns are.
A:

Please write your responses and return to Jimmy or Denver at Honiara Central Market Management. Thank you!

