

D A N D E N O N G
• MARKET •

Fresh & Vibrant Since 1866

Market
guide

(For secondary school students)

dandenongmarket.com.au

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DANDENONG MARKET

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Welcome

Everyone from around the world feels at home here, so you will too. It's like strolling around a souk, meandering through a hawkers market or blending into a bazaar. The aromas are tantalising and the sights unusual, with the constant presence of families, exotic, abundant food and the irresistible allure of mysterious tastes from afar.

At Dandenong Market you can get insider tips from our expert traders, score amazing bargains and source seasonal produce that's fresh all year round. From banana bread to broad beans, spices to saris and roses to rhubarb, we're the ultimate destination for good value and new discoveries.

Founded in 1866, Dandenong Market is one of Melbourne's oldest and most established markets. In 2016, we celebrated our 150th anniversary.

Dandenong Market has over 200 market traders, including:

- 15 fruit and veggie traders
- 4 bakeries and 4 delis
- 3 seafood traders, 4 butchers and 1 chicken shop
- 4 nut shops and 2 honey stalls
- 29 cafes and take away traders (everything from hot jam donuts to Vietnamese spring rolls)
- 119 general merchandise traders (including clothing, jewellery, flowers and books)



Market hours

Tuesday: 7am – 4pm (The Bazaar opens at 8am)
Friday: 7am – 5pm (The Bazaar opens at 8am and closes at 4pm)
Saturday: 7am – 4pm (The Bazaar opens at 8am)
Sunday: 10am – 3pm

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History of Dandenong Market

Prior to the European settlement of Australia, the area of Dandenong was densely forested with red gum and was inhabited by the Woiwurrung tribe and the Bunurong tribe of the Kulin nation. Historical research indicates that following the first European Settlement of the Dandenong District in the late 1840s, the importance of the area as a meeting and trading Centre soon became apparent.

By 1850, the whole area had been taken up for grazing. Dandenong Creek was first bridged in 1840. A road was made from Melbourne, making Dandenong, by the late 1850s, an important staging post for travellers into Gippsland. It became known as the 'Gateway to Gippsland'. When the proposed settlement of Dandenong was first surveyed in the 1850s, two acres of land was set aside as cattle yards. The idea at this stage was to develop Dandenong as a Market town.

In November 1863 ratepayers petitioned for the establishment of a Market and in 1864 the Colonial Government officially granted approval for the development of the Dandenong Market. Soon after, a site in Dandenong for a Public Market was secured on the intersection of Lonsdale and McCrae Streets. In October 1866, the Market was officially open for business.

In 1926 the Market was relocated to its existing site on the corner of Clow and Cleeland Streets, and in 1958 the livestock section of the Market moved to the area on Cheltenham Road, behind the Dandenong railway yards.

Dandenong Market continues to be a vibrant community asset that is loved by both the local and regional community.



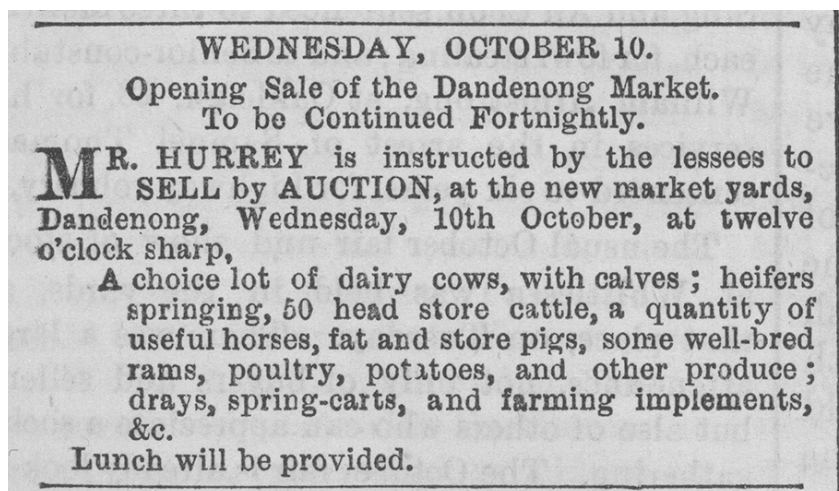
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The Year 1866

Dandenong Market first traded on October in 1866. This was what life was like over 152 years ago...

- Each State existed as a separate colony - Australia was not yet a federation.
- The average life expectancy for men was 47 and 50 for women.
- People travelled by horse-drawn coaches, carriages or buggies.
- Those who couldn't afford a coach walked. Cars and bicycles had not yet been invented.
- Outback homesteads had neither electricity nor running water. Fire was used for heat.
- Houses mainly comprised of two to three rooms with external bathing and kitchen areas.
- Gas lighting had been introduced in some areas but gas street lighting was not yet generally available.
- In the 1860s, many children living in the outback did not receive much education. Schooling did not become compulsory until the 1870s.
- Convict ships were still sailing to Australia in 1866.
- The gold rush was still in full swing with the Colony of Victoria issuing 45,637 miner's licenses in 1866.
- Blacksmiths and Carpenters earned up to £70 a year.
- Shepherds and stockmen could earn up to £35 a year.
- Nurse and housemaids earned up to £20 a year.
- The Age newspaper cost two pence per copy.
- Butter cost 1s 8 pence per pound. Ducks cost 4s each.
- There were 86 breweries in the Colony of Victoria, employing 648 people & 471 horses. In 1866, they produced 8,926,286 gallons of beer.
- Agricultural machinery included "cheese pressers", "hay elevators" and water wheels.
- The 1866 Melbourne Cup was won by The Barb, regarded as the first great Australian racehorse.
- Children born in Australia were called 'Currency Lads' and 'Currency Lasses'.
- Free settlers who were born in Britain were referred to as 'Sterlings'.
- Medical students trained via the apprenticeship system, often starting at the age of 14.
- The world's tallest building was the Church of St. Nicholas in Hamburg, which was 147 metres.



An advertisement in the local newspaper from 1866, announcing the opening of Dandenong Market.

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Art at Dandenong Market

Year of the Wolf by artist Heesco

“Wolves hold a very special place in my heart, and have been featured numerous times in my personal works over the years. To me, they are the most intelligent, strong, and fierce animals, who are also the most protective, nurturing and gentle animals towards their own cubs. But the most significant quality of the wolves is how they get organised as a pack and collaborate towards a common goal.

In Mongolian folklore and mythology that I grew up with as a kid, wolves are presented as heaven-sent creatures, they are the ultimate symbol of strength, intelligence, and unity. “



Rising Phoenix by artist Bonsai

“My approach focussed on creating an artwork to complement the architectural elements, user space and embody the spirit of the Dandenong Market community.

The powerful and elegant Phoenix embodies regeneration and power - a positive and powerful symbol of tenacity and resilience. The phoenix has cultural roots in European and Asian mythology. The artwork will create an energetic and positive identity for the public space.”

M is for Market by artist Anne Ross

The great thing about the sculpture is that everyone sees the work differently. Some visitors to the Market will love the artwork; others will think the piece is pretty weird and maybe a little bit scary - it's OK to have different opinions. I hope little kids will love to look closely at 'M' and touch the apples that rest at M's feet.

Being a three-dimensional work, 'M' can be looked at from lots of different angles and hopefully you'll notice something different about the piece if you do. Over time, I hope 'M' will become part of the Market's identity and a mascot for visitors. I'm excited for 'M' to be a permanent reminder of Dandenong Market's long and rich history.



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The Dandy Pig

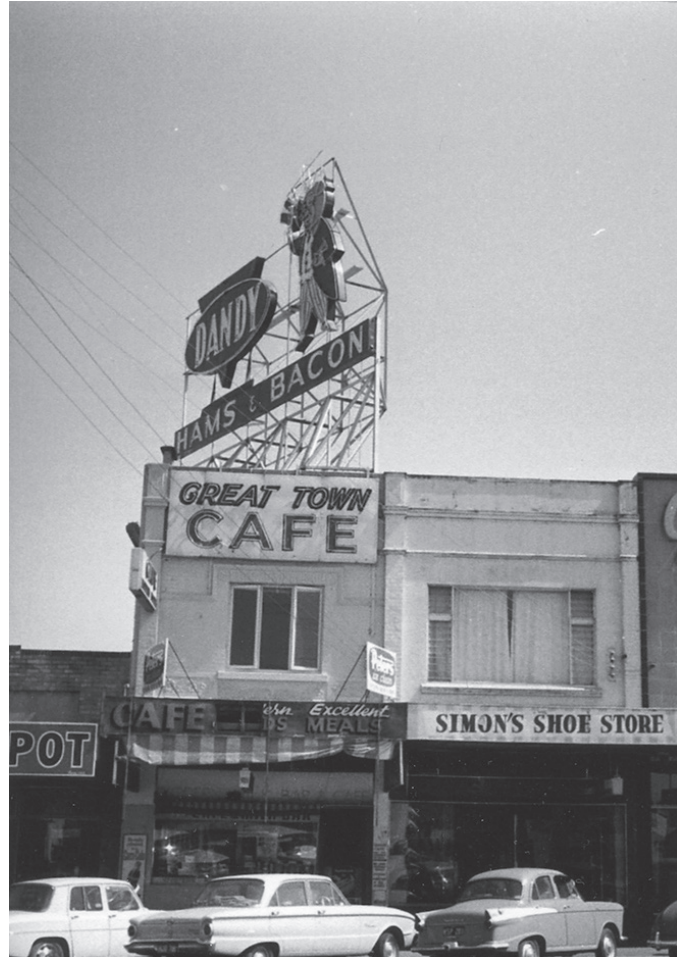
The Dandy Pig is an illuminated sign featuring a finely dressed pig in formal morning dress, doffing his top hat.

The sign was first erected in the 1950s to promote the Gippsland Co-operative Bacon Curing Company and was one of the first animated advertising signs in the region.

The sign quickly became a much-loved and prominent local landmark for residents and people visiting and passing through the gateway suburb of Dandenong - the Dandy Pig signalled people's arrival into the city and is fondly remembered by many people today.

After the Gippsland Co-operative Bacon Curing Company factory was closed in 1983, the sign was removed and placed into storage.

In 1993, the Dandy Pig sign was erected at Dandenong Market, as acknowledgement of the sign's iconic status. You can see The Dandy Pig on the roof of Dandenong Market by standing on the corner of Clow and Cleeland Streets.



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Community

- The City of Greater Dandenong has a population of approximately 52,050.
- According to the 2016 census, Dandenong is the most multicultural municipality in Australia.
- Greater Dandenong's residents come from 157 different birthplaces.
- Aboriginal and/or Torres Strait Islander people make up 0.3% of the Dandenong population.
- The most common ancestries in Greater Dandenong were
 - English 9.6%
 - Chinese 9.5%
 - Vietnamese 9.3%
 - Australian 8.5%
 - Indian 6.9%.
- In Dandenong, The most common countries of birth are:
 - Australia 35.8%
 - Vietnam 8.7%
 - India 8.2%
 - Cambodia 4.5%
 - Sri Lanka 4.2%, and
 - Afghanistan 3.2%.
- 76.4% of Dandenong residents had both parents born in overseas and
- 11.9% of Dandenong residents had both parents born in Australia.
- Languages spoken at home by Dandenong residents include:
 - English 29.8%
 - Vietnamese 11.2%
 - Khmer 5.2%
 - Punjabi 3.9%
 - Mandarin 3.6%
 - Cantonese 3.0%.

Fruit and vegetables

Fruit and vegetables should be an important part of your daily diet. You should eat at least five serves of vegetables and two serves of fruit each day. Choose different colours and varieties:

- A serve of vegetables is about one cup of raw salad vegetables or 1/2 cup of cooked.
- A serve of fruit is about one medium piece, 2 small pieces or 1 cup canned (no added sugar).

Types of fruit



Fruit comes in a wide variety of colours, shapes and flavours:

- Apples and pears
- Citrus (oranges, grapefruits, mandarins and limes)
- Stone fruit (nectarines, apricots, peaches and plums)
- Tropical and exotic (bananas and mangoes)
- Berries (strawberries, raspberries, blueberries, kiwifruit and passionfruit)
- Melons (watermelons, rockmelons and honeydew melons)
- Tomatoes and avocados.

Types of vegetables



Vegetables are available in many varieties and can be classified into biological groups or 'families', including:

- Leafy green (lettuce, spinach and silverbeet)
- Cruciferous (cabbage, cauliflower, Brussels sprouts and broccoli)
- Marrow (pumpkin, cucumber and zucchini)
- Root (potato, sweet potato and yam)
- Edible plant stem (celery and asparagus)
- Allium (onion, garlic and shallot).

Legumes



Legumes come in many forms including:

- Soy products (tofu [bean curd] and soybeans)
- Legume flours (chickpea flour, lentil flour and soy flour)
- Dried beans and peas (haricot beans, red kidney beans, chickpeas and lentils)
- Fresh beans and peas (green peas, green beans, butter beans, broad beans and snow peas).

Buying and cooking fruit and vegetables

To maximise nutrients and appeal, buy and serve different types of fruit and vegetables. Try to buy fruits and vegetables that are in season, and choose for freshness and quality.

Fruit and vegetable serving suggestions

Some simple ways to serve fruits and vegetables include:

- Fruit and vegetable salads
- Vegetable or meat-and-vegetable stir-fries
- Raw fruit and vegetables
- Vegetable soups
- Snack pack, stewed or canned fruits or dried fruits.
- Limit fruit juice- it doesn't contain the same amount of nutrients as fresh fruit. It also contains a lot of sugar.

Preparation and cooking of fruit and vegetables

Suggestions to get the best out of your fruit and vegetables include:

- Eat raw vegetables and fruits if possible.
- Try fruit or vegetables pureed into smoothies.
- Use a sharp knife to cut fresh fruits to avoid bruising.
- Cut off only the inedible parts. Sometimes the best nutrients are in the skin, below the skin or the leaves.
- Use stir-fry, grill, microwave, bake or steam methods with non-stick cookware and mono-unsaturated oils.
- Do not overcook, to reduce nutrient loss.
- Serve with vegetable pesto, salsas, chutneys and vinegars in place of sour cream, butter and creamy sauces.





Quiz: Dandenong Market

1. What year was Dandenong Market's 150th anniversary?

2. How many days is Dandenong Market open?

3. How many fruit and veggie traders does Dandenong Market have?

4. What is the Dandy Pig?

5. Greater Dandenong's residents come from how many birthplaces.

6. Who petitioned for the establishment of a Market in the 1860s?

7. What year was the livestock section of the Market moved to Cheltenham Road?

8. What is the name of the street artist who created 'Year of the Wolf'?

9. In 1866, what were children born in Australia called?

10. How many traders are at Dandenong Market?

Over

ANSWERS: 1) 2016 2) 4 3) 15 4) A neon sign 5) 157 6) Local ratepayers 7) 1958 8) Heesco 9) 'Cur-
rency Lads' and 'Currency Lassies' 10) Over 200.