Newsletter

1 May 2023
Issue 39

Downtown Punta Gorda Farmers Market

Welcome from the Market Manager

Oh MAY gosh, it's May already!
Thank you all for a fabulous season. Now that our snowy friends are flying back home for the summer, including some of our vendors, things are beginning to calm down a bit.
We still have over 50 vendors including some new faces. We rearrange a little bit. We close the breezeway, many of the vendors from the breezeway will be in new locations. Some of the year-round vendors will be shifting around as well, so you may need to give the whole market a new looksee.
Ladies and gentlemen and pets, don't forget to dawn your fanciest Derby Day Hats on May 6th. See page 2 about our contest.
The Market Managers and Chamber of commerce are teaming up to bring you a fun Spring Bash event, see page two.
Don't forget, the market is the best place to buy gifts, and you are supporting small local businesses. Bring your coolers as it's warming up out there.
Stay healthy and we'll see you and your friends at the market!

IF YOU HAVE QUESTIONS ABOUT THE MARKET, PLEASE CONTACT:
JERRY PRESSELLER:
EMAIL: JERRY@PUNTAGORDAFARMERSMARKET.COM
OR CALL: 941.391.4856
ANYTHING PERTAINING TO THE NEWSLETTER EMAIL: JULIEPGMARKET@YAHOO.COM

Eat Fresh, Shop Local! Small Businesses Need Support Now!

MARKET HOURS

RAIN OR SHINE EVERY SATURDAY (UNLESS UNDER SEVERE WEATHER ADVISORY)

OCTOBER—APRIL 8AM-1PM

MAY-SEPTEMBER 8AM-12PM

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SPECIAL POINTS OF INTEREST

- Music line up
- SNAP/EBT current info
- Directions and Parking Guide
- This month's featured market recipes
- Contact / social media information
- Holidays
- Market Sections

Essential Food Vendor
Est. 2021

PSA's

Please check here to see what's going on in the City.
https://puntagordachamber.com/calendar-events/
And
https://everythingpuntagorda.com/

May Music Lineup

6th	Terry & Dave
13th	Steve C
20th	Fancy Nancie's
27th	Shay Butter

Music makes the market festive and fun! Please support the local Musicians, as they play for your enjoyment and tips.

VENDOR CATAGORIES

- Produce
- Meat
- Seafood
- Dairy
- Bakeries
- International Prepared Foods
- Fine Arts
- Commercial Services
- Non-Profits
- Health & Beauty
- Jewelry
- Plants
- Fresh flowers (in season)
- Clothing
- Home Décor
- CBD+
- Distilleries
- SNAP/EBT INFO
- And More!

Throughout the newsletter certain areas of the market will be indicated to help you find a specific vendor. You will find the map on the last page of the Newsletter.
Sections are:

- Herald Court
- Taylor St.
- Parking Lot
- Sullivan St.
- Breezeway (Nov-April)

Locations are subject to change when we have to share market space with other events and natural disasters see map last page....

Announcements and Promotions:

On May 6th, Derby Day, register wearing your fanciest Derby hat at the information booth for a chance to win a $25 Farmers Market Gift Certificate. Three categories, Women, Men and Pets. You'll be photographed and voted on. Winners will be announced in June's Newsletter.

Gourmet Gardener will offer half-price fertilizer. His fertilizer is custom blended after 20 years of trials- they have developed with their horticulture scientists at UFIFAS. They contain no phosphorus, and they are one of the three in the state that sells it. Please check out this informative county website regarding state and county fertilizer regulations. Here is the ordinance-Fertilizer-Ordinance1.pdf (ufl.edu)

Yum Yum's Dessert Shop is offering 7% off for any whole cheesecakes ordered for Mother's Day. Beginning this Saturday, the 6th until Saturday, May 13th. Must Mention the newsletter to receive the discount. She also has e-gift cards and standard gift cards are also available for purchase-starting as low as $10.

Spring Bash May 27th from 5p.m. to 9p.m. on Taylor St. There will be food trucks, beer, wine, and dancing in the street with Tropical Avenue rocking the night away!

May Holidays

1st	First Day of Military Appreciation Month
5th	Cinco de Mayo
6th	Kentucky Derby
14th	Mother's Day
29th	Memorial Day

SNAP/EBT How it works:

- Find the SNAP/EBT booth, swipe your EBT card, get your tokens.
- Exchange SNAP tokens with participating vendors around the market for SNAP-eligible items: fruits and vegetables, bread products, meat, fish, poultry, eggs, dairy products, seeds & plants which produce food to eat.
- Exchange free green FAB tokens for Florida-grown produce, plants, and seeds that produce food.
- SNAP and FAB tokens do not expire.
- Green FAB tokens can be used at any FAB market. SNAP Tokens are unique to the market where you received them and can only be spent at that market.

Double Your $$$

"We have been enjoying the farmer's market since we moved here seven years ago. We love seeing the variety of excellent and friendly vendors." ~Sandy H.

When you buy from
A LOCAL BUSINESS...

- You keep more money in our local economy
- You celebrate the uniqueness of our community
- You support local jobs
- You help the environment
- You encourage community
- You conserve your tax dollars
- You benefit from our expertise
- You invest in entrepreneurship
- You make this community a destination

Shop Local
this Holiday Season

Florida Blue Crab Cake Benedict

https://www.followfreshfromflorida.com/recipes/florida-blue-crab-cake-benedict

INGREDIENTS:
Items to purchase at market are Red
Blue Crab Cake Benedict:
1 pound Florida blue crab meat, drained, shell pieces removed
1 large Florida tomato, sliced
4 eggs, pan-fried
¼ cup red onion, finely chopped
2 tablespoons fresh parsley, chopped
3 tablespoons light mayonnaise
2 tablespoons Dijon mustard
¾ teaspoon seafood seasoning
½ teaspoon Worcestershire sauce
2 egg whites, lightly beaten
1 ½ cups panko, divided
2 tablespoons olive oil
Sea salt and fresh ground black pepper, to taste
Hollandaise Sauce:
3 egg yolks
¼ teaspoon Dijon mustard
½ lemon, juiced
Florida hot sauce, to taste
1 stick unsalted butter, melted
Sea salt, to taste

PREPARATION:
Blue Crab Cake Benedict:
Combine the red onions, parsley, mayonnaise, mustard, seafood seasoning, Worcestershire sauce and egg whites in a medium bowl. Gently fold in the crab meat and ¾ cup panko. Cover and chill for 30 minutes. Shape the crab mixture into 8 patties about ¾-inch thick. In a shallow dish, roll patties in remaining ¾ cup panko, coating evenly. In a nonstick skillet over medium heat, heat oil and cook 4 crab cakes at a time for 7 minutes until golden brown on each side.
Hollandaise Sauce:
In a blender or food processor, add mustard, lemon juice, egg yolks and a few dashes of Florida hot sauce. Blend ingredients and slowly add the melted butter until the ingredients thicken. Taste and adjust seasoning with salt and hot pepper sauce. Serve sauce immediately.
To assemble Florida Blue Crab Cake Benedict, place one or two slices of tomato on each plate. Season the tomato lightly with salt and pepper. Place a pan-fried egg over each tomato slice. Add a crab cake to the top of each pan-fried egg. Evenly distribute the hollandaise sauce over the top of each crab cake and serve immediately.

Seminole Vegetable Fry Bread Fritters

https://www.followfreshfromflorida.com/recipes/seminole-vegetable-fry-bread-fritters

INGREDIENTS:
Items to purchase at market are Red
Vegetable Fritters:
1 cup Florida yellow squash or zucchini, diced small
1 cup fresh Florida sweet corn kernels
1 cup fresh Florida snap beans, trimmed and cut into small pieces
1 Florida egg
1 tablespoon all-purpose Florida made seasoning blend
2 tablespoons fresh herbs (thyme or parsley), finely chopped
1/2 cup whole wheat flour
Vegetable oil for cooking
Yogurt Sauce:
1 cup plain Greek yogurt
1 lemon, juiced
1 tablespoon all-purpose Florida made seasoning blend
1 tablespoon fresh herbs (thyme or parsley), finely chopped
Sea salt and fresh ground black pepper, to taste

PREPARATION:
Vegetable Fritters:
Combine all ingredients until mixed well. Preheat a large sauté pan and add one tablespoon of vegetable oil. Carefully add spoonful's of fritter mix into hot pan and fry 3 to 4 minutes on both sides until golden brown. Serve with yogurt sauce.
Yogurt Sauce:
Combine all ingredients in a small mixing bowl. Taste and adjust seasoning with salt and fresh ground pepper. Serve cold.

Farmers Market Food Safety Tips

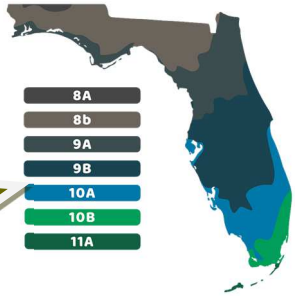
https://www.usda.gov/media/blog/2021/10/29/farmers-market-food-safety-tips
Posted by Chantel Oyi, Nutritionist, USDA Agricultural Marketing Service in Food and Nutrition Health and Safety Oct 29, 2021
Farmers markets not only offer some of the freshest produce and vegetative products you can find, but they also create opportunities to buy locally, and support small farmers, ranchers, and agricultural businesses. As you explore farmers markets in your area, it is important to keep food safety top of mind. Germs that cause foodborne illness can grow rapidly in temperatures between 40 and 140°F. According to the USDA Food Safety and Inspection Service (FSIS), adhering to food safety guidelines may reduce the risk of foodborne illness. FSIS serves as the lead food safety agency within USDA and conducts broad range of food safety activities to ensure everyone's food is safe.
Farmers Market Food Safety Tips (PDF, 1.1 MB)

- Wash produce thoroughly under running water, even if you plan to peel it before eating, cutting or cooking. Bacteria can be present on the outside of foods such a watermelon or mangoes, which can be transferred to the inside when you cut or peel them.
- Dry produce with a clean cloth or paper towel to help eliminate bacteria.
- Refrigerate cut or peeled fruits and vegetables within two hours after you cut, peel or cook them (or 1 hour if the outside temperature is 90°F or warmer).
- Carefully examine your produce for large bruises, cuts, and insect holes as they can potentially store bacteria that hide and spread rapidly to the inner parts of the produce.
- When buying other perishable items, store them as soon as possible; they should not remain in hot weather (90°F or above) for more than one hour and should not be at room temperature for more than 2 hours.

To learn more about the USDA Farmers Market, visit the USDA Farmer's Market webpage.
To learn more about food safety, visit the USDA Food Safety and Inspection Service (FSIS) website.

USDA FLORIDA PLANT HARDINESS ZONE MAP

To determine which outdoor plants are most likely to thrive in your garden, it's important to know your hardiness zone and plant accordingly.



Urgent Message from Weil Honey Farms:
This is swarm season for honey bees. You may notice a ball of honey bees by the eaves of a house, or hanging from a bush or tree. These honey bees cause no threat unless bothered and are the start of a new colony. Call a beekeeper in your area and they will come and pick up the bees.
Remember, every third mouth of food comes as a result of honey bee pollination. Most of the wild honey bees in America have died, due to many causes. So let's protect our domesticated honey bees by **not spraying** your bushes trees or lawns in the early morning.

May Lawn and Garden Tips

- As soon as the rainy season kicks in, it's the perfect time to begin planting trees, shrubs, vines and other gr plants including heat-tolerant annuals such as marigolds, portulaca, salvia, verbena, purslane. The rain should help moisten the ground, but be certain there's ample water to kick-start your new landscape additions.
- Warmer weather means yard insects. While it's tempting to mass treat (and many times over-treat) your yard, you'll do better "scouting" for signs of trouble and then treating your problem zones as needed. Insecticide manufacturers have a well-diversified arsenal of products to help you. Just remember that not all bugs are bad. Generally, bad bugs are found in groups or leave ample damage to problem zones. Insecticide manufacturers have a well-diversified arsenal of products to help you. Just remember that not all bugs are bad.
- Some shrubs are likely to be overgrown after the spring surge. Time to trim these up! Nip back lanky growth and check for dead or declining branches - but never more than 1/3 of the plant's mass.
- Encourage good bugs and yard critters by creating a healthy landscape. Birds, lizards, frogs, bees and butterflies will flock to the right plants. Visit your local garden center for plants ideal for these good yard visitors.
- Hurricane Season is just around the bend. Inspect your trees, palms and other plants that may be in need of pruning.
- Enjoy the show: May brings a wealth of blooms frequently seen throughout the state including Tabebuia, Bougainvillea, Crape Myrtle and Wisteria - just to name a few.
- Start an herb garden. Try Basil, Chives, Dill, Sage, Sweet Marjoram, Mint and Thyme.

Source: https://www.floridagardening.org/

SOCIAL MEDIA

Facebook for Saturday Farmers Market:
https://www.facebook.com/PuntaGordaFarmersMarket/

URL for Saturday Farmers Market:
www.puntagordafarmersmarket.com

Facebook for Punta Gorda Chamber:
https://www.facebook.com/PuntaGordaChamber/

Facebook for Downtown Merchant's Association:
https://www.facebook.com/DMAPG/?ref=settings

URL for Punta Gorda Chamber:
www.puntagordachamber.com

Like us on facebook

MARKET MAP

DIRECTIONS

Down Town Punta Gorda Farmers Market is located in the heart of Punta Gorda.
Map search the Herald Court Center Free Public Parking Garage :
117 Herald Court
Punta Gorda, FL 33950

From The North
Take Interstate 75 to Exit 164 (Duncan Rd/Marion Ave) and head West into Downtown, turn left onto Taylor, then left onto Herald Ct. and a right into the free parking garage; or take U.S. Highway 41 (Tamiami Trail), into Downtown, turn left onto Olympia Ave., observe for parking or continue to 41 N, make a left and another quick left onto Herald Ct. and a left into the free parking garage.

From The East
Head West on Highway 17 (Duncan Rd/Marion Ave), turn left onto Taylor, then left onto Herald Ct. and a right into the free parking garage.

From The South
Take Interstate 75 to Exit 164 and head West into Downtown, turn left onto Taylor, then left onto Herald Ct. and a right into the free parking garage; or take U.S. Highway 41 (Tamiami Trail), into Downtown, turn left onto Herald Ct., observe for parking or continue into the free parking garage on the left.

From The West
You're already here! Corner of Olympia and Taylor. Every Saturday!