



## Downtown Punta Gorda Farmers Market

### *Welcome from the Market Manager*

Howdy Neighbors and friends,  
During the last week of July, the market managers attended a conference in Jacksonville regarding our FAB program. For those of you who don't know about Fresh Access Bucks, it is who we receive the grant money from, through the Farm Bill, to double SNAP/EBT bucks. You can find more information about this matching program on page 2.

We also gained a lot of knowledge that we will be sharing with our market farmers to help support them in various areas of farming.

Thank you, shoppers, for your continued support. We still have over sixty vendors including some fresh faces.

Don't forget, the market is the best place to buy gifts and you support small local businesses.

Bring your empty coolers to fill up as it's hot out. Keep an eye on your furry friends as the asphalt gets really hot this time of year.

We have lots of great entertainment lined up for y'all.

IF YOU HAVE QUESTIONS ABOUT THE MARKET, PLEASE CONTACT:  
JERRY PRESSELLER:

EMAIL: [JERRY@PUNTAGORDAFARMERSMARKET.COM](mailto:JERRY@PUNTAGORDAFARMERSMARKET.COM)

OR CALL: 941.391.4856

ANYTHING PERTAINING TO THE NEWSLETTER EMAIL: [JULIEPGMARKET@YAHOO.COM](mailto: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/>



## Hot Asphalt Awareness

Pavement, metal, or tar-coated asphalt get extremely hot in the summer sun. Burned pads may not be readily apparent to the eye.

Air Temp	Asphalt Temp
76°	125°
86°	135°
87°	143°

At 125° skin destruction can happen in 60 seconds.

Data Source: JAMA



## August Music Lineup

5 <sup>th</sup>	Larry
12 <sup>th</sup>	Joe G.
19 <sup>th</sup>	Larry
26 <sup>th</sup>	Shay Butter

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



## VENDOR CATEGORIES

- ◆ 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
- ◆ Pet Supplies
- ◆ SNAP/EBT INFO
- ◆ And More!

## August Observations

4 <sup>th</sup>	Coast Guard Birthday
7 <sup>th</sup>	Purple Heart Day
19 <sup>th</sup>	National Aviation Day
20 <sup>th</sup>	National Senior Citizens Day
26 <sup>th</sup>	Women's Equality 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.

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....*



## Double Your \$\$\$



*"This is a must do every time we come from Arizona to visit our parents. We love getting our gifts, for our friends back home, from the market." ~Jody N.*





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

## Seared Florida Tuna Steaks with Mediterranean Relish and Herb Oil

<https://www.followfreshfromflorida.com/recipes/seared-florida-tuna-steaks-with-mediterranean-relish-and-herb-oil>

### INGREDIENTS:

Items to purchase at market are **Red**  
(4) 6 ounce Florida Tuna steaks  
1 cup Florida grape tomatoes  
1 cup Kalamata olives, pitted and sliced  
3 cloves garlic, minced  
2 tablespoons capers, drained (Optional)

2 tablespoons fresh herbs (basil and parsley), hand torn  
1 tablespoon fresh lemon juice  
2 tablespoons olive oil  
½ cup feta cheese, crumbled or diced  
Sea salt and fresh ground pepper, to taste  
Florida Herb Oil, for garnish if desired

### PREPARATION:

Combine and mix together the olives, garlic, tomatoes, capers, herbs, lemon juice, olive oil, and feta cheese. Taste for seasoning, adjust with salt and pepper in needed, and set aside. Preheat a large saute pan and add one tablespoon of olive oil. Season both sides of the tuna with salt and pepper and place into pan. Sear on both sides for 1-2 minutes (for rare to medium-rare). To serve, place tuna steak on plate and top with the relish. Garnish with herb oil.



## Florida Mango Chutney

<https://www.followfreshfromflorida.com/recipes/florida-mango-chutney>



### INGREDIENTS:

Items to purchase at market are **Red**  
2 Florida mangoes, diced small  
2 tablespoons Florida Key lime juice  
1 tablespoon Florida Orange Blossom honey  
1/3 cup onion, diced fine  
3 tablespoons white vinegar  
¼ cup sweet chili sauce

¼ teaspoon red pepper flakes (or more, to taste)  
½ teaspoon fresh ginger, grated  
½ teaspoon curry powder  
1 ½ tablespoons olive oil  
Sea salt and fresh ground pepper, to taste

### PREPARATION:

Preheat a saucepot over medium heat. Add oil and sauté onions until soft and translucent, about 5 minutes. Add remaining ingredients, bring to boil then reduce to simmer and cook for 6-8 minutes, stirring often. Remove from heat and allow to cool, store in refrigerator. Served chilled or room temperature.

## Fiery Florida Mango Cocktail

<https://www.followfreshfromflorida.com/recipes/fiery-florida-mango-cocktail>

### INGREDIENTS:

Items to purchase at market are **Red**  
2 ounces Florida vodka  
1 Florida chili pepper, sliced  
2 ounces mango nectar  
1 lime, juiced (reserve a slice for garnish)  
1 teaspoon chili-lime seasoning  
Chocolate dipped Dried mango for garnish (or spicy if desired)

### PREPARATION:

Roll the lime on your cutting board a few times and cut it in half. Cut a wedge from half of the lime and use it to rim a tall glass. Lightly dip the rim of the glass into the chili-lime seasoning. Pour the vodka, mango nectar, lime juice, a few slices of chili pepper and several ice cubes into a cocktail shaker. Place the top on the shaker and shake vigorously until the outside of the shaker has frosted. Fill a tall glass with ice, and evenly strain the vodka drink into the glass. Garnish with fresh lime, dried mango slices and a slice of Florida chili pepper if desired.





# Hurricane Preparedness Checklist



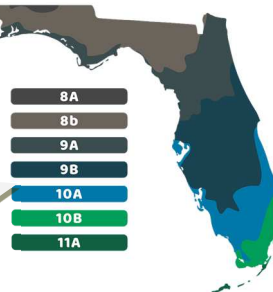
- ☐ Evacuation Plan
- ☐ Medications and Medical Supplies
  - Two Week Supply
- ☐ Cash
- ☐ Flashlight – Batteries
- ☐ Phone and Portable Chargers
- ☐ Important Documents:
  - ☐ Birth Certificates
  - ☐ Insurance Cards
  - ☐ Social Security Cards
  - ☐ Bank/Credit Card Numbers
  - ☐ Wills
  - ☐ House Inventory Photos
  - ☐ Titles (cars, boats, etc.)
  - ☐ Vet/Microchip Records for Pets
- ☐ Battery-powered Weather Radio
- ☐ Phone List:
  - ☐ Doctors
  - ☐ Insurance
  - ☐ Electric, Gas, and Water Companies
  - ☐ Family/Friends/Neighbors
  - ☐ Landlord or Property Manager
  - ☐ Bank or Credit Union



- ☐ Keep Your Vehicle filled with Gas
- ☐ Emergency Kit:
  - ☐ Nonperishable Food and Water (1 gallon per person per day) for 7 days
  - ☐ Non-electric Can Opener
  - ☐ Cooler
  - ☐ First Aid Kit
  - ☐ Pet Supplies – Pet Food and Water, Leash and Collar, Bowls, Medications, Carrier/Cage
  - ☐ Sleeping Bags and Pillows
  - ☐ Tool Box/Rope
  - ☐ Plastic Sheeting and duct tape
  - ☐ Work Gloves
  - ☐ Fire Extinguisher
  - ☐ Cleaning Supplies
  - ☐ Clothing
  - ☐ Whistle
  - ☐ Special Needs Items for Infants/ Small Children or Elderly/Disabled
- ☐ COVID-19 Supplies
  - ☐ Face Masks
  - ☐ Disinfectant Wipes
  - ☐ Hand Sanitizer

## 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.



## August Lawn and Garden Tips

- You may notice an increase in ants this month. Spot treat as needed in lieu of mass treating your entire property.
- Florida's heat is at its peak! While we can head inside to escape, your plants can not! Look for signs of heat stress and combat as needed with hand watering. Plants with recent nutritional issues and young plants are most susceptible. Be sure to monitor your irrigation system's zones and timings to make the most of the water you're applying.
- With the stifling heat, now is the most recognizable time to appreciate the cooling qualities of your or your neighbor's shade trees. If your yard is vacant of large trees, take note which areas would best accommodate a tree. Consider shade canopy on the house or play areas as well as where the A/C unit is placed in your analysis.
- If you're growing blueberries, be certain to trim back your bushes after harvesting.
- If weeds are taking over, take charge by hand picking, spot treating with herbicide and replenish the mulch to 2" to 3" to help prevent their establishment.

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

## Links for Hurricane Prep

<https://www.noaa.gov/hurricane-prep>

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/hurricane.html>

<https://www.charlottecountyfl.gov/departments/public-safety/emergency-management/>



#### SOCIAL MEDIA

Facebook for Saturday Farmers Market:

<https://www.facebook.com/PuntaGordaFarmersMarket/>

URL for Saturday Farmers Market:

[www.puntagordafarmersmarket.com](http://www.puntagordafarmersmarket.com)

Facebook for Punta Gorda Chamber:

<https://www.facebook.com/PuntaGordaChamber/>

Facebook for Downtown Merchant's Association:

<https://www.facebook.com/DMPAG/?ref=settings>

URL for Punta Gorda Chamber:  
[www.puntagordachamber.com](http://www.puntagordachamber.com)



**I SHOP LOCAL**  
*I invest in my community*  
**I LOVE MY LOCAL ARTISANS**  
**I EAT FRESH**  
*I CAN ASK AN EXPERT*  
*I enjoy getting to know my neighbors*  
**I CHOOSE QUALITY OVER QUANTITY**  
**I VISIT THE FARM MARKET**  
*I find value in the cost*  
*I WORRY ABOUT OUR FUTURE GENERATIONS*  
**I LOVE HANDMADE**  
*I'M SAVING THE ENVIRONMENT*  
*I support independent artists & crafters*  
*I BUY FROM A FAMILY OVER A CORPORATION*  
**IM PROUD TO KEEP OUR LOCAL ECONOMY GOING STRONG**



## 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!