



Downtown Punta Gorda Farmers Market

Welcome from the Market Manager

Hi Market Friends!

Last Saturday was the most beautiful weather we have had this year! Let's hope it's the new trend.

There will be six Saturdays this year when the market will be rearranged due to voting. We will not be able to use Taylor St or half of Herald Court closest to the Old Courthouse due to a 150' distance rule. Those vendors will be relocated. Never hesitate to ask at the information booth if you are looking for a specific vendor. Dates:

- Presidential Preference Primary Election: March 4-17, 2024 (Saturdays 9th & 16th)
- Primary: August 5-18, 2024 (Saturdays 10th & 17th)
- General: October 21-November 3, 2024 (Saturdays Oct 26th & Nov 2nd)

March 9th is a Sullivan St. Craft show. Our Sullivan St. Vendors will be relocated.

Don't miss out on our large selection of different ethnic foods!

As usual, we have lots of great entertainment lined up for y'all. Tell your friends!
See you there!!!

IF YOU HAVE QUESTIONS ABOUT THE MARKET, PLEASE CONTACT:
JULIE

EMAIL: JULIEPGMARKET@YAHOO.COM

OR CALL: 941.623.5212

ANYTHING PERTAINING TO THE NEWSLETTER EMAIL: JULIEPGMARKET@YAHOO.COM



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



Essential Food Vendor
Est. 2021



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

PSA's

Please check here to see what's going on in the City.

<https://puntagordachamber.com/calendar-events/>

And

<https://everythingpuntagorda.com/>



March Music Lineup

Park Stage	Breezeway
2 nd	
Joe .	Violins
9 th	
Terry & Dave	Joe G
16 th	
Marko	Dave
Coconut	Braswell
23 rd	
Terry & Dave	Panda
	Pete
30 th	
Shay	
Butter	Carry

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



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....



March Observations

- 10th Daylight Saving Time starts
- 17th St. Patrick's Day
- 20th March Equinox
- 29th National Vietnam War Veterans Day
- 31st Easter Sunday

We'd like to hear from you!

SHOPPING WITH SNAP/EBT FRESH ACCESS BUCKS?

Complete our survey and receive a \$15 VISA Gift Card.

The first 200 participants receive a \$15 VISA gift card.



Instructions:

1. Open your phone's camera
2. Hold your phone over the QR code above until a frame appears
3. Tap the pop up notification to open the survey
4. If the QR Code doesn't work visit: bit.ly/FABSURVEY2024



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 \$\$\$

SHOP WITH SNAP/EBT OR P-EBT

GET FREE

FRESH FRUITS & VEGETABLES

AT PARTICIPATING OUTLETS

FIND AN OUTLET NEAR YOU WITH THE QR CODE OR WWW.FRESHACCESSBUCKS.COM

BUY \$1

WITH SNAP OR P-EBT

GET \$1

IN FRESH ACCESS BUCKS

Up to \$40 per day

Up to \$10 per visit

Homeless Shelters, Farm Stands, CSAs & Mobile Markets

Community Grocery Stores

"We always seem to find something new at this market. It's the largest we've ever been to! Long time customers, keep up the great work! ~ Amanda and Sam P."



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

Taco Stuffed Florida Avocado

<https://www.followfreshfromflorida.com/recipes/taco-stuffed-florida-avocado>

INGREDIENTS:

Items to purchase at market are **Red**
4 ripe Florida avocados
1 pound Florida ground beef
1 large Florida tomato, diced (about 1 cup)
1 teaspoon cooking oil
2 tablespoons fresh cilantro, chopped

2 tablespoons taco seasoning, plus more to taste
1 cup salsa
2 limes, quartered
1/2 medium onion, diced small (about 1 cup)
1 cup sour cream
1 cup jack cheese, shredded



PREPARATION:

Preheat a medium skillet over medium-high heat. Add the cooking oil to the preheated pan, then add onions and cook for 3 to 5 minutes or until caramelized. Carefully add the ground beef and continue to cook, using a spatula or wooden spoon to break up the ground beef as it cooks completely. Add the taco seasoning and diced tomato, stir and carefully drain any excess fat. Taste and adjust seasoning as needed. Remove the taco meat from the heat to cool slightly. Use a kitchen knife to carefully cut each avocado in half, removing the large seed in the middle and continue this process for all 4 avocados. Use half of a lime to squeeze juice over each of the cut avocados. Lightly season each cut avocado with more taco seasoning. Evenly add the same amount of taco meat to each avocado half. Garnish each stuffed avocado with shredded cheese, salsa, fresh cilantro, lime quarters and sour cream.

Florida Strawberry Brie

<https://www.followfreshfromflorida.com/recipes/florida-strawberry-brie>



INGREDIENTS:

Items to purchase at market are **Red**
1 cup Florida strawberries, chopped
1/2 cup Florida pecans, chopped
3 tablespoons strawberry jam or preserves

2 teaspoons balsamic vinegar
1 (6-inch) wheel brie cheese
1 1/2 tablespoons fresh lime zest
1/2 cup fresh mint leaves, chopped

PREPARATION:

Preheat oven to 275 degrees. In a small sauce pot, cook jam and vinegar over medium heat until bubbly. Stir in lime zest. Place Brie on an oven-safe serving platter or dish. Place chopped strawberries and pecans on top of Brie wheel. Cover with jam mixture. Bake Brie wheel until it is warm and soft, about 15 minutes. Garnish with chopped mint leaves. Serve immediately with crackers or crusty bread.

Florida Sunny Mary Mix

<https://www.followfreshfromflorida.com/recipes/florida-fruit-sangria>

INGREDIENTS:

Items to purchase at market are **Red**
4 cups Florida tomatoes, roughly chopped
1 cup Florida cucumber, roughly chopped
1 large Florida bell pepper, roughly chopped
1 cup Florida celery, roughly chopped
1 cup Florida vodka (optional)
1/2 sweet onion,

roughly chopped
1 lemon, juiced
1 teaspoon garlic, roughly chopped
1 tablespoon hot sauce (your favorite)
1 teaspoon Worcestershire sauce
1 tablespoon all-purpose seasoning (divided)
2 tablespoons apple cider vinegar
2 tablespoons oil for cooking
1-2 cups ginger ale



PREPARATION:

Preheat a pan over medium-high heat and add oil. Sauté celery, onion and bell pepper until soft and season with 1/2 tablespoon all-purpose seasoning. Remove from heat and allow to cool. Blend the cooked vegetable mixture and remaining ingredients on high until completely smooth. Taste and adjust seasonings as needed. Strain the liquid for a smoother product.



Florida Organic Growers' new statewide initiative, the Florida Local Food Project, is connecting key local food actors to increase access and availability to locally grown food. We are thrilled to announce that our virtual network is launching this January!

This network will serve as a dynamic hub, addressing specific needs and fostering meaningful business to business connections between farmers, restaurants, local food entrepreneurs, and other pivotal players in the Florida food scene! You will be able to access a growing member directory, event invitations, trainings, key resources, and more.

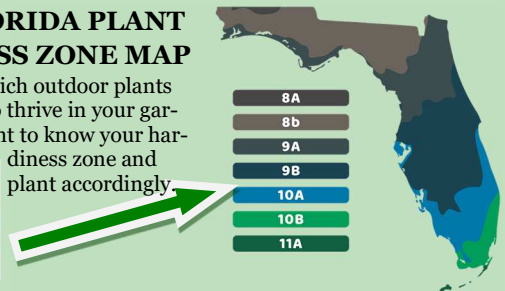
Join us on this journey to promote local, sustainable food in the Sunshine State! Learn more about becoming a member at: <https://foginfo.org/our-programs/local-food-promotion-project/>. If you are interested in early network onboarding in December, please contact Lana@foginfo.org to receive further information.

Tips for Lawn and Garden March

- Check sprinkler systems for efficient use of water.
- Plant summer bulbs, tubers, etc. to ensure great summer color. They're excellent choices for small areas where your grass won't grow. Best choices include lilies (blood, crinum, day, rain, spider), caladiums, cannas, elephant ears, amaryllis and society garlic.
- Your yard will grow rapidly this month! Take advantage of the natural growth and fertilize well. Be certain ample iron is part of your mix to keep the area looking green and lush.
- Start replacing cool weather annuals with spring and summer varieties and now's a great time for tomatoes, cantaloupes, watermelon, corn and even pumpkins!
- Finish up remaining citrus on your trees and remove any uneaten fruits as they continue to draw nutrients that are needed for next year's fruits.
- It's tropical season, but cold spells can happen. Be prepared.
- Begin transplanting warm season vegetable seedlings outdoors when the soil has warmed and night temperatures stay above 50 degrees F.
- As the weather starts to change, it's tempting to start pruning! It's fine for evergreen shrubs and summer bloomers, but spring blooming plants already are preparing their blooms many times where you can't see them. For these items, wait for now!
- Get perennials in the ground to establish them.

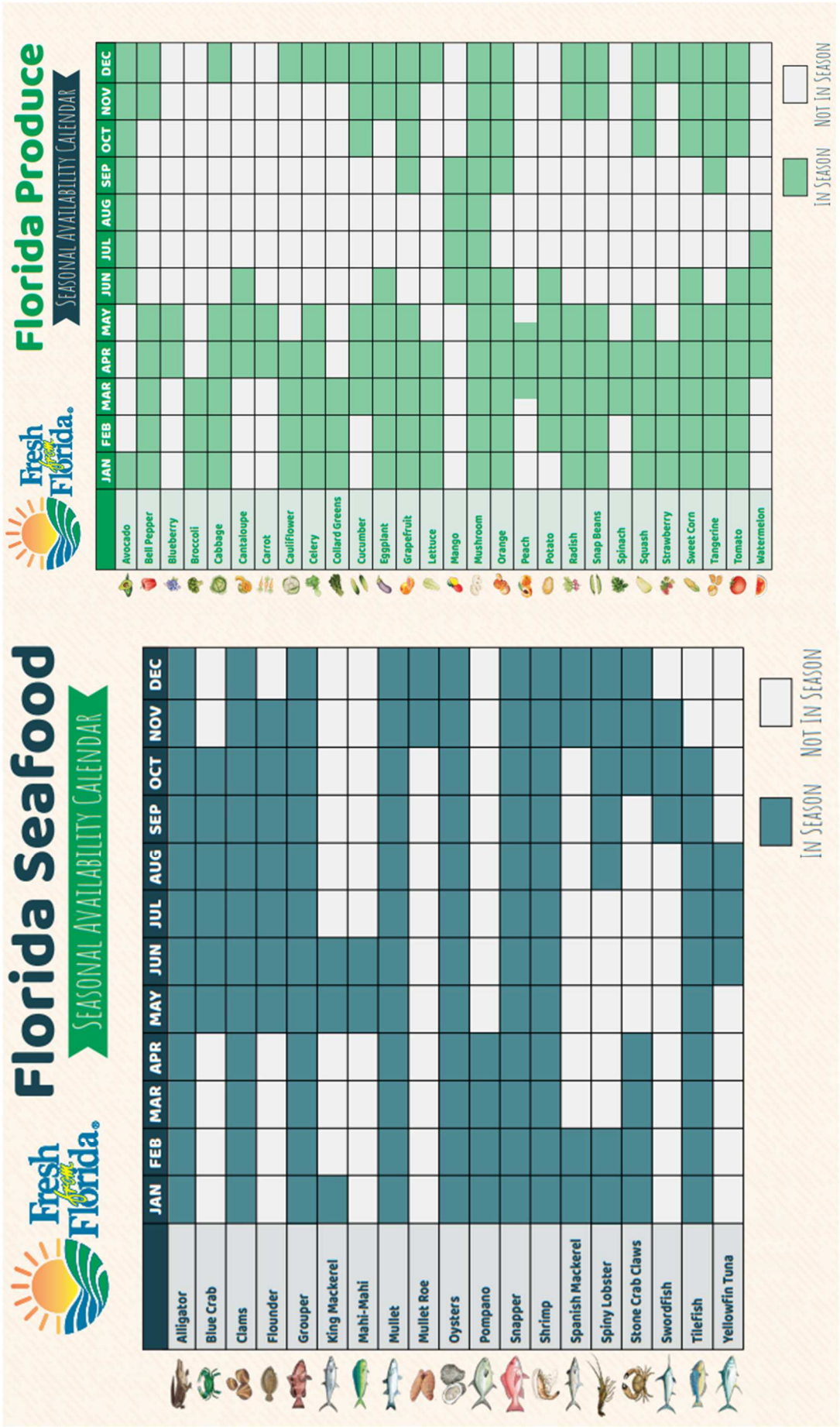
USDA FLORIDA PLANT HARDINESS ZONE MAP

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



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

Foods and their Freshest Seasons Charts



NATURAL ALTERNATIVES TO SYNTHETIC PESTICIDES



Certain flowers, vegetables, & herbs are capable of warding off destructive garden pests. Planting the vegetation listed below provides pest control without the use of synthetic pesticides made from harsh chemicals.

For more information on how to grow organic plants, please contact

FAMU Extension at 850-599-3546

PEST PLANT REPELLANT

ANT	Mint, Tansy, Pennyroyal
APHID	Mint, Garlic, Chives, Coriander, Anise
BEAN LEAF BEETLE	Potato, Onion, Turnip
CUCUMBER BEETLE	Radish, Tansy
LEAF HOPPER	Geranium, Petunia
SLUG	Prostrate Rosemary, Wormwood
SPIDER MITE	Onion, Garlic, Cloves, Chives
STINK BUG	Radish, Marigolds, Tansy, Nasturtium
WHITEFLY	Marigolds, Nasturtium



Courtesy of USDA Natural Resources Conservation Service. (2018). Lawn and Garden Care. Retrieved March 11, 2018 from https://www.nrcs.usda.gov/wps/portal/nrcs/detail/national/home/?cid=nrcs143_023497

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:

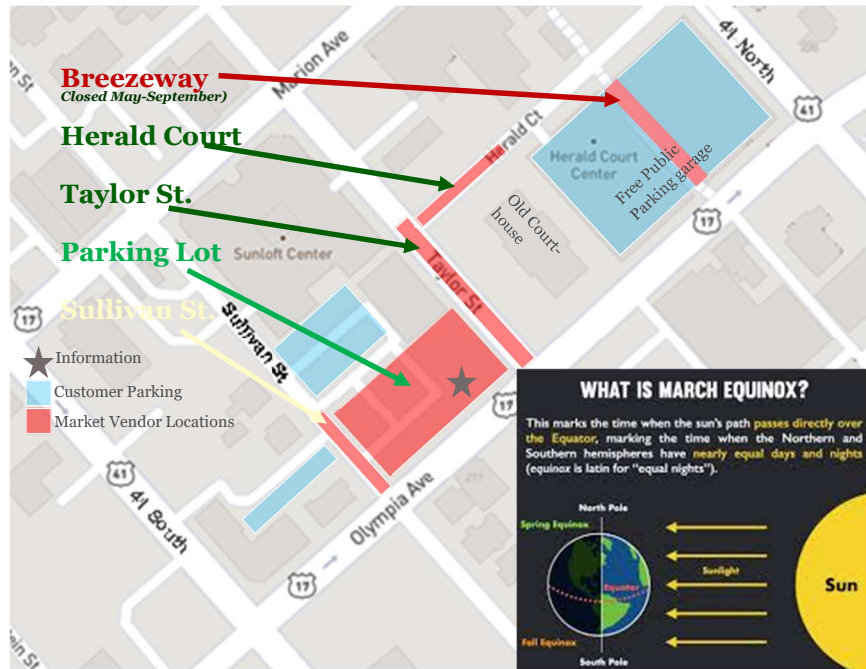
<https://www.facebook.com/DMAPG/?ref=settings>

URL for Punta Gorda Chamber:

www.puntagordachamber.com



DOWNTOWN PUNTA GORDA FARMERS 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!