



Downtown Punta Gorda Farmers Market

Welcome from the Market Manager

Hi Market Friends!

We hope you all had a wonderfully blessed Easter and thank you for another great season. As some of our seasonal vendors start their transition North this month and next, don't forget to stock up from them and be on the lookout for some exciting new vendors joining us.

Don't miss out on our large selection of different ethnic foods! Be sure to bring your coolers for your take home goods as the temps are warming up. With that in mind, keep an eye on the asphalt temps for the fur babies!

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!

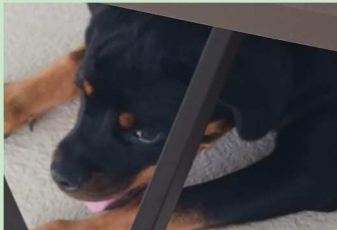
PSA's

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

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

And

<https://everythingpuntagorda.com/>



Rest in Peace, sweet baby angel, Gaia 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

April Music Lineup

Park Stage	Breezeway
	6 th
Stevie Bee	Larry
	13 th
Marko	Terry
Coconut	
	20 th
Head Above Water	Larry
	27 th
American Jones Band	Terry

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!

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....



April Holidays

1st	Fool's Day
15 th	Tax Day
15 th	Boston Marathon
25 th	Take our Daughters and Sons to Work Day
26 th	Arbor Day

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 \$\$\$

"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

Jerk Marinated Florida King Mackerel

<https://www.followfreshfromflorida.com/recipes/jerk-marinated-florida-king-mackerel>

INGREDIENTS:

Items to purchase at market are **Red**
4 (6-ounce) Florida King Mackerel fillets
3 tablespoons jerk marinade (your favorite)
1 lime, juiced

PREPARATION:

Rub the jerk marinade onto the fillets and let marinate for 30 minutes in the refrigerator. Preheat the oven to 375 degrees. Place the fillets on a greased sheet pan and bake for about 15 minutes or until cooked thoroughly. Sprinkle with fresh lime juice and serve warm with rice and coleslaw.



Florida Key Lime Slaw

<https://www.followfreshfromflorida.com/recipes/florida-key-lime-slaw>



INGREDIENTS:

Items to purchase at market are **Red**
1/2 head Florida red cabbage, shredded
1/2 head Florida green cabbage, shredded
1 cup Florida carrot, shredded
1/4 cup Florida Key lime or lime juice
1 tablespoon Florida hot sauce, plus more to taste

1 tablespoon Florida all-purpose seasoning (such as Everglades)
1/2 red onion, peeled and sliced fine
1/4 cup cilantro, chopped
1/2 cup scallions, sliced
1/2 cup mayonnaise
1 tablespoon Dijon mustard
Sea salt and fresh ground pepper, to taste

PREPARATION:

Combine all ingredients in a medium sized mixing bowl. Stir ingredients until completely incorporated. Taste slaw and adjust seasoning as needed with salt and pepper. Keep slaw covered and cold. Stir slaw well before serving.

Florida Strawberry and Grapefruit Cocktail

<https://www.followfreshfromflorida.com/recipes/florida-strawberry-and-grapefruit-cocktail>

INGREDIENTS:

Items to purchase at market are **Red**
4 cups fresh Florida strawberries
2 cups Florida grapefruit juice
1/3 cup Florida Key lime juice
1/4 cup Florida orange blossom honey
Florida vodka (to taste)
4 quarts sweet tea (your favorite)

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 Cantaloupe Smoothie Bowl

<https://www.followfreshfromflorida.com/recipes/florida-cantaloupe-smoothie-bowl>



INGREDIENTS:

Items to purchase at market are **Red**
1 cup Florida cantaloupe, diced and frozen
1/2 banana, peeled, sliced

and frozen

1/4 cup milk, almond milk, or soy milk
Various toppings (such as nuts, toasted coconut, berries, hemp seeds, chia seeds)

PREPARATION:

Place frozen fruit in a high-speed blender and turn on. Slowly add liquid until the mixture starts to blend (you might not need all the liquid). Turn off and scrape down sides, continue blending until the mixture is thick and smooth. Pour into

small bowl and top with favorite toppings. Serve immediately.

Fresh tip: The cantaloupe halves can be saved and used as bowls to serve in.



Florida Local Food Project

Strengthening the Florida food economy...



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.

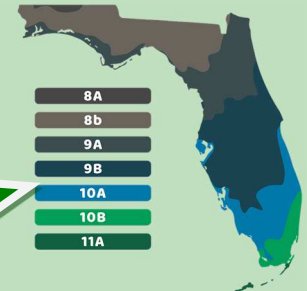
Join us on this journey to promote local, sustainable food in the Sunshine State! Learn more about becoming a member at: <https://foginfo.org/our-programs/local-food-promotion-project/>. If you are interested in early network onboarding in December, please contact Lana@foginfo.org to receive further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

Tips for Lawn and Garden April

- Cut back flowering shrubs as the blooms fade.
- Transplant items now before the weather turns hot replacing cool season plants with warm season plants.
- Fertilizer the lawn after new growth has started. Choose a fertilizer (not a "weed and feed") with little or no phosphorus unless a soil test indicates the need for it. A fertilizer with controlled-release nitrogen yields longer-lasting results.
- Monitor landscape plants weekly for insects as well as aphids on tender new growth.
- Give your bulbs a feeding once they have finished blooming and allow the foliage to remain until it begins to turn yellow.
- Fertilize fruit trees, nut trees and shrubs and mulch around trees and shrubs.
- Make sure you water if the rains are not regular.
- Keep an eye out for insect infestations, particularly grasshoppers and treat accordingly.
- Now is a good time to start sunflowers from seed. Sunflowers are a great way to teach schoolchildren about gardening and the earth as the plants are easy to grow and grow well, providing a great reward for the kids!
- Plant the last of your corn, melons and other spring crops and move to more tropical vegetables in the Southern areas of the state. Crops that need only 50 days can still be planted.

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

Fresh from Florida. Florida Seafood

SEASONAL AVAILABILITY CALENDAR



	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Alligator												
Blue Crab												
Clams												
Flounder												
Grouper												
King Mackerel												
Mahi-Mahi												
Mullet												
Mullet Roe												
Oysters												
Pompano												
Snapper												
Shrimp												
Spanish Mackerel												
Spiny Lobster												
Stone Crab Claws												
Swordfish												
Tilfish												
Yellowfin Tuna												



IN SEASON NOT IN SEASON

Fresh from Florida. Florida Produce

SEASONAL AVAILABILITY CALENDAR



	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Avocado												
Bell Pepper												
Blueberry												
Broccoli												
Cabbage												
Cantaloupe												
Carrot												
Cauliflower												
Celery												
Collard Greens												
Cucumber												
Eggplant												
Grapefruit												
Lettuce												
Mango												
Mushroom												
Orange												
Peach												
Potato												
Radish												
Snap Beans												
Spinach												
Squash												
Strawberry												
Sweet Corn												
Tangerine												
Tomato												
Watermelon												



IN SEASON NOT IN SEASON

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



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:

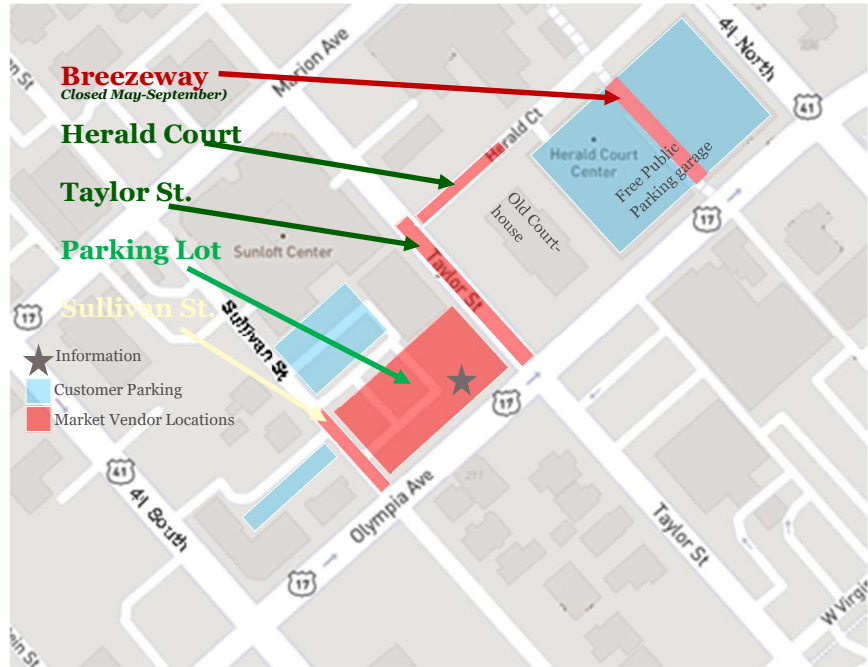
<https://www.facebook.com/DMAPG/?ref=settings>

URL for Punta Gorda Chamber:
www.puntagordachamber.com

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



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!