



Downtown Punta Gorda Farmers Market

Welcome from the Market Manager

Hi Market Friends!

We are so excited to be partnering with the Harry Chapin Food Bank. Harry Chapin Food Bank is the largest hunger-relief nonprofit and the only Feeding America member in Southwest Florida, serving Charlotte, Collier, Glades, Hendry and Lee counties.

They rescue and distribute donated food and other grocery products through their food distribution programs, feeding more than a quarter of a million people who are hungry each month!

Downtown Punta Gorda Farmers market will be an official donation site, every Saturday beginning August 10th for non-perishable foods. Our site will give the food to the St. Vincent DePaul food pantry at the corner of Taylor St. and Airport Road. We are proud to be a part of this organization's efforts and for adding more service to our community.

In other news, early elections are happening on the 10th and 17th of this month. Vendors typically located on Herald Ct., Taylor St. and Sullivan St. will be relocated to Sullivan St. between Olympia Ave. and Virginia Ave.

As usual, we have a ton of amazing vendors and great entertainment lined up for y'all. Bring your friends, and stay hydrated!

See you there!!!

IF YOU HAVE QUESTIONS ABOUT THE MARKET, PLEASE CONTACT:

EMAIL: JULIEPGMARKET@YAHOO.COM

OR CALL/TEXT: 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
- Market Sections



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/>



I prefer the a/c this time of year.

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



Harry Chapin Food Bank
OF SOUTHWEST FLORIDA

AUGUST MUSIC LINEUP

| | |
|------------------|----------------|
| 3 rd | MATT KRAUSE |
| 10 th | LARRY |
| 17 th | NANCY |
| 24 th | JOE |
| 31 st | AMERICAN JONES |

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
- ◆ Cheese
- ◆ Bakeries
- ◆ International Prepared Foods
- ◆ Fine Arts
- ◆ Commercial Services
- ◆ Non-Profits
- ◆ Health & Beauty
- ◆ Jewelry
- ◆ Plants
- ◆ Fresh flowers
- ◆ Clothing
- ◆ Home Décor
- ◆ CBD+
- ◆ Distilleries
- ◆ Pet Supplies
- ◆ Ethnic foods
- ◆ Souvenirs
- ◆ Lazer engraving
- ◆ Jewelry engraving
- ◆ Non-Gmo meats
- ◆ Farm Fresh Eggs
- ◆ Outdoor decor
- ◆ Embroidery
- ◆ 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....



August Holidays

- 7th [Purple Heart Day](#)
- 18th [National Senior Citizens Day](#)
- 19th [National Aviation Day](#)
- 26th [Women's Equality 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 \$\$\$

"Best Farmer's market I have been to in Southwest Florida. Your variety and ability to stay open all summer are amazing!" ~ Faye G.



Roasted Florida Snapper Street Tacos with Avocado Crema

<https://www.followfreshfromflorida.com/recipes/roasted-florida-snapper-street-tacos-with-avocado-crema>

INGREDIENTS:

Items to purchase at market are Red
 1 pound Florida snapper fillet, skin on and bones removed
 1/2 cup Florida avocado, diced
 2 teaspoons taco seasoning blend, divided
 1 lime, juiced (plus more wedged for garnish)
 1 cup sour cream
 Florida-made hot sauce, to

taste
 1 fresh Florida chili pepper, thinly sliced (if desired for heat)
 2 tablespoons fresh cilantro (plus more for garnish)
 1 head Florida romaine lettuce, shredded
 Olive oil for cooking
 8 soft corn or flour street taco tortillas, toasted
 1 cup fresh salsa
 Sea salt and fresh ground pepper, to taste



PREPARATION:

Preheat the oven to 375 degrees. With a sharp knife, make some cross hatches in the skin of the snapper without cutting through the meat of the fish fillet; this will keep the snapper fillet from curling up during the cooking process. Season both sides of the snapper fillet with 1 teaspoon of the taco seasoning blend. Lightly cover a sheet pan with olive oil. Place the fillet skin side down on the oiled sheet pan. Add a few chili pepper slices to the top of the snapper fillet for extra heat if desired. Place the snapper in the preheated oven and cook for 5 to 8 minutes until thoroughly cooked in the thickest part. Remove from the oven and let cool. When the snapper fillet is cooled slightly, use 2 forks to flake the snapper into chunks.

While the snapper is cooking, add sour cream, avocado, the remaining 1 teaspoon taco seasoning, cilantro, a few more slices of chili pepper if desired and half the lime juice to a blender or food processor and blend until smooth. Taste the avocado crema sauce and adjust the seasoning with salt and pepper. Remove the avocado crema from the food processor and store it in the refrigerator until ready to use.

Add the shredded romaine lettuce, remaining lime juice and a pinch of the taco seasoning blend to a small mixing bowl and stir lightly to coat. To assemble the tacos, place an even amount of the shredded lettuce on top of each toasted tortilla and top with the snapper. Add fresh salsa and avocado crema. Finally, garnish with lime wedges, Florida hot sauce and extra fresh cilantro if desired.

Florida Hurricane

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



INGREDIENTS:

Items to purchase at market are Red
 2 ounces light Florida rum
 2 ounces dark Florida rum
 1 ounce Florida orange juice

2 ounces Florida passion fruit juice
 1 lime, juiced
 1/2 ounce simple syrup
 1 teaspoon grenadine
 Fresh slice of orange and Florida strawberry for garnish

PREPARATION:

In a cocktail shaker, add both rums, orange juice, passion fruit juice, lime juice, grenadine and simple syrup. Fill shaker halfway with ice. Place the top on the shaker and vigorously shake for at least 30 seconds. Fill a hurricane glass or tall collins glass with fresh ice. Use an ice strainer to pour mixture evenly into the iced glass. Garnish with a round slice of orange and a Florida strawberry. Drink responsibly.

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



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

Links for Hurricane Prep

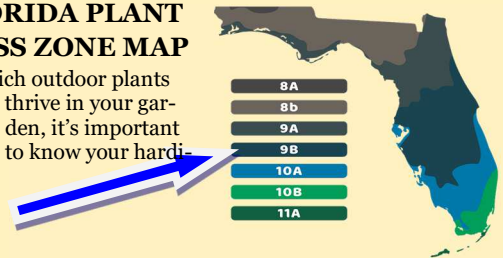
- <https://www.noaa.gov/hurricane-prep>
- <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/hurricane.html>
- <https://www.charlottecountyfl.gov/departments/public-safety/emergency-management/>

Tips for Lawn and Garden August

- 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.

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 hardi-



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

FAMU COOPERATIVE EXTENSION

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

KNOW THE HEAT-RELATED SYMPTOMS!



| HEAT EXHAUSTION | HEAT STROKE |
|--|--|
| <ul style="list-style-type: none"> ● Cold, Pale or Clammy Skin ● Heavy Sweating ● Fast, Weak Pulse ● Muscle Cramps ● Tiredness ● Fainting ● Nausea ● Headache ● Dizziness | <ul style="list-style-type: none"> ● High Body Temperature ● Hot, Dry or Damp Skin ● Fast, Strong Pulse ● Confusion ● Losing Consciousness ● Nausea ● Headache ● Dizziness |





Cool Down
Loosen Clothes
Sip Water

WHAT TO DO

Call 911
Cool Down
Don't Drink Anything

DOWNTOWN PUNTA GORDA FARMERS MARKET MAP



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 Support independent artists & crafters
I BUY FROM A FAMILY OVER A CORPORATION
IM PROUD TO KEEP OUR LOCAL ECONOMY GOING STRONG



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!