



Downtown Punta Gorda Farmers Market

Welcome from the Market Manager

Here's to a marvelous March!

So far this has been one heck of an amazing season, we couldn't do it without y'all! Your support is greatly appreciated.

Sullivan Street Art Fest is on the 11th. Our vendors typically located there will be across Olympia in the Mint Thai Cuisine Parking lot.

The breezeway is open in the parking garage near the public restrooms until the end of April. We're still adding new vendors weekly. There you will find a nice variety of new products. We have a stage in this area, with live musicians. Vendors include Handmade Quilts, Lava Italian Ice, Hats and tins sculptures, non profits, and our newest Raw, gluten free fresh beverages and other raw healthy snacks. We try to add more every week!

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

Stay healthy and we'll see you 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/>



March Music Schedule
Park Stage Breezeway

	4 th	
Tony Steel		Dan
Drums		
	11 th	
Terry and		Joe G.
Dave		
	18 th	
Peter		Jonny
Taylor		Puma
	25 th	
Tony Steel		Terry
Drums		



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!

Announcements:

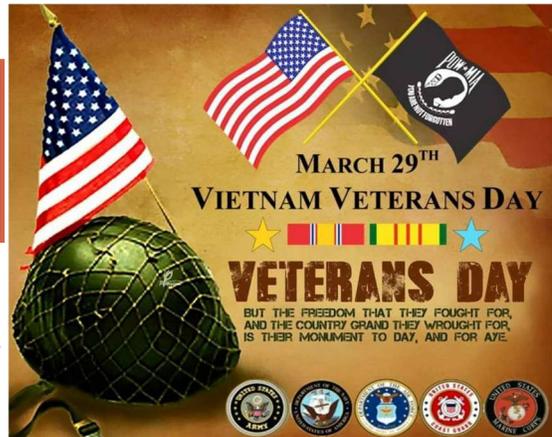
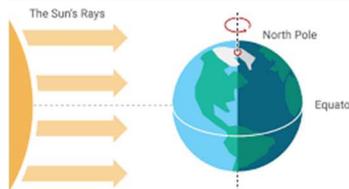
***Fresh Catch Fish Co. has a service online called Community Pickup Pre-Order. Place your order no later than 2pm on Friday afternoons to pick up your order at the market on Saturday.**
<https://freshcatchfishco.com/pages/contact>

On this note, many vendors will accept pre-orders for special occasions.

***Poncho, from Hernandez Produce, has his Strawberry Stand up and running, for Strawberry Season. He is located at the Olympia end of Taylor St. Y'all gotta check out the breezeway!**

March Holidays

11th	Sullivan St. Art Fest
17th	St. Patrick's Day
20th	March Equinox
29th	National Vietnam War Veterans Day (Obs)



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....

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 market, hands down, that I have been to in SW Florida, I think I have hit them all from Sarasota to Naples. I am a market Junkie! Tremendous variety and excellent quality products.” ~Linda K.



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

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 Snap Beans with Caramelized Onions and Mushrooms

<https://www.followfreshfromflorida.com/recipes/florida-snap-beans-with-caramelized-onions-and-mushrooms>

INGREDIENTS:

Items to purchase at market are **Red**
1 pound Florida snap beans, stems trimmed
16 large Florida button mushrooms, rinsed and sliced
2 large onions, peeled and sliced

2 teaspoons olive oil
2 tablespoons Worcestershire sauce
4 cloves garlic, chopped fine
1 tablespoon unsalted butter
Sea salt and fresh ground pepper, to taste

PREPARATION:

Preheat a large sauté pan over medium-high heat. Add 1 tablespoon olive oil to the preheated sauté pan. Add sliced onions to pan and cook them for 3 to 5 minutes until almost caramelized. Add the green beans and garlic to the pan and continue to cook ingredients for another 3 to 4 minutes until the green beans are almost to desired tenderness. Add mushrooms, Worcestershire sauce and butter. Cook another 2 minutes. Taste and adjust seasoning with salt and fresh ground pepper to taste. Remove from heat and serve warm.



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)

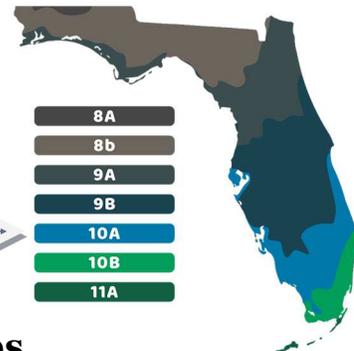
- Wash produce thoroughly under running water, even if you plan to peel it before eating, cutting or cooking. Bacteria can be present on the outside of foods such a watermelon or mangoes, which can be transferred to the inside when you cut or peel them.
- Dry produce with a clean cloth or paper towel 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.



March Lawn and Garden Tips

- 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.

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

MARKET MAP



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'M SAVING THE ENVIRONMENT
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!