



## Downtown Punta Gorda Farmers Market

### Welcome from the Market Manager

Here's to a Awesome April!

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

April 6th through the 13th is Passover, some of our vendors will be observing this time and not attend the market.

We have a lot of specials vendors are running. Some are just this Saturday and others are all month. Be sure to check them out on page 2.

This is the last month the market will be open until one pm. May is when we close at noon through the warm summer, as the heat can be really tough on some of our products.

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



### MARKET HOURS

RAIN OR SHINE EVERY SATURDAY (UNLESS UNDER SEVERE WEATHER ADVISORY)

OCTOBER—APRIL 8AM-1PM

MAY-SEPTEMBER 8AM-12PM

### INSIDE THIS ISSUE

SNAP/EBT .....	2
Promos .....	2
Recipes .....	3
Market Safety/ Garden Tips ....	4
Map to Market .....	5

### 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/>



## 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
	1 <sup>st</sup>
David	Panda Pete
	8 <sup>th</sup>
Terry	Jonny Puma
	15 <sup>th</sup>
Panda Pete	Tony Steel Drums
	22 <sup>nd</sup>
Karen	Terry
	29 <sup>th</sup>
Fancy Nancy's	David

**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
- ◆ SNAP/EBT INFO
- ◆ And More!



## Announcements and Promotions:

**Make sure to Check out Ian Wolinsky, The Gourmet Gardener, this month, as he's offering a free Compost Tea with \$20 and up purchases.**

**Weil Honey Farms: Sale for this April 1st only. For the first twenty customers who spend \$10.00 or more they will receive a free signed book --- Bee Lessons to celebrate Spring. Also, local wildflower honey for allergies is only \$12 a pound. We are also running a sale of saw palmetto, gallberry, and lemon honey at \$12 a pound.**

**Sharri's Soft Pretzels: No April Fool's here!!! No joke!!**

**Offer: Buy any 3 Soft Pretzels from Shari's Soft Pretzels and receive 1 Original Soft Pretzel FREE! Terms: Limit 2 offers per customer. Offer valid Saturday, April 1, 2023, only. While supplies last. Must mention the newsletter and ask for the offer at the Soft Pretzel booth on Taylor Street.**

**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.**

**Y'all gotta check out the breezeway!**

## April Holidays

3 <sup>rd</sup>	Pascua Florida Day
9 <sup>th</sup>	Easter Sunday
18 <sup>th</sup>	Tax Day
25 <sup>th</sup>	Confederate Memorial Day
28 <sup>th</sup>	Arbor Day (Obs.)

## 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 love to winter in Punta Gorda. It's so full of life. We love to start the weekend with a trip to the market. We love the variety of vendors and the live music." ~Jim R.*





*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

## Florida Stone Crab Claws with Key Lime Mustard Dipping Sauce

<https://www.followfreshfromflorida.com/recipes/florida-stone-crab-claws-with-key-lime-mustard-dipping-sauce>

### INGREDIENTS:

Items to purchase at market are **Red**  
**3 pounds Florida stone crab claws, medium-sized**

1 cup low-fat mayonnaise  
5 tablespoons Dijon mustard  
**4 Key limes (or two regular limes), juiced**  
Sea salt and fresh ground pepper, to taste

### PREPARATION:

Crack claws using a wooden hammer or a seafood cracker; remove shell and movable pincer leaving meat attached to the remaining pincer. Set aside and keep refrigerated until use. In a small bowl combine the mayo, mustard and lime juice. Taste the mustard sauce and adjust seasoning with salt and pepper. Serve stone crab claws with the mustard sauce.

See video at link above for claw cracking tips.



## Florida Blackberry and Blue Cheese Salad

<https://www.followfreshfromflorida.com/recipes/salad-with-florida-blackberry-vinaigrette>

### INGREDIENTS:

Items to purchase at market are **Red**  
**4 cups Florida leafy lettuce or arugula, hand torn**  
**2 cups fresh Florida blackberries**  
**1/4 cup Florida radish, rinsed**

and sliced thin  
**1 tablespoon Florida honey**  
**8 ounces blue cheese, cut into wedges or crumbled**  
**2 tablespoon quality vinegar (Champagne or apple cider)**  
**1 tablespoon fresh herbs, chopped fine (parsley, rose-**

**mary, thyme)**  
**1 teaspoon fresh garlic, minced**  
**1/4 cup vegetable oil**  
**1 tablespoon stone ground or Dijon mustard**  
Sea salt and fresh ground pepper to taste

### PREPARATION:

Add 1 cup of blackberries, vinegar, honey, herbs, mustard and garlic to a food processor or blender. Blend the ingredients on low speed or pulse and slowly add the vegetable oil until emulsified. Taste and adjust the seasoning with salt and pepper. Transfer to a food storage container with a lid and keep cold until use. To assemble the salad, add leafy greens to a large serving bowl. Garnish the top of the salad with the remaining 1 cup of blackberries, blue cheese and sliced radish. Lightly dress the salad with the vinaigrette leaving most of the vinaigrette to serve on the side.



## Florida Curly Endive & Yellowfin Tuna Niçoise Salad

<https://www.followfreshfromflorida.com/recipes/florida-curly-endive-yellowfin-tuna-nicoise-salad>

### INGREDIENTS:

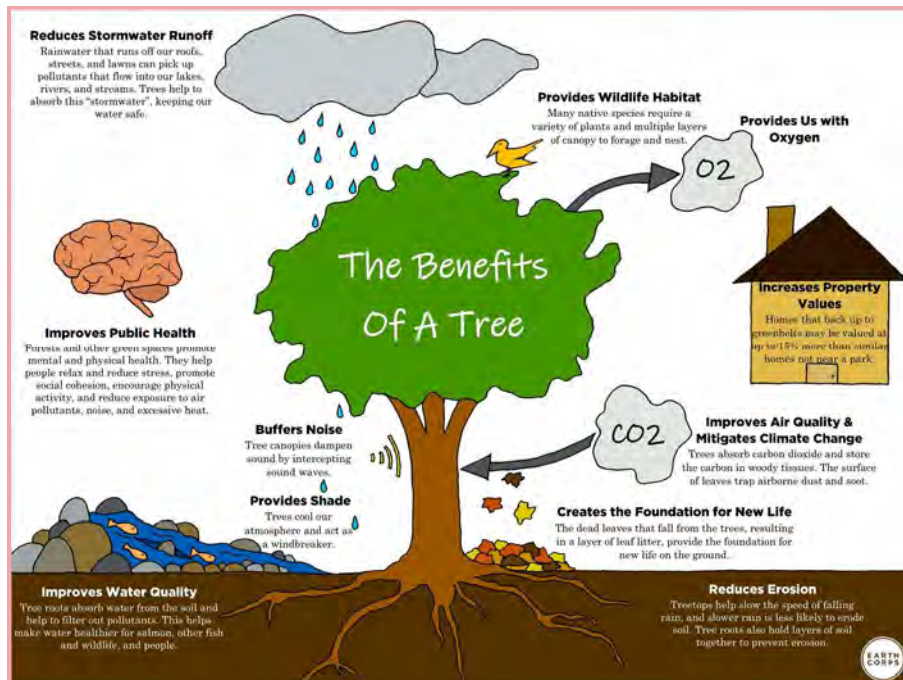
Items to purchase at market are **Red**  
**8 ounces Florida Yellowfin Tuna steak, seasoned and seared rare (sliced evenly)**  
**1 large head Florida curly endive, rinsed and cut in half lengthwise**  
**6 ounces Florida snap beans, ends trimmed and cooked**

**1/2 cup Florida cherry tomatoes**  
**1/3 cup Florida radishes, rinsed and quartered**  
**2 large Florida eggs, hard-boiled and sliced**  
**1 1/2 cup small Florida potatoes, boiled and cut into bite size pieces**  
**1/2 cup Kalamata or Niçoise**

olives, pitted  
1 teaspoon olive oil  
**For Vinaigrette**  
**1/2 lemon, juiced**  
**1 teaspoon Dijon mustard**  
**2 cloves garlic, peeled and chopped very fine**  
Sea salt and fresh ground black pepper to taste  
3 tablespoons olive oil

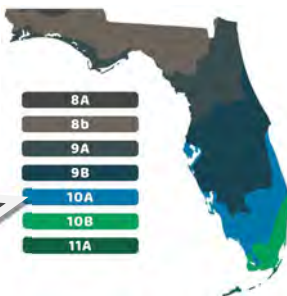
**PREPARATION:** Preheat a large sauté pan over medium-high heat. Shake off any excess water from rinsing the curly endive to make sure the curly endive is as dry as possible. Add 1 teaspoon of olive oil to the preheated pan. Carefully place the curly endive cut side down in the preheated sauté pan. Cook the curly endive for 2 to 3 minutes, just long enough to get some caramelization and color. Remove the wilted curly endive from the pan and let rest on a plate with a paper towel to drain. Season the wilted curly endive with sea salt and fresh ground pepper to taste. To prepare the vinaigrette, use a small bowl and whisk. Add the lemon juice, Dijon and garlic. While whisking ingredients, slowly add the 3 tablespoons of olive oil. Whisk ingredients until everything is emulsified. Taste vinaigrette and adjust seasoning with sea salt and fresh ground pepper. To assemble the salad, arrange the curly endive, sliced tuna, snap beans, cherry tomatoes, radish, olives, sliced eggs and potatoes on a platter in a fun manner. Drizzle the Dijon vinaigrette over the entire salad. Season the entire salad with sea salt and fresh ground pepper.





## 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.



## Urgent Message from Weil Honey Farms:

This is swarm season for honey bees. You may notice a ball of honey bees by the eaves of a house, or hanging from a bush or tree. These honey bees cause no threat unless bothered and are the start of a new colony. Call a beekeeper in your area and they will come and pick up the bees.

Remember, every third mouth of food comes as a result of honey bee pollination. Most of the wild honey bees in America have died, due to many causes. So let's protect our domesticated honey bees by **not spraying** your bushes trees or lawns in the early morning.

## April Lawn and Garden Tips

- 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.



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](http://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](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!