

IF YOU HAVE QUESTIONS ABOUT THE MARKET, PLEASE CONTACT:
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Downtown Punta Gorda Farmers Market

Welcome from the Market Manager

Hello everyone,

June is here, we can all feel it! Stay hydrated, y'all! Also, please be careful with Fido and Fifi, the pavement gets really hot this time of year. See the helpful guide on page 2 in the PSA's section.

The market is much more manageable to find parking and move around less crowded areas.

We decided to close the Breezeway for the summer and have moved around several vendors, so if you can't find who you are looking for, please ask. We will reopen it in October when our Snobird vendors return.

Don't forget, eating healthy, getting fresh air, socializing, and shopping locally is not just a good idea, it's a way of life. We provide that every Saturday and it's also a nice event to bring your family, guests, and neighbors to.

Downtown Punta Gorda Farmers Market is open every Saturday year-round, excluding Christmas, severe weather warning or an unforeseen event occurs on a Saturday. We will announce it on our Facebook page: @PuntaGordaFarmersMarket

If you have not already done so, please be sure to like our Facebook page so you can stay up to date. Also, please be sure to share this newsletter with your friends.

Check the local calendars for all the other fun festivities in Punta Gorda and surrounding areas so you can come spend the day downtown each Saturday you're in town. Remember to *keep a cooler in the car.

We wish you a Happy and Healthy June!



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 recipe
- 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



WELCOME NEW, RETURNING & TEMP VENDORS

Summer is here, officially on the 21st, but the heat and rains are already here. Although the Farmers Market is open every Saturday unless we are under a severe weather advisory or other unforeseen reasons. We will post closures in advance on our Facebook Page.

Some vendors will not attend the market with rain in the forecast because they are unable to prevent their products getting wet and destroyed.

When we know in advance a vendor will not attend, we try to rearrange so the market still feels full. It's always best to look or ask around if you are unable to find a specific vendor. Who knows, you may discover a new vendor.



MARKET SECTION NAMES

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 (Closed May-September)

Locations are subject to change when we have to share market space with other events.

Vote!
Stop by the Information Booth and tell us which logo you like best!

← A or B →

"You guys are doing a wonderful job with this Market. It is my favorite thing to do on Saturdays. My wife and I love to come for the great variety of products, listen to music, eat and people and dog watch. It's a fantastic start to our weekend. Thank you for all you do!" Sam B.

JUNE ENTERTAINMENT LINEUP

Park Stage

| | |
|------------------|-------------|
| 4 th | Joe Guezo |
| 11 th | Terry |
| 18 th | Johnny Puma |
| 25 th | Dave Vigna |



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
- ◆ Art and Crafts
- ◆ Commercial Services
- ◆ Non-Profits
- ◆ Health & Beauty
- ◆ Jewelry
- ◆ Plants
- ◆ Fresh flowers (in season)
- ◆ Clothing
- ◆ Home Décor
- ◆ And More!

Find the SNAP/EBT booth, swipe your EBT card, get your tokens. You will receive two different colored tokens. Doubling your swipe. For example, take \$20.00 off your card, you will get \$20.00 for one color and automatically an additional \$20.00 of another color token. \$40.00 to spend. 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 be taken home to eat. Exchange grant provided 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. The grant mentioned was put in place to help our farmers. Many public-school students are getting P-EBT cards that qualify. If you have not received yours contact the school or DCF.

You SNAP. We Match. \$40 = \$80

As of Jan 1, 2022 we will match up to \$40.00. (Swipe for \$40 and have \$80 to spend.)



Shop with SNAP/EBT or P-EBT
Receive an unlimited match in
Fresh Access Bucks to spend on Florida
Produce through **December 31st 2022**

Visit FreshAccessBucks.com for a Map of Participating Outlets.



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 Grouper Sandwich with New Potato Salad

<https://www.followfreshfromflorida.com/recipes/florida-grouper-sandwich-with-new-potato-salad>

FLORIDA GROUPE SANDWICH INGREDIENTS:

Items to purchase at market are **Red**
8 (3-ounce) Florida grouper fillets, sliced thin
2 Florida tomatoes, sliced
1 teaspoon Cajun seasoning
8 small rolls
1 small head romaine lettuce, shredded

FLORIDA GROUPE SANDWICH PREPARATION:

Preheat a large sauté pan over medium-high heat. Lightly season the grouper fillets with Cajun seasoning, salt, and pepper. Put the cooking oil in the preheated pan and carefully add the

seasoned fish fillets to the pan. Cook fillets for about 2 minutes on each side depending on thickness until golden brown and cooked throughout. Place fillets on cut, open rolls. In a small bowl, combine mayonnaise, lemon juice, paprika and cayenne. Taste and adjust seasoning with salt and pepper. Assemble sliders using lemon mayo, lettuce, tomato, and red onion. Use a bamboo skewer if needed to keep sliders standing. Serve with potato salad.



FLORIDA NEW POTATO SALAD INGREDIENTS:

Items to purchase at market are **Red**
6 cups Florida new potatoes, quartered, cooked, and cooled
2 tablespoons rice vinegar
1 tablespoon olive oil

FLORIDA NEW POTATO SALAD PREPARATION:

Combine all ingredients into a medium-sized mixing bowl. Stir ingredients to completely combine. Taste potato salad and adjust seasoning with salt and pepper. Serve cold.

NUTRITION

| | | | |
|------------------|------|---------------|-------|
| Servings | 8 | Sodium | 349mg |
| Cals Per Serving | 348 | Carbohydrates | 38g |
| Fat | 10g | Fiber | 5g |
| Cholesterol | 41mg | Protein | 22g |

Florida Fruit Sangria

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



INGREDIENTS:

Items to purchase at market are **Red**
1 bottle of Florida wine
1-2 cups Florida orange juice
1-2 cups of Florida berries (such as strawberries and/or blueberries)

1-2 cups of cubed Florida fruit (such as watermelon, passion fruit, papaya and/or mango)
1-2 cups of sliced Florida fruit (such as star fruit and/or muscadine grapes)
1-2 cups ginger ale

PREPARATION:

Pour the Florida wine and orange juice into a large pitcher. Add all of the Florida fruit except the berries. Place in the refrigerator to chill. Before serving add the Florida berries and ginger ale. Serve in a tall glass over ice.

SHOP LOCAL

Shari's Soft Pretzels

Taylor St.



Shari and Craig Robinson of Shari's Soft Pretzels offer 4 different varieties of soft pretzels that are made fresh from scratch for the Farmers Market and served warm. The flavors are: Original - classic soft pretzel flavored with butter and salt
Cinnamon & Sugar - warm soft pretzel coated with cinnamon sugar
Pepperoni - Soft pretzel flavored with butter, salt, oregano, Parmesan cheese, and pepperoni
Jalapeno - warm soft pretzel with a mild kick of jalapeno peppers, just enough to make the tasty, but not too spicy

Shari began her business 15 months ago right here at the market. "We only sell our pretzels at the Punta Gorda Saturday Farmers Market. However, I can also cater special events, parties, weddings (We tied the Knot!) with pretzels, pretzel nuggets, or specialty shaped pretzels," explained Shari. When asked to describe the most interesting things about her products and company Shari replied, "All of our pretzels are made fresh each day from scratch. The dough is cold proofed for 24 hours before baking, which gives the finished pretzels the perfect texture and bite. The Jalapeno pretzel was introduced after a customer at the market requested it. It was a big hit right away, and my homemade beer cheese dip is the perfect pairing for this flavor. Jalapeno and cheese- what's not to love?" Then I asked how it is inspired, to which Shari replied, "I love to cook and bake and share the results with family and friends. During the Covid lock down, I experimented with a lot of different recipes and taught myself to make different types of bread. That led to trying to make pretzels. The first few batches were just ok, so I kept tweaking the ingredients, the process, and the way I baked them. The 18th version (yes, really!) was the winning combination and from there, Shari's Soft Pretzels was born.



I make the pretzels in my home kitchen right here in Punta Gorda. The house smells SO good when they are baking!"

Shari has partially SNAP/EBT eligible products. Since her pretzels are served warm, they are considered a hot foods item. As such, they can only accept SNAP/EBT for bulk orders of 6 or more pretzels that will be taken home to enjoy.

Shari's Soft Pretzels are a year-round vendor at the market, except for 6 weeks in August to mid-September. You can always find and follow them on Facebook: @SharisSoftPretzels
Finally, when asked the favorite question, why do you like this market, Shari replied, "My husband and I have been regular visitors to the Farmers Market since we moved to Punta Gorda from Pennsylvania 6 years ago. When I had the opportunity to become a vendor at the market in 2021, I couldn't wait to get started. We have a great time every week and have met so many nice people. The vendors all support each other and couldn't be nicer. We are so fortunate to have such a vibrant farmers market in our hometown and I feel so blessed to be a part of it each week!"

Holidays & Events June

- 6th D-Day
- 11th Belmont Stakes
- 14th Nat'l Flag Day
- 14th US Army Birthday
- 19th Father's Day
- Juneteenth Day
- 20th American Bald Eagle Day
- 21st Summer Solstice



Fresh Catch Fish Co.

Parking Lot

Steve Dale owner of Fresh Catch Fish Company offering seafood, prime meats, hand-crafted sausages & prepared foods for 8 Years and with this market since May of 2015. You'll find Brandon Miller & Tim Potts at their booth.

They have the largest selection of seafood in the area and carry premium steaks. Some of the seafood is locally sourced, some comes from Alaska, New Zealand and other locations.

They are SNAP/EBT eligible and are year-round at this market. Ever growing they are excited to be expanding into the Tampa/St Petersburg area and South Georgia.

Find them anytime online: www.freshcatchfishco.com or call Steve Dale (941) 276-5115 or Sean Azbill (833) 559-7676 or sazbill@freshcatchfishco.com
They are on Facebook & Instagram @freshcatchfishco



HAPPY BIRTHDAY

U.S. ARMY

AMERICA'S FIRST NATIONAL INSTITUTION

Since its official establishment, June 14, 1775 — more than a year before the Declaration of Independence — the U.S. Army has played a vital role in the growth and development of the American nation. Drawing on both long-standing militia traditions and recently introduced professional standards, it won the new republic's independence in an arduous eight-year struggle against Great Britain. At times, the Army provided the lone symbol of nationhood around which patriots rallied.

@usaflagco

Dad

Love comes in many
Shapes and sizes
In many forms
And many guises

But love that is
Certain and never a fad,
Is the love that I
Get forever from Dad

You teach me to love and
To fight for what's right
You tuck me in warmly
And kiss me goodnight.

American Flag

The American Flag is a symbol of our country. The flag has changed many times. The colors on the flag are red, white and blue. The red stands for bravery. The white stands for purity. The blue stands for justice and perseverance. The fifty stars stand for the fifty states.

#JUNETEENTH

what IS juneteenth?

JUNETEENTH IS THE OLDEST NATIONALLY CELEBRATED COMMEMORATION OF THE ENDING OF SLAVERY IN THE UNITED STATES

It was on June 19, 1865 that soldiers landed in Galveston, Texas with the news that the Civil war had ended and that the enslaved were now free.

This was two and half years after President Abraham Lincoln's Emancipation Proclamation

@BOBBY



The D-Day

"D-Day" is a day when a certain military operation starts. The most famous of the D-Days is 6th June 1944, when Allies invaded Normandy.

PHASE 1: Airborne drop
Midnight - 2 A.M.
Over 13,000 paratroopers were dropped behind enemy lines and managed to establish many outposts.

PHASE 2: Art of deceit
1 A.M. - 4 A.M.
To distract the enemy, the Allies feigned that another invasion was taking place in the most exposed region - Pas de Calais.

PHASE 3: Aerial attack
3 A.M.
300 bombers dropped 12,000 bombs on German defenses in the landing sector.

PHASE 4: Naval attack
5 A.M.
Naval bombardment provided for troops.

PHASE 5: The Invasion

Interesting quote:
"Captains, just when the hell are we fighting anyway?"
Unknown G.I., after it turned out that there were Russian, Ukrainian and various Axis collaborators fighting for the Germans.

The summer solstice explained

The annual astronomical phenomenon results from the tilt of Earth's rotational axis.

Northern Hemisphere

North pole

23.45° Rotational Axis

Tropic of Cancer

Summer

Equator

Winter

Sunlight

Sun

Southern Hemisphere

happy Summer Solstice

It's the sun spreads its longest dance,
Circles us
It's nature shows bounty and fertility
Sleep on
Let all things live with loving intent
And to fulfil their natural destiny.

Source: TimeAndDate.com

PUT YOUR \$ WHERE YOUR HEART IS BUY LOCAL

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/DMPAG/?ref=settings>

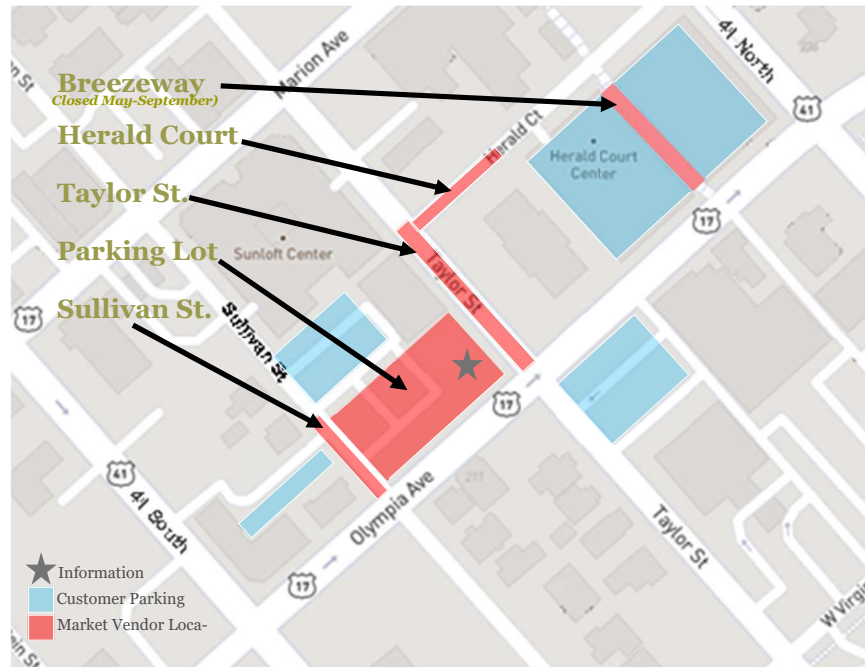
URL for Punta Gorda Chamber:

www.puntagordachamber.com



YOUR LOGO
HERE

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!