

IF YOU HAVE QUESTIONS ABOUT THE MARKET, PLEASE CONTACT:
JERRY PRESSELLER:
EMAIL: JERRY@PUNTAGORDAFARMERSMARKET.COM
OR CALL: 941.391.4856



Downtown Punta Gorda Farmer's Market

WELCOME FROM THE MARKET MANAGER

As You May Know, We're Still Going Strong!

March is another exciting month. The temperatures are still cooler. Our snow-bird vendors and customers are back and we are adding some new ones. We are still adding food vendors as space allows (see page 2). Due to tent spacing we don't have the space for all of our vendors at this time.

Be assured we are implementing safety standards for the public and our vendors according to guidelines.

We sincerely appreciate your support. As our guests we request the you practice the following:

- ◆ Social distancing 6 feet please
- ◆ If you are sick please stay home please
- ◆ Please do not touch the food
- ◆ Thank you for wearing a mask

Procedures to be followed every Saturday until further notice by all vendors:

- ◆ Upon arrival all vendors go directly to the information tent to get their temperature taken. If they or their employee have a fever, home they go!
- ◆ Tents will be left open for air flow.
- ◆ Only 2 people at one time are allowed under a 10 x 10 tent.
- ◆ Pre-packaged samples are allowed. They will be handed to the customer .
- ◆ Vendors and employees wear masks.
- ◆ Vendors have a bottle of sanitation for their use and customers use.
- ◆ Money will be exchanged table to hand.

We have Live Entertainment!

We are Open rain or shine!

It is with much gratitude that we express our appreciation for your support of local small businesses. Please share and help spread the word that we are open for business.

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 updated info
- Directions and Parking Guide
- This month's featured market recipe
- Contact / social media information
- Holidays



PSA

Some downtown events are coming back. Please check here to see what's going on in the City.
<https://puntagordachamber.com/calendar-events/>

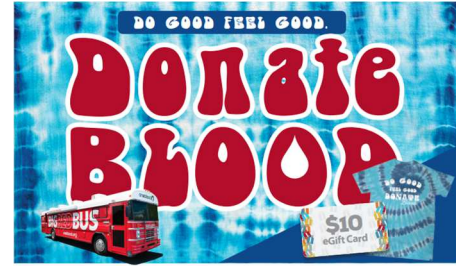
With social distancing, some vendors may be in different locations. Look around, as there are new vendors all the time. Enjoy!

March 13th will be the Sullivan street Craft Show. Some of our Vendors will be relocated to the upper parking lot.

WELCOME NEW AND RETURNING VENDORS!

New vendors to look out for this month include: Specialty lemonades, homemade variety of warm pretzels, authentic NY bagels and Puerto Rican Street Food. Custom Leather (Shellback Trading Co.)

Plan on buying all your Easter goods here at the market.
Great news, Baca Bread is fully Kosher!



Saturday, April 17, 2021
8:00 AM - 12:00 PM

Downtown Punta Gorda Farmer's Market

All donors will receive a \$10 eGift Card, a Tie-Dye T-shirt, and a Chick-fil-A card for a FREE Chicken Sandwich Plus, a wellness checkup including COVID-19 antibody test, blood pressure, temperature, iron count, pulse and cholesterol screening! Please schedule your appointment online. Walk-ins welcome based on availability

Appointments are encouraged, please visit www.oneblood.org/donate-now and use sponsor code #10868

Do not present to donate if you have a fever. You must wait at least 14 days before donating if you have been exposed to someone who has or may have COVID-19, have recently been tested and are pending test results for COVID-19 or if you have a confirmed active case of COVID-19.

oneblood.org 1-888-9-DONATE ID REQUIRED oneblood

“The market is one of our favorite spots to hang out with our friends at the chess tables. Our wives go shop around and get our weekly food supplies. The guys and I grab a bite and coffee or tea and, listen to the music and solve the worlds problems. When our wives are finished we still hang out and all share laughs.” ~ Bob

APRIL/ MAY ENTERTAINMENT LINEUP

4/4	Lori
4/10	Steve
4/17	Terry
4/24	Steel Drums
5/1	Danny
5/8	Lori
5/15	Rick
5/22	Joe Butler
5/29	Steel Drums

Music makes the market festive and fun! Support local Musicians, they play for your enjoyment and tips.



VENDOR CATAGORIES

- ◆ Produce
- ◆ Meat
- ◆ Seafood
- ◆ Dairy
- ◆ Bakeries
- ◆ Producers
- ◆ International Prepared Foods
- ◆ Art and Crafts
- ◆ Commercial Services
- ◆ Non-Profits
- ◆ Health & Beauty
- ◆ Jewelry
- ◆ Plants
- ◆ 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.

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 in place to also help our farmers. Many public-school students are getting cards. If you have not received yours contact the school or DCF.

You SNAP. We Match. Unlimited.



Shop with SNAP/EBT or P-EBT
 Receive an unlimited match in
 Fresh Access Bucks to spend on Florida
 Produce through December 31st 2020!

Visit FreshAccessBucks.com for a Map of Participating Outlets.

FRESH ACCESS BUCKS

Fresh Access Bucks (FAB) is a USDA funded statewide nutrition incentive program that encourages SNAP recipients to redeem their benefits at farmers markets, produce stands, CSAs and mobile markets to purchase healthy produce directly from Florida farmers.

At participating locations, FAB matches or discounts what a SNAP cardholder spends with FREE Fresh Access Bucks - up to \$40, every day to spend on Florida-grown fruits & vegetables. Other than qualifying & receiving SNAP benefits, there is no need to sign up or do anything in advance.

SNAP/EBT PARTICIPANTS

- 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.
- Match up to \$40: \$40 SNAP + \$40 FAB = \$80 per market day
- SNAP and FAB tokens do not expire.
- FAB tokens can be used at any FAB market.



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 Broccoli and Avocado Soup <https://www.followfreshfromflorida.com/>



INGREDIENTS

Items to purchase at market are **Red**
16 ounces Florida arugula, rinsed and drained
1 dozen Florida strawberries, rinsed and sliced
1 cup Florida blueberries
2 Florida oranges, peeled and segmented
8 ounces goat cheese, crumbled
1 lemon, juiced

1-2 tablespoons olive oil
Sea salt and fresh ground pepper, to taste
Candied Pecans
2 cups Florida pecans
3/4 cup Florida sugar, substitute Honey
2 tablespoons butter
1/2 teaspoon sea salt

PREPARATION:

Preheat a pan on medium heat. Add the pecans and toast until fragrant, 6 to 8 minutes. Add butter, sugar, and salt; stir to coat. Remove from pan and allow to cool. In a medium-sized mixing bowl add arugula, lemon juice, olive oil, salt, and pepper; toss to combine. Plate the dressed arugula and evenly add the citrus and berries around the greens. Add the goat cheese and garnish each salad with candied pecans, serve chilled.

PRESS RELEASE SNAP/EBT

Unlimited SNAP and P-EBT Benefits Match Extended Through April 2021

At Florida's Fresh Access Bucks Markets

Initiative increases access to healthy food for SNAP recipients

TALLAHASSEE, FL (December 18, 2020) – Earlier this year, in response to the COVID-19 pandemic, FAB removed the cap on incentive dollars matched through December 31, 2020. While the program typically has a \$40 cap on matches, the cap will be lifted through to aid food insecure individuals in this critical time.

FAB is a statewide incentive program designed to encourage SNAP and P-EBT customers to redeem their benefits at farmers markets, farm stands, mobile markets, CSAs and community grocery outlets to purchase fresh, healthy foods directly from Florida farmers. This measure is designed to ensure all food insecure individuals have access to affordable, fresh, locally sourced produce in their community. More than \$425,000 has been spent on fresh, Florida-grown fruits and vegetables since the unlimited match was first offered in April 2020.

At participating farm-direct outlets, FAB matches what a SNAP or P-EBT cardholder spends with FREE Fresh Access Bucks - without limit, every market day. Customers can use them right away or later to buy Florida grown fruits and vegetables.

Currently there are 52 market outlets participating in Fresh Access Bucks throughout the state. Increasing the affordability and accessibility of healthy foods and nutrition education efforts is integral to increasing the purchase and consumption of fresh, local produce.

FAB outlets are abiding by CDC and Florida Department of Health safety measures and social distancing guidelines to ensure the safety of customers, farmers, and market staff. Many FAB market outlets have adapted the customer experience by offering online ordering, home delivery, drive thru markets, and other measures.

For more information on FAB and active markets operating around the state through the COVID-19 pandemic, please visit www.feedingflorida.org/promotional-materials/Covid19

SHOP WITH SNAP/EBT OR P-EBT
GET FREE
FLORIDA-GROWN PRODUCE
AT PARTICIPATING FARM DIRECT OUTLETS

UNLIMITED MATCH
THROUGH APRIL 30, 2021

WWW.FRESHACCESSBUCKS.COM

April Holidays

4/4 Easter Sunday

4/4 Last Day of Passover

13/4 Thomas Jefferson's Birthday

4/22 Take our Daughters and Sons to Work Day

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

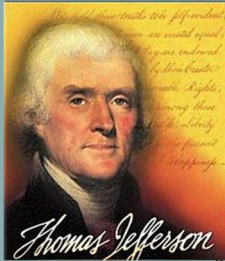
<https://puntagordachamber.com/calendar-events/> and

<https://allevents.in/punta%20gorda-fl/all>



Thomas Jefferson (April 13, 1743[a] – July 4, 1826) was an American statesman, diplomat, lawyer, architect, philosopher, and Founding Father who served as the third president of the United States from 1801 to 1809. He had previously served as the second vice president of the United States under John Adams between 1797 and 1801. The principal author of the Declaration of Independence, Jefferson was a proponent of democracy, republicanism, and individual rights, motivating American colonists to break from the Kingdom of Great Britain and form a new nation; he produced formative documents and decisions at both the state and national levels.

During the American Revolution, Jefferson represented Virginia in the Continental Congress that adopted the Declaration of Independence. As a Virginia legislator, he drafted a state law for religious freedom. He served as the second Governor of Virginia from 1779 to 1781, during the American Revolutionary War. In 1785, Jefferson was appointed the United States Minister to France, and subsequently, the nation's first Secretary of State under President George Washington from 1790 to 1793. Jefferson and James Madison organized the Democratic-Republican Party to oppose the Federalist Party during the formation of the First Party System. With Madison, he anonymously wrote the provocative Kentucky and Virginia Resolutions in 1798 and 1799, which sought to strengthen states' rights by nullifying the federal Alien and Sedition Acts.



As president, Jefferson pursued the nation's shipping and trade interests against Barbary pirates and aggressive British trade policies. Starting in 1803, Jefferson promoted a western expansionist policy, organizing the Louisiana Purchase which doubled the nation's land area. To make room for settlement, Jefferson began a controversial process of Indian tribal removal from the newly acquired territory. As a result of peace negotiations with France, his administration reduced military forces. Jefferson was reelected in 1804. His second term was beset with difficulties at home, including the trial of former vice president Aaron Burr. In 1807, American foreign trade was diminished when Jefferson implemented the Embargo Act in response to British threats to U.S. shipping. The same year, Jefferson signed the Act Prohibiting Importation of Slaves.

Jefferson, while primarily a planter, lawyer and politician, mastered many disciplines, which ranged from surveying and mathematics to horticulture and mechanics. He was an architect in the classical tradition. Jefferson's keen interest in religion and philosophy led to his presidency of the American Philosophical Society; he shunned organized religion but was influenced by Christianity, Epicureanism,[1] and deism. A philologist, Jefferson knew several languages. He was a prolific letter writer and corresponded with many prominent people. Among his books is *Notes on the State of Virginia* (1785), considered perhaps the most important American book published before 1800.[2] Jefferson championed the ideals, values, and teachings of the Enlightenment.

During his lifetime, Jefferson claimed ownership of over 600 slaves, who were kept in his household and on his plantations. Since Jefferson's time, controversy has revolved around his relationship with Sally Hemings, a mixed-race enslaved woman and his late wife's half-sister.[3] According to DNA evidence from surviving descendants and oral history Jefferson probably fathered at least six children with Hemings, including four that survived to adulthood.[4] Evidence suggests that Jefferson started the relationship with Hemings when they were in Paris, where she arrived at the age of 14, when Jefferson was 44. By the time she returned to the United States at 16, she was pregnant.[5]

After retiring from public office, Jefferson founded the University of Virginia. Jefferson and his colleague John Adams both died on Independence Day, July 4, 1826, the 50th anniversary of the adoption of the Declaration of Independence. Presidential scholars and historians generally praise Jefferson's public achievements, including his advocacy of religious freedom and tolerance in Virginia. Although some modern scholars have been critical of his stance on slavery, Jefferson continues to rank highly among the top ten U.S. presidents

ADVICE FROM THE MARKET MANAGER:

Market Manager, Jerry Pres-seller gives advice to all vendors and customers, "Hi all: As you all know by now the Governor said, 'FULL SPEED AHEAD.' I say ok but let us be cautious. This Covid thing has not gone away and we need to be careful about OURSELVES as well as the PUBLIC.

The Market will continue to operate as we have for the past several months. A few changes are a redesign of booth spaces soon to add more vendors and SAMPLING is now ok. Please be cau-

tious!

Six-foot distancing is required, masks and sanitizer are still necessary. As far as our policy goes vendors only need to wear masks when talking with customers. Please do not let your guard down. I do not want to shut the market down because one of us gets the Covid! That is the reality of the result. I do not want to even think about all the consequences we could face.

So, let us all get together and get our Market hopping once again!! Thanks!!"



THOMAS JEFFERSON

Baca Bread

Betty Jo Baca and Ron Katz started baking Baca Bread in Jan. 2019. They now make Kosher Challah in 11 flavors under the supervision of the Chabad Rabbi from Punta Gorda, Rabbi Jacobson. They even installed a camera in the Bakery building so he can watch them to make sure they stay Kosher. They feature these flavors year-round: Plain, Cinnamon-raisin, Sun Dried Tomato-Basil, Vegan, Whole Wheat, N. Y. Rye, Savory Croutons and Onion Rolls. Some flavors are only baked in summer like Poppy Challah, Sesame Challah and Dill rolls. They bake fresh on Fridays for 2 markets to sell on Saturdays. Believe it or not the couple bakes from 180 loaves to 280 loaves every Friday. Betty Jo says, "We enjoy making dough!"

Eileen's English Toffee

Eileen's English Toffee has been in business for approximately 8 years. Phil and Lisa Bauman own the business and named it after Phil's mother, Eileen, who is from Surrey, England. It is her authentic recipe that was shared with love to so many people, especially at Christmas! This inspired them to start the business and continue the tradition. Their toffee is made to crumble in your mouth and not stick to your teeth!! The toffee is naturally gluten free. They also offer their decadent toffee cookies and toffee brownies! Yum!

The main business is in the quaint village of Richland, MI. During the winter months, they also operate out of Port Charlotte. In addition to the Punta Gorda Farmer's Market (where they offer samples of their irresistible toffee), they also participate in many arts and craft shows all over the state of Florida. They have an online store and ship anywhere in the world!

Phone number: 269/352-5102

Email: info@eileensenglishtoffee.com

Website: www.eileensenglishtoffee.com

LizGuevinDesigns

Liz Guevin, a fused glass artist. All her art pieces are made of glass and are fused in a kiln. She makes a variety of beautiful handmade products from glass for the home such as clocks, trinket dishes, spoon rests and soap dishes as well as sun catchers, wind chimes and custom house numbers. She also makes unique, one of a kind jewelry.

"I have been creating with glass since 2007. I received my education at Bullseye Glass in Portland, OR. Afterwards, I moved to Hawaii where I was inspired to create my signature line of sea themed glass designs and turquoise water jewelry. I use different types of art glass such as sheet glass, crushed or frit, and glass powders to make my creations. Most pieces take 3 days to complete."

She is a year-round vendor and her website is www.LizGuevinDesigns.Artfire.com.

SHOP LOCAL

Incase you Missed it!

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												
Tilefish												
Yellowfin Tuna												



IN SEASON NOT IN SEASON

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

SOCIAL MEDIA

Facebook for Punta Gorda Chamber:

<https://www.facebook.com/PuntaGordaChamber/>

Facebook for Downtown Merchant's Association:

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

Facebook for Saturday Farmer's Market:

<https://www.facebook.com/PuntaGordaFarmersMarket/>

URL for Saturday Farmer's Market:

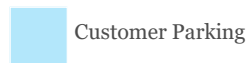
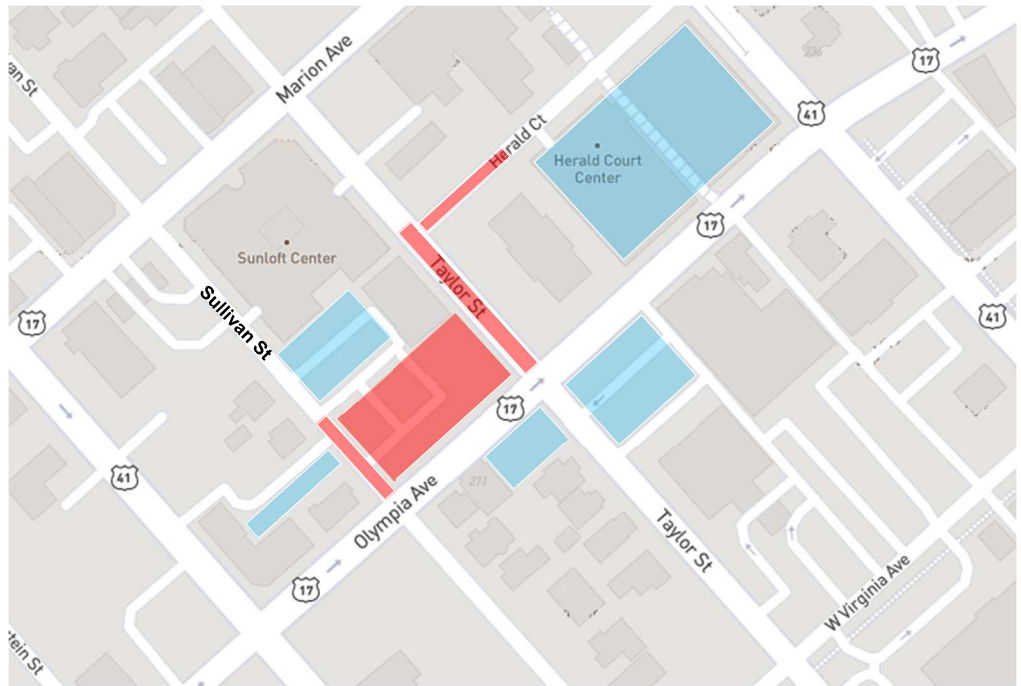
www.puntagordafarmersmarket.com

URL for Punta Gorda Chamber:

www.puntagordachamber.com



MARKET MAP



Customer Parking



Market Vendor Locations

DIRECTIONS

Down Town Punta Gorda Farmer's 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!