



Spring 2016 Newsletter

Farmer's Markets Offer Benefits to the Community

1. Taste Real Flavors

The fruits and vegetables are the freshest and tastiest available. Fruits are allowed to ripen fully in the field and are brought directly to you—no long-distance shipping, no gassing to simulate the ripening process, no sitting for weeks in storage.

2. Enjoy the Season

The food is seasonal, and helps you to reconnect with the cycles of nature in our region. As you look forward to asparagus in spring, savor sweet corn in summer, or bake pumpkins in autumn, you reconnect with the earth, the weather, and the turning of the year.

3. Support Family Farmers

Buying directly from farmers gives them a better return for their produce and gives them a fighting chance in today's globalized economy.

4. Protect the Environment

Food in the U.S. travels an average of 1,500 miles to get to your plate, which uses large amounts of natural resources (especially fossil fuels), contributes to pollution, and creates trash with extra packaging. Conventional agriculture also uses many more resources than sustainable agriculture and pollutes water, land, and air with toxic agricultural by-products. Food at the farmers market is transported shorter distances and is generally grown using methods that minimize the impact on the earth.

5. Nourish Yourself

Most food found at the farmers market is minimally processed, and many of our farmers go to great lengths to grow the most nutritious produce possible by using sustainable techniques, picking produce right before the market, and growing heirloom varieties.

6. More Variety

At the farmers market you find an amazing array of produce that you don't see in your average supermarket: red carrots, a rainbow of heirloom tomatoes, purple cauliflower, green garlic, watermelon radishes, blood oranges, sweet limes, and much, much more.

7. Promote Humane Treatment of Animals

You can find meats, cheeses, and eggs from animals that have been raised without hormones or antibiotics, who have grazed on green grass and eaten natural diets.

8. Know Where Your Food Comes From

A regular trip to a farmers market is one of the best ways to connect with where your food comes from. Meeting and talking to farmers and food artisans is a great opportunity to learn more about how and where food is produced.

9. Learn Cooking Tips, Recipes, and Meal Ideas

Farmers, ranchers, and artisans at the farmers market are often passionate cooks with plenty of free advice about how to cook the foods they are selling.

10. Connect with Your Community

The farmers market is a community hub—a place to meet up with your friends, bring your children, or just get a taste of small-town life in the midst of our wonderful big city.

FIESTA SALAD TO GO

Ingredients:

- 1 can black beans
- 1 can corn; or grilled corn in season
- 1 red bell pepper, chopped
- ½ cup pumpkin seeds, shelled
- 1 small can sliced olives
- 4 cups mixed greens, chopped

Dressing:

- ¼ cup extra virgin olive oil
- ¼ cup sweet lime juice
- 2 tsp cumin
- ½ tsp garlic powder
- ½ tsp chili powder
- ½ tsp sea salt
- ½ tsp black pepper

Directions:

- Place all dressing ingredients in a mason jar, secure lid, shake well.
- Place ¼ of the dressing in the bottoms of 4 wide-mouth, 1-pint mason jars.
- Layer the rest of the ingredients in the jar (beans, peppers, pumpkin seeds, olives, corn, ending with the greens on top).
- Add a lid and store in the refrigerator until ready to serve.
- To serve, dump the jar contents onto a bowl or plate, or shake vigorously and eat from the jar.



Upcoming Event

April 30, 2016 – 9 a.m. to 4 p.m. – Free Admission
 43rd Annual Cinco De Mayo Family Festival
 Around the Lake at Victor Valley College