

GROWING HEALTHY FAMILIES



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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RANCHO FAMILY YMCA

9410 Fairgrove Lane, San Diego, CA 92129

August 2016

rancho.ymca.org

PQ CERTIFIED FARMERS MARKET NEWSLETTER

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MARKET HOURS & LOCATION

The PQ Certified Farmers Market is every Saturday from 9a-1p in the YMCA Parking Lot at the top of Fairgrove Lane and Salmon River Road.

ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone who you think may find it useful.

QUESTIONS, COMMENTS, IDEAS?

Contact George Marquez, Market Manager at pqfarmersmarket@ymca.org



FEATURED VENDOR

PAPA'S GARDEN

Lisa, Papa's Garden, has been a vendor with us from the very first day. You may know her for the fresh eggs she brings for us. You may know her for her honey from the hives on their farm. But chances are you know her for the fresh squeezed orange juice that tempts you when you walk by her booth. Order one and watch how many oranges she has to juice to fill a cup. She also has dried herbs from her garden and a whole slew of things on the farm that she doesn't bring or take to other markets, so ask her if there is something you want that you don't see. There's a better than not chance she can bring it for you the next week.

Papa's Garden is a family effort. We have met two of her daughter and there is one that she drops off every Saturday morning at a different market. They stay busy during the week at other markets and with taking care of crops and animals and other assorted farm related jobs.

Stop by this week and say hi, and try the fresh squeezed orange juice. It beats the stuff you buy in the grocery store and don't you deserve a treat on a Saturday morning.

WHAT'S AT THE MARKET?

Strawberries	Sapote
Okra	Lychee
Green beans	Beets
Juliet tomatoes	Kale
Squash – yellow, zucchini, butternut	Chard
Lettuce	Cilantro
Cantaloupe	Onions
Eggs	Succulent plants
Honey	Croutons – vegan
Fresh squeezed orange juice	Tea
Dried herbs	Fresh baked breads
Grape fruit	Peanut butter – lots of flavors – no sugar or salt added
Figs – fresh, dried	Moroccan delicacies – olives, sausage, oils, pate, spreads, seasonings
Passion fruit	Lavender – balms, oil, lotions, soaps
Melon	Botanicals – oils, soaps, teas, lotions – all foraged locally
Peaches	Aunty Lynne's Food Truck – Pacific
Grapes	Eats and Tropical Treats
Papaya	Live Music– Patrick Lanzetta
Avocado	
Mango	
Oranges	

MANAGER MESSAGE

The summer lull, I've been told it is just what happens at Farmers Markets everywhere. Why? This is peak season for many of our favorite things. I overheard a conversation last week, "did you get some strawberries?" "No, I tasted one and they were too sweet." Too sweet – that's what we live for. The Oro Blanco grapefruits, if you've never tried them, wow. Fresh figs, green beans, lettuce and melons; the things we asked for are here. Nut butters, amazing breads and scones and cinnamon rolls and ...you get the message. Add some tremendous music and kids running around and dogs and the atmosphere is a great way to start a weekend. Come by for a walk through, stay for a snack from the food truck or a scone – big enough to share with a friend or two.

We are also having a few ongoing promotions at the Market. Kids, have your parents grab a Bingo card at the YMCA booth, visit enough vendors to fill the card and bring it back to the Y booth for a prize.

Parents visit our YMCA Farmers Market Facebook page and share it with your friends. You will automatically be entered into a weekly drawing for a YMCA Farmers Market T-shirt or re-usable bag.

See you at the market,
George

WANT TO GET INVOLVED?

Submit your recipes and photos to George Marquez, Market Manager at pqfarmersmarket@ymca.org to be featured in the next issue.

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