

GROWING HEALTHY FAMILIES



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RANCHO FAMILY YMCA

9410 Fairgrove Lane, San Diego, CA 92129

July 2016

rancho.ymca.org

PQ CERTIFIED FARMERS MARKET NEWSLETTER



VENDOR HIGHLIGHT

BABA FOODS

I have to admit, I eat a lot of samples every Saturday morning, and the majority of them are from Baba Foods. Abraham is always smiling and more than willing to help you find your favorite hummus or dip from the many, many choices Baba Foods provides. The favorite and biggest seller is their Three Layer Dip. Imagine a base layer of sun dried tomato, topped with basil pesto and then – feta crumbles – wow. The Tabbouleh Salad is also a perfect snack for those hot days. Tomatoes, bulgur, parsley onion and mint with olive oil, lemon juice and salt, perfect - like it was invented for hot weather. I have also tasted the beet salad, if you like pickled beets; this is one more way to enjoy them. The hummus variety is overwhelming. They are set up side by side, the length of two tables. That's 16 feet of free samples, with pita bread or pita chips available. Last week, Abraham's amazing daughter was helping dad. Maryam was helping customers and making friends with the other vendors and the market regulars. She was a joy to have out for the day. Come out and sample Baba Foods, find your favorite and take a few home.

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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

RECIPE OF THE WEEK

Cauliflower Salad

Recipe borrowed from Edible San Diego no. 34

What you need:

- 1 Large head of cauliflower– cleaned and cut into 1in pieces
- 1 tbsp avocado oil
- 1 tsp salt
- 4 hardboiled eggs– chopped
- 1 medium red onion– finely diced
- 4 scallions– thinly sliced
- 1/2c. sliced olives
- 1/4c. dill pickle– finely diced
- 2 tbsp dill– divided
- 3 tbsp mustard– divided
- 1/4 to 1/2c. mayonnaise or olive oil
- Salt and pepper

What you do:

Preheat oven to 400. Mix cauliflower with avocado oil and 1 tablespoon mustard, 1 teaspoon salt, ½ tablespoon dill, 1 tablespoon mayonnaise and a few pinches of fresh cracked pepper – until well coated. Spread cauliflower on a large baking sheet lined with parchment paper and bake for 30-40 minutes until cauliflower is tender and lightly browned. Allow cauliflower to cool to room temperature or chill overnight.

Mix in remaining ingredients and chill or rest on countertop for 30 minutes before serving. Refrigerate for up to 4 days.

MANAGER MESSAGE

Welcome to the first of many editions of the PQ Farmers Market Newsletter. The farmers market is now in its 3rd month and we are growing steadily. It has become clear we need to communicate directly to our members who visit the market and the newsletter was born. Look here to find out about upcoming events. We will let you know what produce is available and what will be coming into season next. We will post recipes using ingredients available at the market and we will be asking our members and other market guest to help us provide those recipes. We have a market wonderfully crafted exactly for its location; an intimate size with a huge variety of produce and products. Our vendors are wonderful and we will be featuring one in each newsletter. So stop by the red YMCA booth, say hello, let us know which vendor you would like to see featured in the next newsletter or share one of your favorite recipes.

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.

RANCHO FAMILY YMCA

- Don't miss out on the chance to have your child Experience More with Y Camp. Registration is open.
- We have youth programs for your future Olympian. Stop by the front desk at the Rancho

Visit us online for more information: rancho.ymca.org

