



## Visit A Farmer's Market

A visit to Roberts Farmer's Market in Homestead, Florida proved to be a wonderful experience. There was a huge array of tropical fruits, local grown seasonal produce, fresh herbs, sunflowers and more!

What a way to support local growers and revamp the creative juices in my kitchen. I chose mint, opal basil, baby potatoes, a red bell pepper, an extremely ripe mango, corn on the cob, fresh local-grown, ripe tomatoes, an orange, bananas and an avocado. I plan to use them during the week and the only regret is that I did not buy more.

The mango and orange were sliced for a rather delectable breakfast treat. The mango literally tasted like candy, it was so ripe! I plan to try more tropical fruits the next time I go - there were many from the area that I have not heard of before.

The tomatoes were astounding - they were so ripe, juicy and delicious. We ate some of them sliced fresh with just a little oil, vinegar and black pepper.

Later on in the day I roasted some of the tomatoes for a simple angel hair pasta dish with roasted marinara, complete with the opal basil that was also at the market. See the recipes in this issue for a wonderful dinner idea based on fresh produce.

### Why should you attend a farmer's market?

- A cheap family outing and fun event
- Some exercise and Vitamin D from walking around outside
- Learn more about produce
- Try new things
- Eat more fruits and vegetables
- Get items that are fresher, better tasting and naturally ripe
- Support local growers
- Great bargains on local seasonal produce

### Here is what you should bring:

- Cash
- Hat/sunglasses
- Water - if it is hot outside you might get thirsty on your expedition
- Bug spray if there are mosquitoes near you
- A bag or box to carry your items home
- Cooler with ice in case you have other errands to run afterwards - some items like leafy lettuce and fresh herbs are more delicate and may not hold up that well in a hot car.

### For More Information

To find a farmer's market near you, visit <http://www.localharvest.org/>