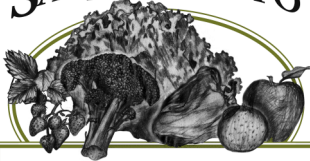


SAN LUIS OBISPO



Certified Farmers Market

Volume 1, Issue 2  
September 2011

**San Luis Obispo  
Certified Farmers Market**

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SLO Certified Farmers Market

**SLO CFM Board**

Moez Bensalem, Market Manager

Nancy Crawford, Market Assistant

Jordan Leib, Operations Manager

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# Monthly Newsletter



*Hernandez Larsen Family Farm*

## September Schedule

**September 4**

Music by Les Beck  
Weekly Raffle<sup>+</sup>

**September 18**

Music by Don "Spike" Burr  
Weekly Raffle<sup>+</sup>

**September 11**

Music by Billy Foppiano  
Weekly Raffle<sup>+</sup>

**September 25**

Music by Les Beck  
Grand Raffle\*

\*Grand Raffle = \$100 gift basket, drawing at 1:30, must be present to win

<sup>+</sup>Weekly Raffle = \$25 gift basket, winner is notified via emailed

## Currently in Season

- |                                      |                                      |                                     |                                       |
|--------------------------------------|--------------------------------------|-------------------------------------|---------------------------------------|
| <input type="checkbox"/> Apples      | <input type="checkbox"/> Corn        | <input type="checkbox"/> Melons     | <input type="checkbox"/> Potatoes     |
| <input type="checkbox"/> Asparagus   | <input type="checkbox"/> Cucumber    | <input type="checkbox"/> Nectarines | <input type="checkbox"/> Raspberries  |
| <input type="checkbox"/> Basil       | <input type="checkbox"/> Eggplant    | <input type="checkbox"/> Onion      | <input type="checkbox"/> Spinach      |
| <input type="checkbox"/> Beets       | <input type="checkbox"/> Figs        | <input type="checkbox"/> Oranges    | <input type="checkbox"/> Squash       |
| <input type="checkbox"/> Broccoli    | <input type="checkbox"/> Grapes      | <input type="checkbox"/> Peaches    | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Cabbage     | <input type="checkbox"/> Green Beans | <input type="checkbox"/> Pears      | <input type="checkbox"/> Tomatoes     |
| <input type="checkbox"/> Carrots     | <input type="checkbox"/> Kale        | <input type="checkbox"/> Peppers    |                                       |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Lemons      | <input type="checkbox"/> Plums      |                                       |

## Recipe of the Month - Lavender & Mint Cookies

### Ingredients

- 1 ½ cups softened butter
- ⅔ cup white sugar
- ¼ cup sifted confectioners' sugar
- 2 tbsp finely chopped fresh lavender
- 1 tbsp chopped fresh mint
- 1 tsp grated lemon zest
- 2 ½ cups all-purpose flour
- ½ cup cornstarch
- ¼ tsp salt

Recipe by:

Hernandez Larsen Family Farm

### Directions

In a bowl, cream together butter, white sugar, and confectioners' sugar. Mix in lavender, mint, and lemon zest. In a separate bowl combine flour, cornstarch, and salt then mix into batter. Divide dough into 2 balls, wrap in plastic, flatten to 1 inch thick, refrigerate for an hour. Preheat oven to 325 degrees. On a lightly floured surface, roll the dough to ¼ inch thickness and cut into shapes. Place on cookie sheets and bake until cookies begin to brown at the edge, about 18 minutes. Transfer to wire racks, cool, and enjoy!



## Vendor Spotlight - Hernandez Larsen Family Farm



*We believe health starts with our food and we must take care of our soils. Through our experience in growing we feel there is no need to use any synthetics to farm. We know and understand the importance of growing naturally for our future and the future of those to come.*

Hernandez Larsen Family Farms offers a variety of fresh herbs, flowers, eggs, and seasonal vegetables and fruits.

## Why should you shop at farmers markets?

*There are many good reasons to shop at farmers markets! You can purchase fresh produce directly from the farm, eliminating the middleman or the long transportation routes between the farm and the consumer. Farmers markets often offer quality produce at cheaper prices because the farmers can set their own prices and don't have to go through other people or grocery stores. You may be able to find specialty items that you wouldn't find at a regular grocery store, such as Crenshaw melons, lemon cucumbers, or Asian pears!*

*When you visit a farmers market, you are helping to build community, because the markets are a hub of activity, providing a space for community members to interact. And finally, shopping at a farmers market allows you to connect to your food much more personally than you can at a larger supermarket. At a farmers market, you buy from people who have a personal commitment to the produce you consume. You become more aware of the growing process when you personally pay a farmer who has grown the tomatoes that he/she is selling you.*

