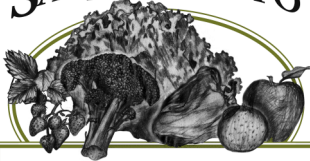


# SAN LUIS OBISPO



Certified Farmers Market

Volume 2, Issue 1  
January 2012

## San Luis Obispo Certified Farmers Market

3889 Long Street  
San Luis Obispo, CA 93401

sloccfm@gmail.com

[www.sloccfm.com](http://www.sloccfm.com)



facebook.com/sloccfm



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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

## Calendar

## Music

## Raffle

January 1

Don Burr

\$25 Gift Basket

January 8

Les Beck

\$25 Gift Basket

January 15

Scott Smith

\$25 Gift Basket

January 22

Billy Foppiano

\$25 Gift Basket

January 29

Les Beck

\$100 Grand Raffle Basket  
drawing at 1:30, must be present to win



### Cali Grub

Organic Kettle Corn & Smoothies

## Currently in Season

- |                                    |                                      |                                   |                                     |
|------------------------------------|--------------------------------------|-----------------------------------|-------------------------------------|
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Cabbage     | <input type="checkbox"/> Kale     | <input type="checkbox"/> Orange     |
| <input type="checkbox"/> Avocado   | <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Lemon    | <input type="checkbox"/> Pea        |
| <input type="checkbox"/> Beet      | <input type="checkbox"/> Celery      | <input type="checkbox"/> Mushroom | <input type="checkbox"/> Strawberry |
| <input type="checkbox"/> Broccoli  | <input type="checkbox"/> Chard       | <input type="checkbox"/> Onion    |                                     |

## Lite Chocolate Kettle Corn

### Ingredients

1 large Cali Grub Kettle Corn  
1/2 cup Lite Milk Chocolate  
1/4 cup Lite White Chocolate

Makes 4 servings



1. Melt 1/2 cup of milk chocolate on high for 1 minute, stir. Microwave for an addition 30 seconds if necessary.
2. Drizzle on top of the popcorn
3. Melt 1/4 cup of white chocolate and drizzle on top.
4. Let sit for 2 hours, or until completely dry. Then break into small pieces and store in an airtight container.

## Vendor Spotlight - Cali Grub

“We make Organic Kettle Corn using only the finest ingredients in small, hand-popped batches. We also make Fruit Smoothies.”

Cali Grub pops their corn daily, making fresh batches right in front of your eyes each Sunday! Plus, if the conditions are right, they will even bring out a solar panel to power the smoothie machine!!

Come try some delicious, sweet kettle corn this Sunday!



## New Years Resolution

Every year we make New Years Resolutions that are meant to better our lives over the next year and into the future. More often than not, one of our many resolutions is something along the lines of “eat healthy”. Although we cannot guarantee you’ll stick to your plan, we can provide you an easy solution to get there. Simply purchase your fruits and vegetables from the SLO Certified Farmers Market. You can be certain that everything offered is as fresh as possible as it was just picked the day before or that morning.

When produce is fresh it contains the maximum amount of nutrients available, giving your body the best chance to stay healthy throughout 2012!

**Sundays**  
**10am - 2pm**



**Open rain**  
**or shine**