



Volume 2, Issue 2
February 2012

**San Luis Obispo
Certified Farmers Market**

3889 Long Street
San Luis Obispo, CA 93401

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www.sloccfm.com

- facebook.com/sloccfm
- twitter.com/#!/slofarmersmkt
- SLO Certified Farmers Market

SLO CFM Board

Moez Bensalem, Market Manager
Nancy Crawford, Market Assistant
Jordan Leib, Operations Manager

Sponsors



BAY NEWS COAST NEWS CITY NEWS



The Berry Man, Inc.

Jaffa Café



Monthly Newsletter

Calendar

Music

Raffle

February 5

Les Beck

\$25 Gift Basket

February 12

Billy Foppiano

\$25 Gift Basket

February 19

Don "Spike" Burr

\$25 Gift Basket

February 26

Les Beck

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



Pumacasu

Custom, handmade silver and stone jewelry

In Season

- Asparagus
- Avocado
- Beet
- Broccoli
- Brussels Sprout
- Cabbage
- Carrot
- Cauliflower
- Celery
- Chard
- Green Pea
- Kale
- Lemon
- Lettuce
- Onion
- Orange
- Spinach
- Strawberry
- Turnip

Avocado Soup with Chicken and Lime

Ingredients

- 4 corn tortillas (cut in strips)
- 1 ½ tablespoons olive oil
- 1 white onion (thinly sliced)
- 8 cloves garlic (thinly sliced)
- 4 fresh jalapeno (seeded, sliced)
- 8 ounces boneless, skinless chicken breast (cut in thin stripes)
- 4 cups chicken broth
- 1/4 cup fresh lime juice
- 1 tomato (seeded, diced)
- Salt and pepper
- 1 avocado (peeled, seeded, diced)
- 1/4 cup cilantro (chopped)

Directions

1. Preheat oven to 400°.
2. Arrange tortilla strips on a baking sheet and bake in preheated oven until lightly browned, 3 to 5 minutes.
3. In a large saucepan over medium heat, cook onion, garlic and jalapeños in olive oil until lightly browned, 4 to 5 minutes. Stir in chicken, chicken broth, lime juice, tomato, salt and pepper. Gently simmer until chicken is cooked, 3 to 5 minutes. Stir in avocado and cilantro and heat through.
4. Ladle soup into bowls and sprinkle with tortilla strips to serve.



Makes 4 servings

Vendor Spotlight - Pumacasu



“Christine, my wife, is the artist that crafts every one of these pieces. She doesn't draw but envisions a piece as an idea in her mind that is transferred to the sheet metal (sterling silver, copper, brass, or gold). Thus each piece will vary slightly from the next. She encourages clients to create their own pieces and will work with them to achieve their own vision as is possible.”

-Carlos, www.pumacasu.com/about

**Sundays
10 am - 2 pm**



**Open rain
or shine**