

# SAN LUIS OBISPO



Certified Farmers Market

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August 7, 2011

**San Luis Obispo  
Certified Farmers Market**

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### SLO CFM Board

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

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# Monthly Newsletter



*Serena's plants, Grown from the Heart*

## August Schedule

### August 7

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

### August 21

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

### August 14

Music by Scott Smith  
Weekly Raffle<sup>+</sup>

### August 28

Music by Les Beck  
Grand Raffle<sup>\*</sup>

\*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

Apples	Chili Peppers	Kohlrabi	Peppers
Asparagus	Collards	Lemons	Persimmons
Basil	Corn	Lettuce	Plums
Beets	Cucumbers	Melons	Potatoes
Broccoli	Eggplants	Nectarines	Raspberries
Cabbage	Figs	Onions	Spinach
Carrots	Grapes	Oranges	Squash
Cauliflower	Green Beans	Peaches	Strawberries
Celery	Kale	Pears	Tomatoes

## Recipe of the Month - Tomato & Corn Pasta

### Ingredients

8 ounces pasta  
4 tbsp olive oil  
2 tbsp red wine vinegar  
1/2 cup whole corn kernels, cooked  
4 tomatoes, chopped  
1/2 cup chopped green onions  
1 tsp dried basil  
salt to taste  
ground black pepper to taste  
1 tbsp grated Parmesan cheese  
2 tsp chopped fresh basil (optional)

### Directions

1. In a large pot with boiling salted water cook pasta until al dente. Drain.

2. Meanwhile, in a large bowl whisk together the olive oil, red wine vinegar, and dried basil. Add salt and pepper to taste. Stir in the tomatoes, corn kernels, and scallions. Let sit for 5 to 10 minutes.

3. Toss pasta with tomato mixture. Sprinkle with grated parmesan cheese. Garnish with fresh basil, if desired.



## Vendor Spotlight - Serena Wyatt



*I live and grow in Atascadero. I've been growing organically since the 1970's. The vegetable and herb "starter" plants are sustainably grown using organically approved methods. These include: organic seed, peat moss, vermiculite, compost tea, minerals, kelp, and earthworm castings. The plant containers are manufactured from recycled plastic. I clean and reuse the containers when returned.*

*Serena's plants, Grown from the Heart.  
serena.wyatt@gmail.com*

## Always Available - Free Face Painting

*Erin will dazzle you with her intricate and flawless designs. With a little piece of art, she has been making children smile for over a year now. Every week you can find her in the corner of the market, next to Baba Foods & Tamales Poblanos. Bring your kids, root for your favorite team, or have some fun. Either way, free face painting is available for all!!*

