



The Market News

September 2011

Hemet's very own Farmers Market – A fun place to shop and meet friends

A word from the Market Master



We want to take this opportunity to thank each and every one who had made the Hemet Farmers Market part of their weekend activities. It gives us such a thrill to look down the street and see what the market has become and the crowds of people that all seem to be enjoying it.

It was our vision to create such a venue for the community .. a place to shop for fresh fruit and vegetables from our own local growers. A place where you could comfortably stroll through the market, shop, eat and meet friends.

Much to our surprise the market has attracted a variety of pets with their masters. We have dogs of all shapes & sizes, Boomer the Flemish Rabbit who comes for his weekly fixings and 2 parrots perched on the shoulder of their master. Quite an

eclectic and colorful array of creatures... and people!!

WE built it and YOU came. This is YOUR market. We believe that one of the reasons the market has been so successful, is the feeling of happiness & kindness. We hear all the time what a friendly and pleasant atmosphere the market has. Hemet you have made us proud.

We want to hear from you - with any suggestions on what we can do to make it better. There is always room for improvement and additions. Your ideas and suggestions are always welcome.

From all the vendors, and us, we thank you for your patronage, support, enthusiasm and especially your kindness.

■ Patricia, Krikor & Nicholas Yepremian

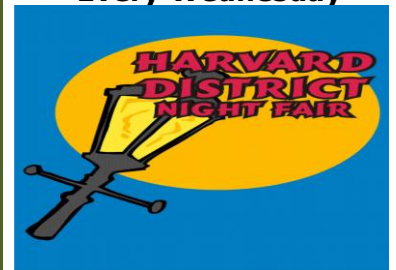
Summer Markets

**8AM to 1PM
Every Saturday**

Local Certified Produce,
Flowers, Food Court, Crafts,
Jewelry, Gift Items, live music
& so much MORE !

Location: Adjacent to the
Hemet Public Library – No.
Harvard Street

**5PM to 9PM
Every Wednesday**



Great food, live music & entertainment, Kid Zone with crafts, face painting, jumper slide and other interactive events.

Location: Downtown Harvard
District- Harvard & Latham
Streets

**Contact Info -
Website**

hemetfarmersmarket.com

Email:

hemetfarmersmarket@gmail.com

**Market Master –
Patricia Yepremian
(951) 368-8850**

"HEMET'S GOT TALENT"



The Hemet Farmers Market and Harvard District Night Fair will be

hosting the "HEMET'S GOT TALENT" Show.

Registration for auditions will be held at the Hemet Farmers Market on September 3 and 10th, between 10AM and 1 PM. Audition dates, rules & regulations will be provided at time of registration. Entries must be 16 years of age and a resident of the Hemet / San Jacinto valley (proof of residence will be required.) Cash prizes: 1st place \$500; 2nd place \$250, 3rd place \$ 150.

■ For more information, please contact Patricia at 951 368-8850 ■

Market Event's for September

Saturday 9/3 and 9/10: "HEMET'S GOT TALENT" *Registration* 10AM - 1PM

Wednesday 9/7 and 9/14: "HEMET'S GOT TALENT" *Auditions* 4:30 - 8PM (pre-registration is required)

Saturday 9/17 and 24: Fall Planting-Workshops presented by Barbara of Barbara's Greenhouse (see pg 3)

Friday, 9/30: "HEMET'S GOT TALENT" *Finale* performance will take place 7PM, at the Hemet Public Library



From market to table

Zucchini Blossoms - Suggestions for preparation:

- Lightly batter and deep fry (may be stuffed with cream cheese)
- Stuff with rice and/or meat mix and steam in tomato sauce
- Sautee onions, garlic and other vegetables in oil, when cooked to desired consistency, turn off heat and add chopped blossoms
- Add to salads
- Cook in tortilla with cheese to make a quesadilla
- Chop and add to zucchini bread mixture for added flavor and color
- Chop and add on top of brown rice for added flavor and color
- Garnish any dish with color and style



Compliments of Organic 4 Life, Inc.

Farmstand Grilled Vegetable Skewers

Veggies:

Makes 4 large skewers

- 1/2 cup each: thickly sliced zucchini, thickly sliced yellow squash, chunked red bell pepper, chunked yellow bell pepper, wedged red onion, thickly sliced lemon wedges
- 15 fresh mushrooms ● 15 large cherry tomatoes

Marinade:

- 1/2 c. olive oil ● 1/3 c. soy sauce ● 1/3 c. lemon juice
 - 3 cloves garlic, crushed ● 2 tbsp. balsamic vinegar
 - 2 T. Honey ● 2 t. dried oregano ● 1/2 tsp. crushed red pepper (only if you like heat)
- Place all your veggies in a large mixing bowl or zip lock plastic bag. ● In a small bowl, combine the marinade ingredients; pour over veggies and marinate at least 30 minutes, up to 2 hours. ● Soak skewers one hour in water ● Preheat grill to med-high heat.
- Place your veggies on the skewers, dividing them evenly. Reserve the marinade.
 - Grill veggie skewers directly on oiled grill rack for about 15 minutes, till crisp-tender.
- During grill time, brush occasionally with reserved marinade.



Hemet Farmers Market Recipe Book

■ ■ Send us your favorite recipes!!! ■ ■

In the near future we will be creating a Hemet Farmers Market Cookbook - focusing on local, seasonal produce. Proceeds from the sale of this cookbook will go to a local non-profit Organization ■

hemetfarmersmarket@gmail.com

Market Finds

By jay-marie

I've been a loyal customer of the Hemet Farmers Market since it started in 2009. Over this time, I have discovered some great products, finds and fabulous buys. This month, my 'find' inspired me to write and share this article.

In early August, I was hit with a pinched nerve in my upper back, between the shoulder blades (ya' know that place you just can't quite reach?) The resulting pain along with the added bonus of cramping and numbness in my left arm – were close to unbearable. I had been living with this for a full 2 weeks at this point and had to force myself out of bed this Saturday morning to go to the market. I had just finished buying my fresh veggies for the week.... when a sign caught my eye and drew me closer.

I stopped and chatted with Abimael Montiel (call him Aby!), inquiring about his Koala Brand Eucalyptus Oil and telling him how much pain I was in. He quickly bade me to sit and he carefully applied a liberal amount of this pleasant smelling spray to my back and my left arm. I found myself in tears sharing with him the agony of the past couple of weeks and how nothing I had tried, relieved the pain. He was so kind and anxious to see my tears stop and for me to feel better. Within just a few minutes I was able to turn my neck without pain shooting down my arm. I was ecstatic! I quickly bought a bottle, giving Aby a big hug and many thanks for his kindness.

I stayed at the market for about 2 hours (which is 1:45 minutes longer than I thought I would last – I was feeling so much better!) I went back to Aby's booth, bringing along Suzanne (you know her! The Cupcake Lady) who had recently taken a fall leaving her entire left rib area bruised and sore. She too was in need of relief. Aby was fast to the rescue. (just ask her how quickly she felt the difference!)

When I got home, after putting my fresh veggies away, I found myself out in the garden doing some light chores (keep in mind that the 2 weeks prior to this day I was mostly laying in bed on ice, unable to do much of anything). I am not saying that I was completely free of pain, but I felt so much better and able to move without the excruciating pain that had been my companion for so long. That evening, as the brochure stated, I took a hot bath, adding a mere 2 tablespoons of this wondrous elixir and felt even better.

Oh and by the way, Aby also sells very fun summer dresses (which is the first thing you see at his booth) He also has several other salves and body oils available for purchase.

"Eucalyptus releases toxins from the muscles, reduces inflammation, relaxes muscles and reduces swelling." The brochure also states that arthritis & fibromyalgia sufferers have found relief with this product.

I could go on about this wonderful product, but I am out of room. This is something that we all need to have in our medicine cabinets!

Embrace an attitude of gratitude, smile, spread good cheer & kind words --- it'll catch on!!

September Featured Vendors

ORGANIC 4 LIFE, INC

Organic 4 Life, Inc. offers products and services to help live a healthy and organic life. Our mission is to promote, educate and offer resources to living an organic lifestyle. We operate at the historic Hemet Stock Farm, a certified organic farm in the heart of downtown Hemet. Our organic vegetables and fruits are known locally for their delicious flavor and fresh, sun-ripened quality. Our local moderate climate allows us to grow year-round. We offer a variety of Certified organic fruit and vegetables for wholesale distribution throughout the region, including vine-ripe heirloom tomatoes, squash, garlic, onions, greens, melons and more.

In an effort to serve our local community we offer the following local services:

- ▶ Community Supported Agriculture (CSA) – subscribers receive a box of fresh produce weekly or bi-weekly
- ▶ Open Produce Market (OPM) – fresh produce available for sale at the Hemet Farmers' Market
- ▶ Organic Living workshops – small group presentations on various topics including food cravings, weight loss, "Fresh From the Farm to the Table" cooking, canning and food preservation
- ▶ Health Coaching – 1-on-1 support to help you reach your health and wellness goals

Come see us each Saturday at the market! ■ Ursula and Scott Garrett ■

Currently at the market

Tomatoes, melons, zucchini and zucchini blossoms, yellow squash, peppers, cabbage, broccoli, okra, lettuce, butter beans, beets, corn and swiss chard plus we still have sweet red onions & garlic.



For more information on our produce, services and our CSA program, visit us at:
organic4lifeinc.com

SCOGGINS ART

Working out of the Temecula, Murrieta Valley area since 1999 Jamie and Tim Scoggins create one of a kind hand crafted creations. Jamie sews custom purses, handbags and hats (including custom orders with clients own fabrics and images) while Tim airbrushes custom apparel (t-shirts, hoodies, and denim jackets) with an almost unlimited range of subjects from lettering and logos to custom photo realistic portraits.

Tim graduated from Colorado Institute of Art in 1981 and has worked as a freelance Illustrator, a staff artist at a Torrance area newspaper, and as a large and small scale mural artist in the last 30 years. Jamie comes from a background in the entertainment business, and brings her creativity to her custom designed purses. You'll often find her working on new designs while Tim is sitting at the easel working on a custom order t-shirt, or jacket.

Stop by and say hi to Jamie & Tim every Saturday at the market ■



[Scoggins Art.com](http://ScogginsArt.com)

■ A Special Welcome to some of our newer Vendors ■

▶ Mercados Nursery

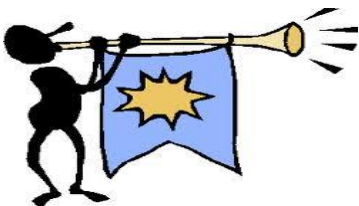
Beautiful, landscape plants & trees

▶ KM Creations

Novelty, scented glycerin & shea butter soaps

▶ Kenneth L. Olson, Master Jeweler

Custom jewelry & onsite repair



Introducing the first of our market seminars!!

Barbara Clemons of Barbara's Greenhouse will be sharing her years of gardening experience by offering seminars to those who are interested, at the Saturday Market on 9/17 and 9/24, at 8:30 AM and 11:00 AM. Her September seminars will be focused on Fall Planting – how to prepare your garden space / soil; what, where and when to plant. There will be time allotted for Q & A's from the participants. Come share the fun, meet other likeminded Hemetite gardeners!! And be ready to get lots of new ideas for your Fall Garden!!

The HFM's Classifieds

If you are interested in advertising your business in our monthly newsletter, please contact Patricia Yepremian for further information (951) 368-8850 or email to: hemetfarmersmarket@gmail.com



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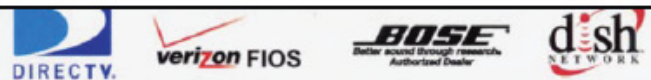
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- Aby & Miriam Montiel 909-810-7364, 909-810-7393**

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