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Fall Frenzy Addition

Good Afternoon Friends!

September 24th, 2019

Last Market This Week!

 **ALOHA**
MARKET 

FULL VENDOR LOT
FOOD TRUCK
PICKLE MAN
LIVE MUSIC 



9/26 3-7
END OF SEASON, 2019

Well friends, the summer has come to an end. Our last market is this Thursday from 3pm to 7pm.

Restless Roots Farm has wreaths !!

Prices depend on size and typically range from \$25-\$50. They have some upcoming fall festivals they are vending and these are popular item. If you would like one please



message Restless Roots Farm ASAP on Facebook. Many designs have been freshly made and will need to spend some time in our drying room. We will hold them for you until they are finished.



Farmers Market Customer Survey

Please help us do a better job by answering these 6 quick questions about the newsletter and market.

[Survey Here](#)

Living in Happy Valley comes with some great perks. Here are some fun Fall activities coming up in the area.



[Mark your calendars for these fun fall activities](#)



Ten Pumpkin Facts

1. Botanically speaking, pumpkin is considered to be a fruit. This is because it has seeds and develops from the mature ovary of pumpkin blossoms.
2. The earliest known archeological evidences of pumpkin cultivation were found in Mexico, in the Oaxaca valley and the caves of Ocampo, Tamaulipas; they may date as far back as 8750 BCE and 7000 BCE, respectively.
3. Pumpkins are high in protein and fiber, but low in fat. They are an excellent source of iron and vitamin A.
4. Cooked pumpkin provides about 20 calories and 4.90 g of carbohydrates per 100 g serving.
5. Pumpkins possess abundant vitamins and nutrients, which support its anti-inflammatory, antioxidant, and antifungal properties.
6. Pumpkin flower blossoms have a light, buttery taste. They are sometimes prepared as vegetables in a number of pasta, soup, and salad recipes.
7. Pumpkin leaves are also edible. They are chock-full of iron, and may be prepared like other dark green, leafy vegetables.
8. Pumpkin seeds are usually roasted and consumed as healthy, protein-packed snacks.
9. The U.S. produces 1.3 billion pounds (590 million kg) of pumpkins annually. China is the leading producer of pumpkins and squashes, with an estimated seven million tons produced each year.
10. The biggest pumpkin ever grown was 2,323 pounds (1,054 kg)!



Recipes that aren't Pumpkin Spice:

Brit + CO has put together 14 amazing Autumn recipes to help say good bye to Summer. [Read More Here....](#)



With Halloween right around the corner Candy Apples are a great way to celebrate the Fall Spirit. It's also an easy craft for kids young and old.

Have a recipe you would like to share?
Please send the recipe with a picture in a private message to pgm
farmers market on Facebook or Instagram. Recipes can also be sent to
pgmfarmersmarket
@gmail.com

About the Market



Pine Grove Mills Farmers Market
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[Contact Us](#)



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