The Buzz

June 2024

LOCAL FARMERS' MARKETS

Welcome to the heart of your community's freshest bounty! At Farmers Markets, every visit is a celebration of local flavors, vibrant produce, and the passionate farmers who bring nature's best to your table. Discover a place where farm-fresh meets fun, and every purchase supports the backbone of sustainable agriculture.

Benefits of Farmers' Markets

1. Taste Real Flavors: Farmers' market produce is the freshest and tastiest, ripened fully in the field and delivered directly to you without long-distance shipping or artificial ripening.
2. Enjoy the Season: Seasonal food from Farmers' markets is fresh and reflects true flavors, helping you reconnect with nature's cycles as you enjoy seasonal produce like asparagus in spring and pumpkins in autumn.
3. Support Family Farmers: Buying directly from farmers supports small family farms, giving them a better return and helping them compete against large agribusinesses.
4. Protect the Environment: Farmers' market food travels shorter distances, reducing fossil fuel use and pollution. It's often grown using sustainable methods, minimizing environmental impact.
5. Nourish Yourself: Unlike highly processed grocery store food, Farmers' market produce is minimally processed, often grown sustainably, and free from pesticides, hormones, and genetic modifications.
6. Discover the Spice of Life: Variety: Farmers' markets offer unique and diverse produce not typically found in supermarkets, like heirloom tomatoes, purple cauliflower, and maitake mushrooms.
7. Promote Humane Treatment of Animals: Meats, cheeses, and eggs from Farmers' markets come from animals raised without hormones or antibiotics, and are kept in natural, humane conditions. markets come from animals raised without hormones or antibiotics and kept in natural, humane conditions.
8. Know Where Your Food Comes From: Farmers' markets provide a direct connection to the source of your food, allowing you to meet and learn from the farmers and food artisans who produce it.
9. Learn Cooking Tips, Recipes, and Meal Ideas: Farmers' and artisans at the market often share cooking tips and recipes, and you can attend cooking demonstrations and classes.
10. Connect with Your Community: Farmers' markets offer a pleasant shopping experience and serve as community hubs, where you can meet friends, bring your children, and enjoy a small-town feel in the city.

Here is a list of local Authorized Farmers' markets :
***Farmers at this Market accept the CA WIC Card for Fruits and Vegetables (CVB)**

Solano	73	Benicia CFM	1st & East B St	Benicia	Thu	4p-8p	Apr 25-Oct 31
Solano	750	Fairfield CFM	600 Texas St	Fairfield	Thu	4p-8p	Apr-Sept
Solano	318	Kaiser Permanente Vallejo CFM	975 Sereno	Vallejo	Fri	10a-2p	Year Round
Solano	626	Vacaville FM	614 E Monte Vista Ave	Vacaville	Sat	8a-12p	May-Oct
Solano	631	Vallejo Saturday CFM	Georgia and Marin St	Vallejo	Sat	9a-2p	Year Round

Solano Family and Children's Services
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THE BEE ZONE

Chicken Fajita

- Combine chicken, pepper, garlic powder, chili powder, cumin, oregano, and Ancho chili powder or Mexican seasoning mix in a large bowl. Stir well. Cover tightly. Allow chicken mixture to marinate for 12-24 hours.
- Spray medium saucepan lightly with a pan release spray. Heat saucepan to medium high heat and place marinated chicken in saucepan. Sauté uncovered for 5 minutes.
- Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
- In another medium saucepan, spray lightly with a pan release spray. Add peppers and onions. Sauté uncovered over medium-high heat until onions soften, about 2-3 minutes.
- Set aside for step 8.
- Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
- In a third medium saucepan, add corn, tomatoes, salsa, sugar, oil, paprika, and lime juice. Simmer uncovered for 5 minutes over medium heat. Stir occasionally.
- Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
- Combine marinated chicken, sautéed peppers and onions, and corn mixture in a large mixing bowl. Toss well.
- Portion ½ cup chicken mixture on a tortilla. Spread filling on half of tortilla, and fold in half like a taco. Place 6 fajitas on baking dish (9" x 13" x 2").
- Critical Control Point: Hold for hot service at 140 °F or higher. Serving size: 1 fajita.

INGREDIENTS

- **FROZEN CHICKEN STRIPS, COOKED, THAWED**
- **GROUND BLACK OR WHITE PEPPER**
- **GARLIC POWDER**
- **CHILI POWDER**
- **GROUND CUMIN**
- **DRIED OREGANO**
- **ANCHO CHILI POWDER**
- **FRESH LIMES**
- **WHOLE GRAIN TORTILLAS**

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CRAFT CORNER: HAPPY FATHER'S DAY

- TAPE
- BLANK PIECE OF PAPER
- COLORING SUPPLIES (SUCH AS CRAYONS, MARKERS, OR COLORED PENCILS)

1. Begin by carefully cutting out the letters "I love daddy" from a sheet of tape.
2. Arrange these letters on a blank piece of paper, ensuring they spell out the message clearly.
3. Invite the children to express their creativity by coloring and scribbling around the letters however they wish.
4. Once they have finished their artwork, gently peel away the tape from the paper.
5. The masterpiece emerges: "I love daddy," surrounded by the children's colorful and imaginative designs.

Fathers day crafts