

# Mountain Grower's Association Farmer's Market

**Healthy Eating For A Healthy You!**

**Change Your Diet...Change Your Life!!**

## Kicks-off on May 11, 2010.

Every Tuesday at 4:30 Hillman Farms and dancefarm of lower Shingletown, along with Quail Valley Ranch, Shambani Organics, Ajasamati and Redwood Organic Seeds of the Manton Valley, and other vendors will be offering eggs, goat's milk soap, organic bedding plants—vegetables, culinary herbs and perennial medicinal herbs—and a range of produce, much of it organic: radishes, lettuce, mustard greens and salad mixes. Green onions, fresh shallots, young sweet onions, leeks, young red onions. Strawberries. Artichokes. Chard in three colors—white, red, and yellow. Herbs—dill, English thyme, silver thyme, wooly thyme, oregano, sage, cilantro, chives, lemon balm, and mint. Walnuts, pecans, and almonds—plain and roasted in various flavors: Cajun, garlic and sea salt, parmesan cheese and garlic. In summer there will be tomatoes, peppers, squash, melons, and other yummy fresh produce.



**Tuesday's  
4:30 at  
Shingletown Medical Center**