

Opa-locka Farmers Market

At Nathan B. Young Elementary
14120 NW 24th. Avenue, Opa-locka, FL 33054
Wednesday from 2pm to 5pm

Available Produce

Barretts Produce

Corn: 5 x \$1.00
Broccoli: \$1.25 bunch
Yellow Squash: \$0.99lb
Green Tomatoes: \$0.99lb
Green pepper: \$0.75 each
or 2 x \$1.00

Featured Produce of the Week

Yellow squash

Price Comparison:

Opa-locka's Farmers' Market Price:
\$0.99lb
Compared to local supermarket
price: \$1.59 lb

Keys Gate

Organic/Hydroponic

Scallion: \$0.99bunch
Eggplant: \$0.75 Ea.
Herbs(Mint, Dill,
Sage): \$1.25 pack

Facts about Yellow Squash

Low in calories-a cup of yellow squash contains only about 36 calories, 7g of carbohydrates, less than 1g of fat, and 1g of protein. It is also cholesterol-free.

Vitamin Rich- great source of vitamin C and magnesium. Also contains vitamin A, folate, copper, fiber riboflavin and phosphorus.

Cancer Prevention-abundant in antioxidants to keep free radicals at bay. It's high content of vitamin C helps prevent premature aging, and inhibit cell division

Source:
<http://www.healthdiaries.com/eatthis/8-health-benefits-of-yellow-squash.html>

Country Corner

Collard Greens: \$2.99bunch
Turnip Greens: \$2.99bunch
Oranges: 4 x \$1.00
Okra: \$2.99lb
Banana: \$0.69lb
Strawberries: \$2.99pack
Grapes: \$2.49lb

Recipe

Grilled Yellow Squash

Ingredients

4 medium yellow squash
½ cup extra virgin olive oil
2 cloves garlic, crushed
Salt and pepper to taste

Preparation

1. Preheat the grill for medium heat
2. Cut the squash horizontally into ¼ inch to ½ inch thick slices so that you have nice long strips that won't fall through the grill.
3. Heat olive oil in a small pan, and add garlic cloves. Cook over medium heat until the garlic start to sizzle and become fragrant. Brush the slices of squash with the garlic oil, and season with salt and pepper
4. Grill squash slices for 5 to 10 minutes per side, until they reach the desired tenderness. Brush with additional garlic oil, and turn occasionally to prevent sticking or burning.

