

# *Opa-locka Farmers Market*

*At Nathan B. Young Elementary School*

*14120 NW 24<sup>th</sup>. Avenue, Opa-locka, FL 33054*

*Wednesdays from 2 p.m. to 5:30 p.m.*

## *Country Corner*

Banana  
Oranges  
Strawberries  
Grapes  
Corn  
Cabbage  
Okra  
Sweet Potatoes

## Available Produce

### *Keys Gate*

Kale  
Spinach  
Tomatoes  
Bibb lettuce  
Lettuce Mix  
Bell Pepper

### *Farm Worker*

Papaya  
Onion  
Guava  
Tomato



### *Facts about Strawberries*

- Excellent source of **vitamin-C**, a powerful natural antioxidant
- Helps body develop resistance against infectious agents and counter inflammation
- Contain vitamin A, vitamin E and many health promoting flavonoid poly phenolic antioxidants, which play a role in aging and various disease process
- Have high amounts of phenolic flavonoid phyto-chemicals called **anthocyanins** and **ellagic acid**, which may have potential health benefits against cancer, aging, inflammation and neurological diseases

Source: <http://www.nutrition-and-you.com/strawberries.html>

