

Opa-locka Farmers Market

At Nathan B. Young Elementary School
14120 NW 24th. Avenue, Opa-locka, FL 33054
Wednesdays from 2 p.m. to 5:30 p.m.

Available Produce

Farm Worker

(Organic Produce)

Papaya
Onion
mint
Green Pepper
Tomato
Parsley
Basil
Rosemary

Country Corner

Pineapple
Grape fruit
Banana
Oranges
Strawberries
Grapes
Corn
Cabbage
Sweet Potatoes



Papaya-Banana Smoothie

Ingredients

- 1 cup low fat milk
- ¼ cup nonfat Greek yogurt
- 1 teaspoon pure vanilla extract
- 1 small ripe banana, peeled
- ½ large, ripe papaya, peeled, seeded and chopped
- 1 cup ice cubes

Directions

- Combine the milk, yogurt, vanilla, banana, papaya and ice cubes in a blender and blend until smooth. Pour into a large glass.

Source: <http://www.foodnetwork.com/recipes/bobby-flay/papaya-banana-smoothie-recipe/index.html>

