




**KNOW
YOUR
FARMER.**

Supporting local farmer's markets strengthens our SWLA community.


**KNOW
YOUR
FOOD.**

Fresh, nutritious, delicious locally grown fruits and vegetables and sound advice from people who really know good food!

Local markets are great places to purchase fresh, healthy food directly from the farmer or grower. Farmer's markets can be a fun way to get your kids involved in healthy eating habits. All fruits and vegetables at these markets are picked in season at their peak of flavor and nutrition. Other fresh local food such as rice, honey, meats, eggs and more can be purchased at the markets. With markets across our region growing, it's a perfect time to check out some of our local markets and meet your farmer!

SWLA FARMER'S MARKET SCHEDULE

TUESDAYS

Historic Cash and Carry Building

Empire of the Seed - Lake Charles

801 Enterprise Blvd, Lake Charles, LA 70601

4:00 pm – 6:00 pm

Welsh Farmers Market – Welsh

201 South Elms Street, Welsh, LA 70548

Seasonal- Opens in May

4:00 pm- 6:00 pm

SATURDAYS

Charles Town Farmers Market- Lake Charles

1001 Ryan Street, Lake Charles LA 70605

Historic City Hall

8:00 am – 12:00 pm

WEDNESDAYS

Oberlin Farmers Market – Oberlin

228 West 6th Avenue, Oberlin, LA 70655

9:00 am-1:00 pm

THURSDAYS

Charlestown Market - Lake Charles

1001 Central Pkwy, Lake Charles, LA 70605

University Park Community Center

Seasonal – Opens in May

4:00 pm -6:00 pm

Coushatta Farmers Market- Elton

Hwy 190, Elton, LA 70532

Koasati Plaza in Downtown Elton

1st Saturday of the month

7:30 am-12:00 pm

FRIDAYS

Oakdale Farmers Market - Oakdale

715 US 165, Oakdale, LA 71463

Seasonal: Open most Fridays

Check facebook for dates

7:30 am- 2:00 pm

EVERYDAY

DeRidder Farmers Market-DeRidder

100 North Washington Avenue

DeRidder, LA 70634

8:00 am – 5:00 pm

Main Street Farmers Market-Jennings

Main Street, Jennings, LA

Seasonal: May – November

7:00 am – 10:00 AM

Market list a courtesy of

Lake Charles

Memorial Health System

www.lcmh.com/wellness



Find more information about these markets on Facebook!



SEASONAL RECIPES

SPRING

Grilled Kale & Pear Salad with Goat Cheese

5 tbsp extra-virgin olive oil, divided
3 tbsp balsamic vinegar
2 tsp chopped fresh thyme
1 tsp honey
Kosher salt, freshly ground pepper

4 medium pears, cut in half and scoop out seeds
12 large or 16 small curly kale leaves
4 oz goat cheese

Preparation:

(Build a medium-hot fire in a charcoal grill, or heat a gas grill to high.)

Whisk 3 tbsp oil, vinegar, thyme, and honey in a medium bowl. Season vinaigrette to taste with salt and pepper.

Brush pear with olive oil and grill cut side down until tender, 7-10 minutes. Set aside to cool. Once cool enough to handle, cut ¼ inch slices.

Brush kale leaves with remaining 1 tbsp oil; season with salt. Grill kale, turning once, until crispy and charred at edges, about 2 minutes. Transfer to a work surface; let stand until cool enough to handle. Remove large center stems with a knife and discard *(just trim the tough ends from smaller, more tender kale stems)*.

Stir vinaigrette again. Tear larger kale leaves into pieces *(leave smaller leaves whole)*. Place leaves in a large bowl and toss with some of the vinaigrette. Divide leaves among plates. Top with pear slices and crumbled goat cheese, drizzle vinaigrette over top.

SUMMER

Summer Cucumber Salad

4 large cucumbers, peeled
1/2 tsp salt
2 cups low-fat plain yogurt
2 tsp lemon juice
2-4 cloves garlic, minced

Freshly ground pepper, to taste
2 tbsp chopped fresh parsley, or 2 Tbsp chopped fresh mint
1 tsp extra-virgin olive oil

Preparation:

Cut cucumbers in half and remove seed. Cut cucumber as desired and place in bowl, sprinkle salt on top, toss and set aside for at least 20 minutes.

Combine yogurt, lemon juice, garlic, pepper, and parsley (or mint) in a medium bowl. Stir in the oil briskly.

Drain the cucumbers, return them to the bowl, pour the yogurt mixture over and toss well.

FALL

Butternut or Acorn Squash Agrodolce

serve with local chicken or pork

1 medium to large squash, peeled, seeds removed, cut into 1-inch cubes
2 tbsp olive oil
Kosher salt, freshly ground pepper
2 Fresno chiles, thinly sliced

¾ cup red wine vinegar
¼ cup honey
2 tbsp golden raisins, chopped
1 tsp crushed red pepper flakes

Preparation:

(Preheat oven to 400°)

Place squash on large rimmed baking sheets. Drizzle with oil; season with salt and pepper. Roast, tossing occasionally, until cubes are golden brown and tender, 30–35 minutes.

Meanwhile, bring chilies, vinegar, honey, raisins, red pepper flakes, and a pinch of salt to a boil in a small saucepan over medium heat. Reduce heat and simmer until syrupy, 8–10 minutes.

Brush half of warm agrodolce over warm squash. Transfer to a platter.

Just before serving, reheat remaining agrodolce, adding a splash of water if needed to loosen. Spoon over squash.

WINTER

Radicchio Salad and Pan Seared Pork Chops

3 tbsp pecan oil, divided
1 tbsp sherry wine vinegar
1 tbsp minced garlic
1 1/2 tsp honey
2 local pork chops
Coarsely cracked black pepper

2 cups finely sliced radicchio
1 cup *(packed)* mixed baby greens
1 small ripe apple, sliced into thin strips
1/3 cup crumbled chilled blue cheese *(about 1 1/2 ounces)*

Preparation:

Whisk 2 tablespoons pecan oil, sherry wine vinegar, minced garlic, and honey in large bowl. Season dressing to taste with salt and pepper.

Sprinkle chops generously with cracked black pepper and kosher salt.

Heat 1 tbsp oil in heavy medium skillet over medium-high heat. Add chops; cook to desired doneness, about 4-6 minutes per side for medium depending on the thickness of the chop. Transfer to plates. Add last 4 ingredients to dressing; toss. Mound salad alongside.

Recipes: Courtesy of Jacob Manceaux

ENJOY!