

Downtown Farmers Market Expands

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With all the recent activity in the comments section of the Farmers Market [posting from last May](#) which was probably sparked by **Sandra Pedicini's** excellent reporting on Farmers Markets recently in *The Orlando Sentinel*, I thought I would take a quick run down to Lake Eola and see some of these new vendors I've been hearing about. My last visit to the market was at the end of July to pick up some fresh produce, but as I had an eager canine on the end of a short leash as well as a [heavy bag of fresh produce](#), I didn't take a close look at the new vendors.

Amy and Jonathan Morris have added additional tables with more selections to their produce stand. Amy reports business has been brisk. Initially, their customer base was made up of condo and apartment dwellers from the surrounding buildings, but as word has spread about the quality and fair pricing of their offerings, more customers are driving into town to pick up farm fresh selections. Amy commented that they strive to have the best quality fruit and vegetables available and they research current market prices to be sure their prices are just a bit lower than supermarket chains.

There's excitement among over 20 vendors, spread out in wide circles under the shade of the gracious, spreading trees. The market is under new management and changes are underway. The addition of upbeat music along with the smiling faces of outgoing vendors, many offering samples of their wares, gives the market a holiday atmosphere, a reason to linger, browse longer, and buy more.



Perhaps you'd like a bowl of homemade soup, or you can take some home for later, check out **Soupçon**. If you think it's too hot for soup, don't overlook the cold selections like the vegan Gazpacho I sampled, unique with a little Caribbean twist as evidenced by the subtle hint of cilantro.

Fresh bread, a hunk of cheese and a glass of wine makes a wonderful light lunch or supper. Check out the fabulous baked goods at **C'est Prouve** (It's proven). Quite a clever name as *proofing* is a baking term for yeasted items. C'est Prouve might well mean *it's proven* this is great bread! These clever folks cater as well as offer some great meals on the spot, along with assorted baked goods.



There are many thirst quenching choices as you stroll around the market. **Tranquili Tea** offers over 75 custom blended loose leaf specialty teas along with a clever tea infuser that tames the tea making process. The same coffee lady has been serving me hazelnut

iced coffee since my Saturday outings to the market when it was in Heritage Square and she has many hot and cold coffee choices to slake your thirst at very fair prices. There's fresh lemonade, shaved ice, fabulous Italian gelato, funnel cakes, all offer refreshing treats. There are art offerings, unique costume jewelry, incense, seductive **Black Hammock Orchids** and other exotic plants as well.

For the empty nesters, young professionals, families on the run, **Delgio Fine Dining** offers prepared meals ready to cook. Prepared appetizers, entrees and family meals, frozen and ready to pop in the oven. Add a fresh salad and sit down to a home cooked real meal. Derek's tag line: Fine Dining from the Market to Home Entertaining. Check it out.



New to the market this week, is **Chef Grown Herbs**. Turned out to be perfect timing for me. My basil plant had grown leggy and sparse to the point that I uprooted the sad sight and put a new basil plant on my shopping list. How pleased I was to see such fresh, healthy plants and tickled further when I came home and checked out the [website](#). Here's an exciting Apopka business that promises to provide good stuff grown right.

The Orlando Farmers Market is off and running. It may have been a slow start and we've still a ways to go, but with new management making a concerted effort to attract quality vendors and a citizenry willing to get out and support local farmers and artisans, each week we'll see the addition of new participants and Sundays at Lake Eola will become a choice destination.



http://blogs.orlandosentinel.com/community_downtown_blog/2007/08/farmers-market-.html