

having trouble viewing this page? [view](#)

for printable version [print](#)

this week - at the

Webb Park Certified Farmer's Market and Specialty Faire

♥ Valentines Day Edition ♥

SUNDAYS 10am-4pm
13 February 2011 Newsletter

WebbParkFarmersMarket.com

info@WebbParkFarmersMarket.com

Webb Park, Rancho Bernardo - West Side of Bernardo Center Drive
between Avena Place and Bernardo Plaza Court



KIDS CORNER

Pet Adoptions: *More Coming Soon!* On-site Pet adoptions will be offered periodically in our Community Plaza area of the Webb Park Certified Farmer's Market. We plan to offer a rotating schedule of non-profit shelters bringing pets in need of new loving homes.

Bounce House: THIS SUNDAY - "2" BOUNCE HOUSES! One near the Lake, the other along side the US Bank.

WEEKLY SPECIALTY FAIRES

Our specialty faires are a work-in-progress. Next month, we plan on coordinating with the local artists groups and antique dealers to bring you something new on the Second Sunday.

FIRST SUNDAY:

Green Event

SECOND SUNDAY:

Artists & Antiques Show

THIRD SUNDAY:

♥ THE DAY BEFORE VALENTINES DAY ♥ IN THE PARK

♥ FLOWERS ♥ PLANTS ♥ GIFTS ♥

Start at our Featured Market Entrance where the walk-way to Webb Park meets Bernardo Center Drive (look for the Rotary Club clock, just north of U.S. Bank).

Lead up to Valentines Day with a romantic walk through Rancho Bernardo's Webb Park, watch the wild ducks and turtles. Then purchase that gift to remember from a selection of handmade jewelry; A Native American made "dream catcher" or other items from our group of Native American artisans; gourmet chocolates from The Sweet Spot's chocolate confections; or a special desert from Mook and Pop's for that special Valentines dinner.

Nothing says "love" and "I care" more than the farm fresh produce you use to make a special Valentines meal. Our expanded farmers market offers a variety of both fresh vegetables and in season fruit, including freshly picked strawberries.

Relax on our outdoor patio cafe. Order that relaxing cup of gourmet coffee, an espresso, fresh lemonade or a flavored shave ice - something for the young AND young at heart.

*Enjoy any of the
Webb Park Certified Farmers Market
& Specialty Faire
Food Court selections on the patio by the lake,
courtesy of the Courtyard by Marriott.*

FEB 13 FARMERS

BuMa Farms

- Vegetables and Strawberries.

Heritage Family Farm

- Citrus and Avocados.

Luis Suarez Farm

- Amazing Vegetables.

Ramona Duck Farms

- Fresh Eggs: Chicken, Duck, Quail.

Rancho Brisas Del Mar

- Lettuce, Citrus, Herbs, Avocados.

~ Our Certified Farmers ~

February 13

11:00 am

Hoop Dancing

- specialty faire area

11:30 am

Martial Arts/Self Defense

- patio cafe area

Noon

Yoga

- specialty faire area

1:00 pm

Hoop Dancing

Clothing
Showcase

FOURTH SUNDAY:

Handmade
Specialties

FIFTH SUNDAY:

Jewelry Extravaganza
(4-times a year)

WEATHER FORECAST



Looks to be a beautiful week with Sunday being in the 70's and Mostly Sunny

Quick Links

[Find Us](#)
[Market Specialties](#)
[Our History](#)

Recipe of the Week:

Chicken molé

Laura Kenny and Joanne Neft
Co-authors, [Placer County Real Food](#)
From Farmers Markets

Ingredients

Molé sauce

2/3 cup vegetable oil

1 large yellow onion, large diced, plus an
additional 1/2 cup diced onion

Hungry? Follow the park pathway toward the lake to our Food Court, featuring the Marriott Grill and our exclusive selection of local Culinary Artists. Order from our food court and enjoy your meal on the *Marriott Patio*, while listening to this week's live musical performer Smilin' Jack, *Showman Accordionist!*

THIS WEEK AT THE MARKET

HOOP DANCING DEMONSTRATIONS: A fun, lively and interactive activity for everyone. **11:00am**, **1:00 pm** and **3:00 pm**; in the area along side US Bank.

MARTIAL ARTS DEMONSTRATION and **FREE BASIC SELF DEFENSE LESSON:** United Studios of Self Defense will be demonstrating Martial Arts forms and offering basic self-defense tips at **11:30am** and **2:30pm**. In the area along side the Patio Cafe in the middle of the park, behind California Bank & Trust.

BOOT CAMP FITNESS: Real Deal Fitness is holding a BOOT CAMP activity suitable for all ages. Come on over for a unique and fun work-out at **1:30pm**. In the area along side the Patio Cafe in the middle of the park, behind California Bank & Trust.

YOGA DEMONSTRATIONS: Thought about relaxing with a YOGA Class? Stop by one of the YOGA Demonstrations, offered at **NOON** and **2:00pm**; in the area along side US Bank.

FARM/CROP NEWS

February Crops in San Diego County:

Cut Flowers, Artichokes, Asparagus, Beets, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Chard, Cherimoyas, Grapefruit, Guavas Herbs, red Kale, Kiwi, Kumquats, Lemons, Limes, Lettuce, Navel Oranges, Peas, Potatoes, Radishes, Rhubarb, Snap Peas, Spinach, Winter Squash, STRAWBERRIES, Tangelos, Tangerines, and White Turnips.

California Crop News:

Frost damages some winter crops

Farmers in Southern California have had a few days to assess the impact of cold temperatures that hit the region last week, and say they see signs of some potential damage to their crops. Farmers lost some lettuce, and some sweet corn planted for early April

- specialty faire area

1:30 pm
Boot Camp Fitness area
- patio cafe

2:00 pm
Yoga
- specialty faire area

2:30 pm
Martial Arts/Self Defense
- patio cafe area

3:00 pm
Hoop Dancing
- specialty faire area

NEXT WEEK IN THE PARK

Clothing Showcase Come out to see an expanded selection of Clothing and Accessories, from our weekly vendors and visiting merchants. Once a month, on the 3rd Sunday!

EVERY WEEK Something New: Next week, expect to see more vendors, farmers and foods!

UPDATED VENDOR LISTINGS

Check out our website WebbParkFarmersMarket.com

to see the latest updated listing of most of our regularly scheduled weekly vendors.

Webb Park Certified Farmers Market and Specialty Faire

P.O.Box 506523
San Diego, CA 92150
(858) 735-5311

Co-managers:
Claire Winnick
Richard Knudson



[Subscribe to the Webb Park Certified Farmers Market](#)

8 cloves garlic, peeled
2 cups almonds, blanched
1 cup roasted, unsalted peanuts
6 whole cloves
12 whole peppercorns
1 stick cinnamon, 4 inches long
1 cup bread, pulled in pieces
4 cups small diced tomatoes
7 large dried ancho chiles, stems and seeds removed, rehydrated in 1 cup boiling water
3 tbsp. vegetable oil

Chicken

5 lb. chicken (1 large or 2 small chickens)
2 large carrots, peeled and cut in 3-inch lengths
4 celery stalks, cut in 3-inch lengths
1 large yellow onion, thickly sliced
8 whole cloves
2 bay leaves
1 tsp. salt

Garnish

1/4 cup diced almonds
2 tbsp. chopped cilantro

Directions

For molé sauce: Heat 2/3 cup oil in a large pan. Add large onion, garlic, nuts, cloves, peppercorns, cinnamon and bread. Cook slowly for 1 hour. Turn off heat. Add tomatoes and chiles and stir well. Pour mixture in a food processor

harvest may have to be replanted. Some potatoes may also have been lost. Citrus fruit for this year appears OK. However, one grower reported lemon blossoms were damaged by frost, which will reduce next year's crop.

Marketers suggest producing sweet wines

Marketing experts told a conference of farmers and vintners at UC Davis they should consider producing **sweet wines**. Marketers pointed out that some people simply prefer sweet tastes. Sweet wines are more difficult to produce than table wines, but are more stable because of their higher sugar content. Madeira, port, sherry and sauternes are examples of sweet wines for which a market is waiting to be developed. Some growers expressed an interest in experimenting with sweet wine production.

Endive demand peaks on Valentine's Day

Valentine's Day is when demand for California-grown Belgian endive is greatest. Most of the nation's crop is grown in Solano County, inside and in the dark under conditions similar to a mushroom farm. The vegetable is popular in food service, and February 14 is one of the busiest days of the year for restaurants. Endive is served raw as a dipper and in salads and also can be braised, broiled, baked, grilled or sautéed. The crop is available year-round.

Moth quarantine lifted in Lake County

Lake County has been declared free of the European

[and Specialty Faire mailing list.](#)

Vendor Information

Looking for information about becoming a vendor with the **Webb Park Certified Farmers Market and Specialty Faire?** [visit our website](#)

and blend until liquefied. Set aside. Add 3 tbsp. oil and 1/2 cup onions to pan. Cook until onions are slightly browned. Add nut and tomato mixture to pan. Cook at medium heat until sauce thickens, about 25 to 30 minutes. Sauce can be held overnight in the refrigerator or frozen.

For chicken: Cut up chicken and place entire back, neck and wing tips in a large pot. Add vegetables and seasonings. Cover with water. Bring to a boil, lower heat and slow simmer for 2 hours. After 2 hours, add legs and thighs to simmering pot and cook 10 minutes. Then add breasts and wings and simmer another 25 minutes. Remove chicken and set aside in a large bowl. Empty contents of pot into a strainer and drain broth into pan. Discard vegetables and bones. Set broth aside. Both chicken meat and molé sauce can be made the day before serving and refrigerated.

To serve: An hour before serving, add 2 cups or more of the reserved chicken broth to the molé sauce. The mixture should be the consistency of gravy. For a hotter sauce, add a slight pinch of chili powder. Add more salt if necessary. Bring thinned sauce to a boil and add chicken pieces. Simmer until

grapevine moth, and agricultural officials have lifted the quarantine that had been in place since last spring. Inspectors say this is an indication of how well the fight against the pest is going. When the weather warms up, officials will resume the fight in areas still quarantined. The moth can destroy grapes. One Napa County grower lost his entire crop of 10 acres of chardonnay grapes in 2009.

MARKET GUIDE

Enter any of the parking areas from Bernardo Center Drive or Bernardo Plaza Drive. Look for the signs.

Beginning at the Rotary Clock at Bernardo Center Drive, you will find quality merchants with unique and hard to find products.

Continuing along the walkway path, enter our Rotating Specialty section of the market - a different theme every week.

Next, arrive at the Community Plaza - services, information, and occasionally even on-site Pet Adoptions!

Stop at the Webb World Cafe, our exclusive Patio Cafe, located in the Center of the Sunday Webb Park Certified Farmer's Market and Specialty Faire.

Enjoy Kettle Korn, Shaved Ice or cup of coffee or a Vegan Pastry.

Now you are ready to **enter the FARMERS MARKET** and Prepared Foods area.

Complete your Market Tour near the lake and the *Courtyard by Marriott*, where you will find our International Food Court. Step inside the *Courtyard by Marriott* and visit their bar for a cold drink with your meal.

note: alcoholic beverages must remain within the limits of the Courtyard by Marriott premises, and are not permitted in Webb Park during the Market.

heated through, about 20 minutes. Serve in a large bowl, garnished with almonds and cilantro.

Serves 8

Peg Tomlinson-Poswall shared this recipe with the authors of Placer County Real Food.



Webb Park, Rancho Bernardo
West Side of Bernardo Center Drive
between Avena Place and Bernardo Plaza Court