

October, 2014 Mar Vista Farmers Market Report - *by Wayne Matsuyama*



There is constant change at the Mar Vista Farmers Market not only from seasonal produce but also in certain vendors who are at the market on designated Sundays. Hepp's Salt Barrel sells their selection of finishing salts the first Sunday of each month. Season your dishes with their salts just before serving (heppssaltbarrel.com). The second Sunday of the month brings PUREnola to the market. These crunchy treats and toppings are made from sprouted organic raw nuts and seeds. You will find varieties sweetened with organic maple syrup, flavored with savory ingredients, fruits or cacao powder. (purenola.com).

The third Sunday brings a long-time favorite Pop Candy and their butter crunch treats. A new vendor at the market on the third Sunday is Coco Bakes. Coco bakes in small batches using gluten and dairy-free ingredients. Look for chia chocolate chip cookies, classic brownies, granola, pumpkin seed cake (cocobakesLA.com). At the market every other Sunday is Rice and Beans LA selling a wide selection of organic grain and bean products. You are able to buy as much as you need. Among their products are millet, teff, cornmeal, farro, buckwheat, steel cut oats, rolled oats, lima beans, black eyed peas, green lentils, chickpeas, popcorn, Arborio rice, basmati rice (riceandbeansla.com).

Check the website for upcoming celebrations (marvistafarmersmarket.org): Halloween and Day of the Dead.