Love Your Local Farmers Markets!

Seasonal shifts present the opportunity to test your own half full versus half empty approach to life. Do you mourn the last tomatoes, thinking sadly in reminiscence about the summer piles of ruby beauties at the farmers market and feeling a loss of daily Caprese salads? Or instead, do you rejoice in what appears next, like those chunky winter

squashes of all hues and their cozy possibilities in your kitchen? It's perhaps another method of mindfulness, to appreciate the seasonal ingredient as it arrives, enjoying it fully while it is here in our tote bags, on our countertops, in our stockpots, and then letting it go without remorse to welcome the next. —Amber Turpin

Wednesday

1 Downtown Santa Cruz Farmers Market

1–5pm • Year-round Lincoln and Cedar • 831.454.0566 santacruzfarmersmarket.org

Friday

2 Watsonville Certified Farmers Market

2–7pm • Year-round Watsonville City Plaza, Peck & Main streets • 831.588.7366 facebook.com/watsonvillefarmersmarket

Saturday

3 Aptos Certified Farmers Market

8am – Noon • Year-round 6500 Soquel Drive • 831.728.5060 montereybayfarmers.org

Westside Santa Cruz Market

9am–1pm • Year-round 2801 Mission St. • 831.454.0566 santacruzfarmersmarket.org

Sunday

6 Live Oak/Eastside Farmers Market

9am-1pm • Year-round 21511 E. Cliff Drive • 831.454.0566 santacruzfarmersmarket.org

6 Corralitos Farm & Garden Market

11am–3pm • Year-round 127 Hames Road • 831.724.1332 wayne@catalyst2001.com





