

Farmer's Market- Weekly highlights

Meet Diaz Farms



Where are you located at the farmer's market?

Head straight as soon as you walk out of the 1900 building. My tables are decorated with red linens.

Do you have any other locations outside of the farmer's market?

Yes, we sell at other farmers markets in Fowler, Madera, Oakland, and Benicia.

What type of items do you grow/sell?

We grow and sell a variety of fruits. Currently at the market we are featuring the following: white peaches, white nectarines, yellow peaches, yellow nectarines, plums, green grapes, and red grapes.

How long have you been in this industry?

I have been in the industry for about 17 years.

What fruit or vegetable would you like to highlight this week?

I would like to highlight white peaches because they are super sweet, crunchy, and fresh!

White Peach Sangria

Recipe –



<http://allrecipes.com/Recipe/White-Peach-Sangria/Detail.aspx>

Nutritional Facts on White Peaches-



Serving Size: 1 peach
Amount per Serving

Calories 47, Calories from Fat 0 %, Daily Value * Total Fat 0g 0% Saturated Fat 0g0%, Sodium 0mg 0%, Total Carbohydrate 11g4%, Dietary Fiber 2g 8%, Sugars 13g , Protein 0.5g1%
Est. Percent of Calories from:
Fat 0.0% Carbs 93.6%, Protein 4.3%

<http://www.livestrong.com/thedailyplate/nutrition-calories/food/generic/white-peach/>