

Farmer's Market- Weekly highlights

Meet Dave Lewis Farms



Where are you located at the farmer's market?

As soon as you leave the 1900 building, I am located on the left hand side of the farmers market just in front of the free speech area.

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

Our farm is located off of Rolinda and McKinley in Fresno. We also have two other farmers markets that we participate in: Fulton and San Joaquin on Tuesday, Thursday and Saturday and the VA hospital on Wednesdays.

What type of items do you grow/sell?

All stone fruits such as: apricots, peaches, nectarines and plums. We also grow and sell red and yellow

onions, and year around vegetables.

How long have you been in this industry?

Roadside farmers markets for 10 years. She has been in the farming industry all her life.

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

I would like to highlight the Thompson Seedless Natural Grapes. They are a great treat during the hot summer months; especially if you freeze them first.



Nutritional Facts

<http://www.nutritiondata.com/facts/fruits-and-fruit-juices/1920/2>

Harvest Salad

12 cups leaf lettuce

1 lb green & 1 lb red grapes (seedless)

½ lb cooked medium shrimp, peeled and deveined

¼ cup sliced green onions

1 package (3 oz) Oriental Ramen noodles

¼ cup raisons

¼ cup golden raisons

¼ cup toasted walnuts or sunflower kernels

Salad dressing of you choice.