

eat healthy . shop local



FEBRUARY CALENDAR

The North Miami Farmers Market offers weekly local produce, fresh juices, food truck lunch options, homemade baked goods, medicinal teas, all naturals body care products, therapeutic massage and more!

Join us at the MOCA Plaza
Thursdays from 11 – 5 pm

February

7

Time Management

1:00 – 1:20pm – FREE Workshop

Cynthia Chico will give us time management strategies and tips in order to incorporate healthy habits we just do not seem to have time for.

February

14

Valentine's Day Food Demo & Sampling

1:00 -1:30 pm – FREE / With Alex Bulnes

This food demo will give you healthy recipe ideas to try at home with your sweetheart!

February

21

Medicinal Properties of Honey

1:00 -1:20 pm – FREE Workshop

Our very own honey vendor from Beeland Honey will be discussing the medicinal properties of raw honey, the difference between raw and non-raw honey, and an overview of other bee treasures such as bee pollen and propolis.

February

28

Native Plant Workshop

1:00 -1:20 pm – FREE Workshop

Urban Habitat presents a workshop on Native plants, including bringing hummingbirds and butterflies to your garden and the benefits of introducing the endangered spruce tree in to your area.