

eat healthy . shop local



MARCH 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

March
7

Homemade Baby Food Made Easy

1:00 – 1:20pm – FREE Workshop/ With Samantha Kruse
Learn easy ways to keep your baby's first food fresh and healthy, using local organic food for all diet types. Samantha is a Doula, offering parent support before and after birth, including basic infant care.

March
14

Worm composting Demonstration

1:00 -1:20 pm – FREE / With Carolina Aizate
Carolina is a graduate from the Community FoodWorks Permaculture Program, provided by the Earth Learning Foundation. Visit at www.earth-learning.org

March
21

Herbal Health by Aimiee N. Youngs

1:00 -1:20 pm – FREE Workshop
Aimiee is the owner of Herb Essentia, which is a collection of hand-crafted herbal products for natural health. The product line includes tea blends for ailments such as PMS, menopause, headaches & migraines, digestion issues, constipation, and more! Visit at www.herbessentia.com

March
28

Farm to Table Food Demo

1:00 -1:30 pm – FREE/ With Chef Alex Bulnes
Chef Alex Bulnes will be preparing a dish using freshly harvested veggies from a North Miami local farm, Little River Market Garden. Visit at www.littlerivercsa.com