



September for many welcomes the transition back to school and the start of a new season. It may also mean a change in schedule and pace in one's life. Lunch boxes need packing and after school snacks need prepping. Our students are the future and an investment. On Sundays at the Farmer's Market, you can be sure that the food, granola, soap, honey, chocolate, jams, cheese, yogurt, milk, eggs, meat and bread you buy is of the highest quality, substantial nutritional value, and supplied locally to give students the energy they need for every day. Whether its granola with yogurt in the morning, milk with a bowl of cereal, steak and green beans for dinner, a journey through the Farmer's Market on Sunday can supply you with everything you need for each school day. We hope to see you Sunday!

Every week we are open for CSA pickups and other local goods. We located at Salem Market Place, 224 North Broadway in Salem. Visit our website, SalemNHFarmersMarket.org, where you can sign up for weekly e-newsletters letting you know what vendors will be at the market. You can also find us on Facebook and Instagram for weekly updates, more vendor info and beautiful pictures @salemnhfarmersmarket. We accept credit, debit and EBT (food stamps). Please contact info@SalemNHFarmersMarket.org with any questions.

SALEM NH FARMERS MARKET VENDOR OF THE MONTH

El Camino



If you come to the Salem NH Farmers Market in search of empanadas, you are not alone! For a Sunday lunch or snack, El Camino serves fresh hot Puerto Rican cuisine, which can be consumed while at the Market or at one's convenience. Among beef, chicken, and NEW vegetarian empanadas, you can also get Arroz con Carne or Veggie Rice from El Camino. Both rice dishes are responsibly sourced from local farmers, naturally gluten free and dairy and nut free. The founders and owners of the company are the wife and husband team Chefs Elizabeth and David Silva. Elizabeth's homemade sofrito, a sauce base used in many Puerto Rican dishes, is said to be the key to incredible flavor. Based out of Derry, NH, El Camino can be found among the vendors at the Market on Sunday so come and try a delicious empanada or rice. For further questions or to see their full range of products, visit them online: www.elcaminofoods.com or in person at the Market!