Newsletter

Utah's fresh picks
and fall market trips

This Fall edition is packed with ideas, tips, and inspiration to help you celebrate the season, connect with your community, and create a cozy home.

SALT LAKE MARKET

Wander through rows of fresh, locally grown produce, discover unique handmade goods, grab something delicious to eat, and support the local farmers and small businesses that make our community special.



@slcfarmersmarket



Beehive Freeze offers delicious honey slushies, a great refreshing dessert to enjoying on a hot sunny day!

Los Cipotes is a remarkable food truck that offers delicous and authentic Salvadorian food, being popular for their fresh pupusas. Connect with this and other cultural foodtruck options!

Farmers markets help strengthen our communities by supporting local farmers, small businesses, and artisans. They also give us access to fresh, seasonal products while helping us connect with the people who grow and create them.

PROVO MARKET

Every Saturday
9 am to 2 pm
Provo Pioneer Park
500 West Center St.

FRESH
LOCAL
CONNECT



@provofarmersmarket



With about 200 vendors featuring fresh produce, baked goods, food trucks, and unique crafts, there's something for everyone. Bring your family and friends, enjoy some time to relax, and make a day of it—you won't want to miss it!

Food Food truck Farmer Painter Clothing

LOCAL

highlight

BUSINESS

One of the joys of visiting a farmers market is discovering something totally unexpected. Let us tell you about two vendors at the Provo farmers market that really stand out!



Jam It Up — fruity, tangy, and full of spices

Heidi and Mark Cookson have been making jam for 40 years and turned their passion into a business in 2015. Their creative recipes began when Heidi's cousin gave her a bunch of apricots. She experimented with habanero peppers and then began creating different fruit-and-pepper combinations.

Today, their jams feature raspberries, strawberries, peaches, plums, mangoes, and pineapple, paired with jalapeños, habaneros, ghost peppers, and Carolina Reapers.

For example, the **Spiced Plum jam** pairs the natural sweetness of plums with the warm aroma of cinnamon. One bite brings the warm, jolly feeling of Christmas—hence the nickname, "Christmas in Your Mouth."

That jelly was so popular that one of her returning customers stopped by and bought a dozen jars! Heidi also shared a **brand-new Ginger Pear** recipe created as a special order for a customer.

The Cooksons' granddaughter is helping with the family business and hopes to take it over someday. Their jam-making tradition continues to grow through family and community.

Typewriter Poetry — a gift in words

What's in your heart? Katie Fastabend Diehl might turn your answer into a poem.

Katie loves connecting with people and hopes her words can brighten their day. She asks questions like, "What's your favorite season?" "What's important to you?" Then she turns their answers into **a one-of-a-kind poem** and reads it aloud.

She once wrote a short poem for four friends about their friendship. "I loved being a giver of the gift," she said.

Katie grew up with her grandmother's old typewriter and loves its vintage feel. She even leaves her mistakes on the paper. To her, those imperfections are part of what makes the poem human and personal.

Her poetry has even led to wedding invitations! Next time you visit the farmers market, consider giving someone you care about **a gift made just for them—a few heartfelt words on a paper.**



WHEELER HISTORIC FARM

Every Sunday from 9 am to 1 pm at 6351 South 900 East, the farm hosts around 119 vendors at its farmers market. The place is huge, with plenty of space to sit and enjoy nature, but parking can be tricky.

Here, there is a store that offers functional, refreshing goods. Green Jar is a beverage company that offers a wide range of natural, fresh, and visually pleasing drinks. They let you keep your jar, and later you can use it again for your next drink.



@wheelerhistoricfarm



At this market, you can also find Rebel Paw, a pet store/bakery. They sell many beautiful bandana designs for dogs and cats, along with delicious treats for them. The company also supports local rescues and encourages animal adoption.

Whether you are looking for a cool pet bandana or sipping your way with a refreshing fall drink, the farmers market at Wheeler's Historic Farm is the place to be. Crisp air, colorful leaves, and local treasures – everything you want wrapped in the warmth of the season.


Tips to enhance your experience
Get your steps in
At the farmers market you will definitely get your steps in, so make sure to wear comfortable shoes. .
Bring some cash
Most of the vendors offer flat prices, so having cash with you helps you track how much you spend.
Plan your parking spot
Almost every market fills up quickly, so arriving early makes the whole experience smoother.
P
skim before buying
Take a quick lap around the market before your first purchase. There are tons of options.
check the weather
Be prepared with a hat or sunglasses, or pack an umbrella, so you can enjoy the market rain or sunshine