



Market Day was a great success on June 20th!

(Pre-order required by Wednesday for chicken and baked goods)



Shop Smart and Learn Healthy

This week we have a double special treat as Leo Samalot and Emily Gonzalez of Parker Chiropractic College visit and share with us about healthy living and how to take better care of ourselves to help stave off illness by better eating choices, namely food grown organically, in healthy, mineral rich soils.

Lecture starts at 10am under the old oak tree by the community gardens.

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Home Made Goodness!

Jeani is baking this week!

Pre-order some freshly baked, organic ingredient goodness [here](#). Preorder by Wednesday so she can knead your dough! ;)

Eden's Organic Garden Center/Farm/CSA

Greetings!

Eden's Garden will have limited potatoes and onions available for sale. I've invited other produce farmers as well as your favorite ranchers and producers. We never know who'll come with produce, but if they do, you're sure not going to find fresher produce! Meet the farmers and the ranchers in person!

Dominion Farms can't stay, but you can preorder delicious free range chicken from them. (See below)



Remember, buying a loaf of Jeani's scratch made bread, means you're NOT buying a loaf of air, preservatives and artificial ingredients.

Stevia Gardens

Herbal Teas Naturally Sweetened!

Local resident, Eden's CSA member and mom, Charity Gordon, has been busy working on her wonderful herbal teas sweetened only with the all natural sweetness of Stevia herb. Charity will be growing herbs herself this year in our community gardens and uses only the purest stevia sources she can find.

Pre-order [here](#) - and come get a sample at Market Day.

Coming Soon!

Eden's Garden has planted a nice variety of

JuHa Ranch

Judi brings *the* finest in free-range, hormone free/antibiotic free and humanely raised freshly processed meats and farm fresh eggs.

You may *pre-order [HERE](#)

JuHa raises happy livestock on organic pastures.



Back This Week;

- cubed pork for quick pork wrap in a tortilla or with rice and (fresh/local) veggies !
- boneless leg of lamb - perfect for grilling !
- Italian sausage, BULK, 1 lb pkg

Pork - various cuts

Lamb - chops, ground and more!

Rabbit - preorder only

[Porgo Sausage](#) - [my favorite and reviewed by Kim Pierce Dallas area food critic](#)

Grass-fed Beef - sold out till Aug.

Judi will also have [Paul Wackym's all natural cookies](#) delectable! Locally baked - locally eaten! You've seen him at DFM and Mockingbird Station, now, thanks to Judi, his cookies are at Eden's Market Day, too!

*Pre-ordering is suggested but not required.

Eden's Organic Garden Center

June 20th 10 am

FREE CLASS

Leo Samalot and Emily Gonzalez will share the importance of proper eating;



"You are What You Eat - What are *You*??"

tomatoes, potatoes, peppers, onions and more. We've planted enough for our CSA family and then some more to make available to our neighbors who come to market day, too! I want everyone to be able to eat fresh, safe, local food!

We have onions & potatoes!

Tips from Chef Gilbert



Chef is out of pocket this week.

And now for something a bit different!



Texan Trail will have 100% natural Llama manure fertilizer for sale. This non-burning and ready to use amendment is a great addition to your garden. Come talk to David Trail and see for yourself. He scoops it and bags it at his local Kaufman County ranch.

Each of our body's organs needs certain vitamins and minerals to work at peak performance. When we starve our bodies of nutrients by taking short cuts with our food and introducing GMO or artificial preservatives and sweeteners nature never intended, we run the very real risk of making ourselves sick. At the very least, we don't run at our peak capacity.

Leo and Emily are passionate about teaching people how to better take care of their bodies through eating well and staying ahead of the health game rather than trying to play catch-up and fixing the consequences of neglect or abuse by fast food. But when we do hit a bump in the health road, for whatever reason, they like to let our bodies and nature work together to try to resolve the problem as naturally as possible.

Come listen to Leo and Emily, interns at Parker Chiropractic College and learn what you can do to help yourself enjoy better health!

Leo will have some of his wonderful all natural soaps ready again, too.

GARDEN TIP!

After all of that rain, it is a good idea to spray your tomatoes with some corn meal tea.

ATTENTION URBAN CHICKEN OWNERS; Do you use chicken feed? Let us know. We will soon be carrying a locally produced organic chicken feed!

Thank you DFW for helping Eden's grow! We are into year 3 of our market days and more local food seekers and farmers/ranchers are hearing about us every day!

I want Eden's to be the go-to market for southeast Dallas County for a great source of local, organic and fresh healthy food right here at the farm!

Tell your friends and bring the kids to market day. Come for the market, catch the free lecture and stay and visit a little while for the experience. You'll be glad you came.

EDEN'S -

"Less than 20 minutes from downtown Dallas - but almost like a world away!"



Please Welcome
New Farm

-

Pure Envi - Barry,
TX

Some of what they'll be
bringing this week;

Natural Goat's Milk Soap!

Variety of natural goats
milk soap, sold in Hand
made 100% cotton muslin
soap bags : Singles for
\$5, doubles
for \$8.

An all Natural Home-made
Laundry Soap!

Low suds, high cleaning
power, all based on rustic
soap recipes.

AND a few cute baby
goats for petting and
pictures!

Sincerely,



Marie (and her critters)

Eden's Organic Garden Center/Farm/CSA

Eden's is your friendly neighborhood Farmer's Market
featuring only local farmers/producers and your
neighbors!



Welcome
Dominion Farms!



Dominion Farms is a 3-
family run farm in

Denison, Texas. I've had the pleasure of visiting the farm and have enjoyed some of the fruit of their labors.

They offer a variety of free range all natural meats, including Chicken!

Eden's is very happy to announce the offering of antibiotic free/hormone free/all natural & free range chicken!

*You must place your pre orders by **WEDNESDAY** - a delivery will be made to the farm and you'll pick up your order on Market Day between 9-noon.*

PRE-ORDERS ONLY! NO
EXTRA WILL BE
AVAILABLE