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May at the Market



All things seem possible in May...

~ Edwin Way Teale (American Naturalist, Photographer, Writer)

May is likely named for the Greek and Roman goddess, Maia, who is associated with fertility, growth, motherhood, and nurturing. It's easy to see why the 5th month honors Maia. The sun is shining, the birds are singing, and the flowers, plants, and trees burst into vibrant life.

As spring deepens and the earth reawakens, visit the [Philadelphia Wholesale Produce Market](#) to see an ever-growing list of fresh fruit and vegetables from local farms or faraway ports.

May is not only National Asparagus, Salsa, Salad, BBQ, Sweet Vidalia Onion, and Strawberry

Month, but it's also **Family Wellness Month**. May holidays present the perfect occasions to celebrate with healthy, plant-based options.

Cinco de Mayo – Friday, May 5th



Cinco de Mayo commemorates the Mexican victory over the French in the Battle of Puebla in 1862 during the Franco-Mexican War.

The day has become even more popular in the United States, and it serves as a commemoration of Mexican culture in America. At the [Philadelphia Wholesale Produce Market](#), we have everything to spice up your celebration, including jalapenos, serranoes, poblanos, and habaneros. And, of course avocados, limes, cilantro, onion, tomatoes, and mangoes.

Olé!

Mother's Day – Sunday, May 14th



The origin of Mother's Day began when a woman named Anna Jarvis started a campaign for an official holiday honoring mothers in 1905, the year her own mother died. The first large-scale celebration of the holiday was in 1907, when Jarvis held a memorial service at her late mother's church in Grafton, West Virginia. Within five years, virtually every state was observing the day, and in 1914, U.S. President Woodrow Wilson made it a national holiday.

Mom is often that person who looked out for everyone's well-being, sometimes at the expense of her own. Now you can make up for it by showering her with healthy gifts and meals. Try a nutritious brunch recipe from [Cooking Light Magazine](#) or bring mom a case of long-stem strawberries, Italian oranges, California figs, or some other delectable treat from any of our 18 merchants at the [PWPM](#).

Memorial Day – Monday, May 29th



Memorial Day is an American holiday in which we honor and mourn members of the military who have passed while serving in the United States Armed Forces. Once known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971.

The long Memorial Day weekend also marks the beginning of the summer season. Enjoy a barbeque with family and friends with fresh corn, tomatoes, and watermelon- all the classics – but never forget those who sacrificed for our country and freedoms.

Happy May, everyone!

Tours

Tours, Walk-Throughs, First Time Visits – whatever you call them - we love to show people the awesomeness that is the Philadelphia Wholesale Produce Market. If you haven't yet checked out this gem of a place, come walk our quarter mile of quality produce! Just follow this link and request an orientation! [Request a Tour.](#)