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# February at the Market!



February may be short in stature, but it's a towering giant when it comes to events and holidays that offer opportunities to flaunt fresh produce:

February 9<sup>th</sup> - Super Bowl LIX



Is there anything better than sitting down with friends and family on Super Bowl Sunday? Well, yes. There's the spread of food AND having our hometown **Philadelphia Eagles** head to the "Big Easy" to face the Kansas City Chiefs. **Go Birds!** 

In addition to watching a heart-stopping game, offer a heart-healthy spread of nutritious food. We're not saying to skip the usual favorites, but score big with delicious options such as homemade salsa, butternut squash fries, roasted eggplant, and, of course, plenty of guacamole! Check out these healthy suggestions from Real Simple that won't put you in a food coma.

February 12<sup>th</sup> - Chinese Lantern Festival



The Chinese Lantern Festival marks the end of Chinese New Year or Spring Festival. Occurring 15 days after its beginning on January 29, this year's <u>Chinese Zodiac</u> celebrates the Year of the Snake, symbolizing introspection, renewal, wisdom, and opportunities for growth and change. Serve up fruit and veggies that attract positive energy such as tangerines, peaches, apples, watermelon, baby bok choy, leafy greens, sugar cane, and dragon fruit.

February 14<sup>th</sup> - Valentine's Day



Love is always in the air at the <u>Philadelphia Wholesale Produce Market</u>. Our merchants are stocked up on passion fruit, sweet romance grapes, long stem strawberries, and even red roses!

As Pablo Picasso said, "love is the greatest refreshment in life."

February 17<sup>th</sup> - President's Day



President's Day technically celebrates George Washington's birthday (2/22/1732) but also recognizes and honors the achievements of others presidents, particularly Abraham Lincoln and Thomas Jefferson and is celebrated on the third Monday in February.

Please note our Holiday Hours



# CLOSED - SUNDAY, FEBRUARY 16TH OPEN- MONDAY, FEBRUARY 17TH 3 AM FOR RECEIVING 8 AM FOR CUSTOMERS

February is also a time to bring awareness to important causes like <u>American Heart Month</u> and <u>Black History Month</u>. Find meaningful ways to celebrate how fresh produce is woven into the fabric of every aspect of our lives. Embrace the winter and don't let the blues take hold, but instead incorporate fruit and vegetables into your routine to fight cold and flu season the natural way! Cozy up to traditional comfort foods or try some exotic specialties from a faraway port. And they're all right here at the <u>Philadelphia Wholesale Produce Market</u>.

Have a fabulous February!

Just a reminder: All persons over the age of 18 must present valid government identification to enter the Philadelphia Wholesale Produce Market.

## **Please Note Our Customer Hours**

Sunday: 9:00 am to Sunday: 12:00 pm Sunday: 7:00 pm to Monday: 11:00 am Monday: 7:00 pm to Tuesday: 11:00 am Tuesday: 7:00 pm to Wednesday: 11:00 am Wednesday: 7:00 pm to Thursday: 11:00 am

Thursday: 7:00 pm to Friday: 11:00 am











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### Our mailing address is:

6700 Essington Ave, Philadelphia, PA 19153

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