



August is a month many of us view as a time to reset our routines. We wrap up camp, return from family vacations, and gear up for a new school year, or a return to work. But Summer is hardly winding down at Baileys, where you can find exceptionally fresh produce for your lunchboxes and quick dinners. Whether you're heading back to school or work, welcome the change with the best of fresh from Pensacola's oldest produce market. At Baileys, we offer creative and healthy solutions to kickstart your new routine in the right direction.

## LOVE YOUR LUNCH THIS WAY:

- **Ants on a Log.** Need a speedy snack fix? Grab some celery, nut butter, and raisins for a quick and easy treat. Spice it up by trying different nut butters like cashew, almond, or Pistachio Crunch Butter. Play around with golden raisins and Dried Cranberries for a surprise twist!
- **Homemade trail mix.** Bailey's has a variety of nut mixes and dried fruits like dried ginger, pineapple, mango, shredded coconut, and sesame sticks!
- **Dive into a berry bonanza!** According to Harvard University, these little gems are packed with flavonoids that are like a superhero squad for your memory. Mix it up with Blueberries, Raspberries, Blackberries, and more!
- **Pasta Salad power!** It's a lunchtime legend that sneaks in those veggies like a ninja. Whip up a storm with recipes from around the globe and toss in Carrots for a boost of vitamin A, Zucchini for a splash of vitamin C, and Cherry Tomatoes for a potassium punch
- **Hummus to the rescue!** This chickpea champ is a protein powerhouse, keeping hunger at bay and giving your brain a high-five. Support the local Hummus Lady for unique flavors!

Sharpen your pencils and get that checklist ready – it's time to plan out the ultimate lunchbox masterpiece for your little one (or hey, even for yourself)!

CHERRY PLUMS BANANAS APPLES



BLACKBERRIES



CHERRIES



CUTEST CANVAS / BENTO LUNCH BOXES!





# WE'VE GOT ALL THE PEACHES

**GEORGIA PEACHES    SOUTH CAROLINA PEACHES    ALABAMA PEACHES**

**How ‘bout a Peach Vanilla Smoothie?**

- 1 large or 1 1/2 medium ripe peaches, pitted (about 6 ounces)
- 1/3 cup granola
- 2/3 cup almond milk
- 1/8 teaspoon almond extract
- 1/2 to 3/4 teaspoon vanilla extract
- 2 teaspoon rose geranium syrup
- a few drops of fresh lemon juice
- ice cubs

Put all ingredients in a blender and blend until frothy.



**Why did the peach break up with the plum?**  
**It couldn’t handle the pits!**

**How do you make a peach laugh?**  
**Tell it a pit-iful joke!**

**How do you know if a peach is guilty?**  
**It always turns a little red!**

## WHAT'S FRESH NOW

	VEGETABLES	FRUITS	BEANS/PEAS	CITRUS
SUMMER (JUNE-AUGUST)	GA/TN Veggies GA/TN Corn PA Corn Purple bell peppers / white bell peppers AL (Sand Mountain) Tomatoes (June) TN Tomatoes (July) Local cabbage	GA/TN Watermelon Scuppernongs & Muscadines (July-Aug) Cherries Blackberries (July) Amish Blueberries Chilton County Peaches SC Peaches PA Peaches TN/PA Cantaloupes CA Plums CA Grapes	GA/TN Green Beans GA/TN Pole Beans (Blue Lakes, Rattlesnakes, Malibu’s, Half-Runners) Green Butter Beans Speckled Butter Beans (June) White Acre Peas Zipper Peas	CA Citrus: Navels, Cara’s, Mandarins CA/TX Grapefruit

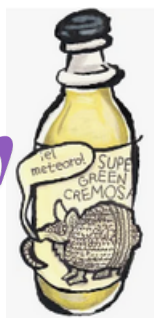




You can always find new products in our Cupboard,  
...and there are those products you know are consistently good!



## Our New Favorite



**El Meteoro Super Green Cremosa** sauce is creamy (but vegan), and a little spicy. It's not a salsa... more of a hot sauce with heft and tons of flavor. It's a good food award winner that is now a favorite at Baileys. This is a must for your pantry! Look for the crazy armadillo on the label in the Sauces!

## The Tried & True



**Hubs Peanuts** are a staple of the South. There is something about the crisp of a traditional Virginia peanut and Hubs is known as the best. The little green can is always a favorite at Baileys.



**Weisenberger Mill** has been in business since early 1865. Owned and operated for 6 generations by the Weisenberger family, the mill is nestled on banks of the South Elkhorn Creek, near Midway, in the heart of central Kentucky. We love their **muffin mixes**. They are such great quality and an easy options for busy parents.

## Caffeine is King: New Coffee



**Larry's Coffee** from Raleigh, North Carolina is a Certified B Corp (Organic, Fair Trade and Shade-Grown) and an old favorite **Grassroots Coffee** out of Thomasville, Georgia with a new price you will love!



**Doux South** is the creation of Atlanta farm-to-table chef Nick Melvin, who has been pickling since his childhood in New Orleans and throughout his professional culinary journey. Let's just say, he knows a thing or two about pickles. We love the Red Onion Cult on just about everything but mostly straight out of the jar.



**Good Lolli** is a family-owned candy kitchen in Perry, Georgia, crafting uniquely flavored lollipops. Each lollipop is hand-poured and packed with fresh dehydrated fruits or freeze-dried bits for an unforgettable taste experience.



# GARDENING FOR BUSY BEES

**WE MEAN YOU, BUSY HUMAN!**

Hey there, green-thumbs! We get it – life's a whirlwind and gardening can sometimes take a backseat. But guess what? Even the busiest bee can stay connected with nature. Let's dive into the world of easy-peasy gardening. Trust us, it's more fun than you think! Here are a few tips from Sunset Magazine's Heather Arndt Anderson

**LOOK FOR OUR NEW INSTAGRAM PROFILE  
JUST FOR YOU GARDEN ENTHUSIASTS:  
[@BAILEYSNURSERYPENSACOLA](#)**



## Plant Spotlight: Aloe Vera

It is easy to overlook the healing potential of that Aloe Vera plant on your window sill. It can aid in wound healing, improve digestion, and clear skin. Plant your Aloe Vera with cactus or succulent potting soil and place in bright, indirect sunlight. Allow the soil to dry completely. Water deeply and infrequently. As it grows, it'll start sprouting baby aloes. You can propagate these easily by separating offsets from the main plant. Allow the offsets to dry for a day before putting into their own pot.

- **Deadhead Those Spent Blooms:** this is one of the most effective things you can do to make an immediate difference in your yard's appearance. Not only does deadheading your flowers keep your plants looking tidy, but also it keeps them blooming for longer.
- **Let Some of Your Plants Bolt on Purpose.** When the seeds are ready, collect and stash them for fall sowing!)
- **Deep watering is better for plants.** Ensure you are thoroughly flooding the soil when watering rather than sprinkling from above; water early or late in the day to avoid evaporation) encourages their roots to grow down deep
- **Fertilize** make sure to give your veggies and annuals a boost with a balanced fertilizer like Osmocote Plus

## WHAT TO PLANT NOW

**Annuals/Bedding plants:** The heat of summer doesn't have to mean less blooms: try out heat tolerant plants like lantana, orange bulbine, perennial peanut, and gardenia.

**Bulbs:** Daylily, Agapanthus, African Irises, and Flag Irises

**Herbs:** Herbs that can be planted from plants (not seeds) include Lavender, Rosemary, and Lemongrass)

**Vegetables:** Our second season is coming soon! Start your seeds indoors to beat the heat- Our fall seeds are inbound, so look out for these fun veggie varieties: Southern Giant Curled Greens, Cosmic Purple Carrots, Aji Dulce Peppers, Black Plum Tomatoes, and Mexican Sour Gherkins! Veggie plants will be coming in September!





## A LITTLE SOUTHERN HISTORY: THE GIRLS TOMATO CLUB

In 1910, Marie Samuella Cromer, a rural schoolteacher in South Carolina, launched the Girls' Tomato Club. Her vision was not only to teach young women how to cultivate superior tomatoes, but also by fostering their development into better and more accomplished women.

The concept behind these tomato clubs was simple yet profoundly impactful. Rural girls were taught the entire process of tomato cultivation—from planting seeds to harvesting ripe tomatoes, followed by canning the produce and finally selling it for a profit. This hands-on approach provided practical agricultural education and instilled valuable life skills such as entrepreneurship, responsibility, and financial management.

The girls' tomato clubs also played a critical role in the broader context of social and educational reforms of the early 20th century. By engaging girls in meaningful, productive activities, these clubs challenged traditional gender roles and expectations. They provided a platform for young women to showcase their abilities and potential, contributing to a gradual shift in societal perceptions about women's capabilities and roles in both the family and the economy.



MARIE SAMUELLE CROMER



## Entrepreneurs @ Baileys

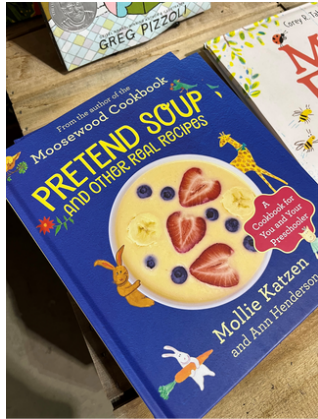
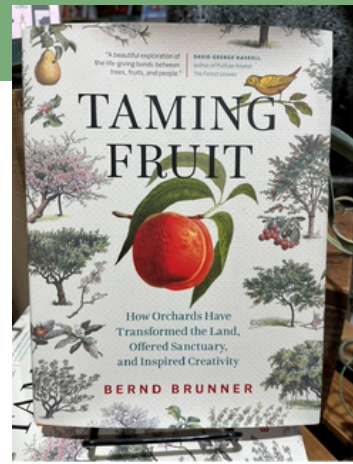
*Lindsay Scruggs is a Cashier Lead here at Baileys. Graduating Summa Cum Laude from UWF in 2020, she is a professional artist who also loves getting outside outdoors, and loving her pets. She has a soft spot for anything creative, a good movie, and the hustle-bustle of our lively local markets. We are big fans of her fruit, vegetable and plant themed earrings! Look for these soon at Baileys!*



**WOW!**

# What's up in the Book Nook?

As you nibble on your peach you may be curious about the backstory of orchards. For those of you who are history enthusiasts, this book is perfect for this time of the year when so many stone fruits are available in the market. It is beautifully illustrated as well, so it is an excellent addition to your foodie library!



This delightful cookbook offers kids a chance to improve their reading skills along with their kitchen skills. For each of the 19 recipes here, kids will find simple line drawings illustrating each step in the recipe, accompanied by a few short words of text. Kids learn how to cook by learning how to do things in order. They also get a chance to work on their reading skills as they see words such as "stir" and "eat" in context. Kids can make dishes such as zucchini moons, carrot pennies, oatmeal surprise, and even pizza

## Fall Recipes Coming!

The recipe board has been incredibly popular this summer, so expect us to continue this tradition with both LUNCH BOX ideas and recipes for EASY and HEALTHY dinners you can pull together for your family!

## Exciting News from Baileys Owners



We are excited to announce that we purchased the property to the North of Baileys which will give us more frontage on Davis Highway. We are planning improvements to our parking and upgrades to our garden center! More details coming!



### Island Style Pulled Pork Lettuce Wraps

#### Ingredients

- 1 boneless 3-4 lb pork shoulder butt roast
- 1 tsp rubbed sage
- 1tsp salt, divided
- 1/4 tsp pepper
- 1 pineapple, cut up into small bits
- 2 Tbsp minced fresh ginger
- Butter Lettuce
- Green onions

Rub the roast with sage, salt and pepper. Place in slower cooker for 6-8 hours on low head. Remove roast, shred. To serve, place meat mixture on lettuce leaf, top with pineapple and green onions.