One of our largest events of the year is the Bev Smith Automotive Group’s Sandy Shoes Seafood & Brew Festival. This year’s event will be held on March 24th. There will be plenty of exciting events that will take place during the festival including the Citrus Squeeze-off, the Chowder Competition, cooking demonstrations, and more. In addition to these events, there will also be a kids’ zone, live entertainment throughout the day and evening and new this year — a craft beer garden! This is an event not to miss!

Members are an important part of our organization. Main Street Fort Pierce, Inc. has a successful track record in preserving buildings such as the Historic City Hall building, the Sunrise Theatre, and the Platts/Backus House. These projects have each spurred further development and redevelopment in downtown Fort Pierce. We have held public events in downtown Fort Pierce since 1988. These events have brought more and more people into the downtown area every year and have encouraged the opening of new businesses in what were once empty storefronts. If you are not a member, I urge you to join today. For as little as $25 per year you can be a part of Main Street’s projects, programs and progress. Your personal involvement and membership helps us continue our efforts to support the economic wellbeing of downtown Fort Pierce, its revitalization and enhancing the cultural vibrancy and historic significance of our beautiful, waterfront downtown. We have strived to make Fort Pierce a shopping, business and entertainment destination for decades and the efforts of many have paid off.

We love our volunteers. If you are looking for a way to get involved with your community, please come find out what we are all about. Main Street has over 30 events each year that are designed to bring people to downtown Fort Pierce or to raise money for projects that enhance the downtown area. Do you like to work at events? Besides the Sandy Shoes Seafood & Brew Festival, other events include the Fourth of July Stars Over St. Lucie celebration and the Reverse Raffle in August.

Dine, shop & play in historic downtown Fort Pierce!

See You at the Sandy Shoes Seafood & Brew Festival!

by Sue Dannahower

One of our largest events of the year is the Bev Smith Automotive Group’s Sandy Shoes Seafood & Brew Festival. This year’s event will be held on March 24th. There will be plenty of exciting events that will take place during the festival including the Citrus Squeeze-off, the Chowder Competition, cooking demonstrations, and more. In addition to these events, there will also be a kids’ zone, live entertainment throughout the day and evening and new this year — a craft beer garden! This is an event not to miss!

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Dine, shop & play in historic downtown Fort Pierce!
March 21, Wednesday: Hotel California – A Salute to the Eagles.

March 22, Thursday: Lewis Black – The Joke’s on Us Tour.

March 23, Friday: Step Crew – An Exciting Blend of Ottawa Valley, Tap and Irish Stepdancing.


March 25, Sunday: Fort Pierce RiverWalk Center

Coastal State University Lectures Series: Florida and World War II

Presented By Gary Mormino

Tuesday, March 13, 2018 – 2 p.m. at the Sunfish Theatre Black Box Theatre

On the eve of Pearl Harbor, Florida was the smallest state in the South. Today, Florida is a Sunbelt megastate. World War II is the linchpin. The war galvanized Floridians, resulting in the influx of two million servicemen. WWII also ignited a modern civil rights movement, new roles for women, and the dawn of the Florida Dream. Explore Florida’s role in the war with Dr. Gary Mormino.

Gary Mormino is the Frank E. Duckwall Florida Professor of History Emeritus at USF, St. Petersburg. He is a frequent contributor to the Tampa Bay Times and has written several books, including Land of Sunshine, State of Dreams: A Social History of Modern Florida and was awarded the 2015 Lifetime Achievement Award for Writing by the Florida Humanities Council. If you aren’t a historian but need someone to put an event into an interesting Florida perspective, ask Gary. Everyone does, including reporters from the New York Times, the New Yorker and National Public Radio.

Marjorie Harris Carr: Defender of Florida’s Environment

Presented By Peggy MacDonald

Tuesday, March 27, 2018 – 2 p.m. at the A.E. Backus Museum & Gallery

Florida’s “Third Marjorie(s)” used the power of the pen and grassroots activism to celebrate Old Florida and protect Florida’s wildlife and wild places. Through engaging historic postcards and photos and a lively presentation and discussion, author Peggy MacDonald blends Florida, women’s and environmental history to provide audiences with an inspirational message about the power a small group of committed citizens can have to defend Florida’s environment. Carr was raised by naturalist parents in rural southwest Florida when the state had fewer than a million residents. In the 1960s, when I-75 was constructed through her backyard, Carr launched a conservation career that preserved many of north central Florida’s ecological treasures.

Peggy MacDonald is a native Floridian and the executive director of the Matheson History Museum in Gainesville. Dr. MacDonald has taught history at Stetson University, Florida Polytechnic University, Indian River State College and the University of Florida. Her recent book, Marjorie Harris Carr: Defender of Florida’s Environment, won Honorable Mention in Foreword Reviews’ 2014 INDIEFAB Book of the Year Award contest in Women’s Studies. She writes articles on local history for Gainesville Magazine, Our Town Magazine, Senior Times Magazine and Examiner.com. MacDonald is an alumna of the University of Florida (PhD in history, 2010) and Hollins University, a women’s college in Roanoke, Virginia.

These lecture series are free to the public. Please call Main Street Fort Pierce at (772) 466-3880 (Monday – Friday); or the A.E. Backus Museum at (772) 465-0630 (Wednesday – Sunday) to reserve a seat. You can also register by visiting www.backusmuseum.com.
Treasure Coast Manatee Foundation Supports the Manatee Center

by George Springer, TCMF Chairman of the Board and Rachel Tennant, MOEC Manager

When is the last time you ran or walked a 5K (3.1 miles) … on St. Patrick’s Day? Join the Treasure Coast Manatee Foundation and the Manatee Observation & Education Center this St. Patrick’s Day, March 17th, for our 10th Annual Manatee Center 5K Walk/Run. This 5K is our fun-run-fundraiser for environmental education (Can you say that five times fast?), and this year’s event will be bigger than most to celebrate the event’s 10th anniversary and St. Patrick’s Day.

The 5K route is USAF certified, and takes you along Seaway Drive Bridge overlooking the beautiful Indian River Lagoon. To celebrate St. Patrick’s Day, we’ll have green race shirts, green runners’ bags, and special performances by Fort Pierce’s very own Irish Rivertown Band. To celebrate the event’s 10th anniversary, we’ll also be hosting a riverside clean-up in conjunction with the 5K. If 5K isn’t your style, join us for the clean-up. We’ll provide you with all of the supplies. The 5K and clean-up start at 8 a.m. and will end before 12 p.m., so you’ll have plenty of time to get ready for your St. Patrick’s Day evening events. Plus, show off your St. Patrick’s Day cuteness for prizes.

This event represents an important partnership between the Treasure Coast Manatee Foundation (TCMF) and the Manatee Center. TCMF, established in 1998, is a 501(c)(3) non-profit whose mission is to support and enhance environmental education projects, and has supported in-house programs at the Manatee Center for visits from groups like Hibiscus Children’s Center. Be on the lookout for more updates supported by TCMF this summer.

To sign up for the 5K, visit http://www.runsignup.com/race/8/fortpierce/tafficmanatee5k.html. To learn more about the riverside clean-up, visit the Manatee Center Facebook page at www.facebook.com/ManateeCenter. And to learn more about the Treasure Coast Manatee Foundation, visit www.tcmanatee.org.

In addition, this year, the Manatee Center is hosting a series of Spring Break day camps. Choose your favorite or choose them all for a $45 discount. Campers 7- to 12-years-old will have a choice of five themed camp days between March 12 and March 16 to keep them engaged in the environment and enjoying their Spring Break. Camp days are 9 a.m. to 2 p.m., with an aftercare option to extend camp to 3 p.m. Learn more on the Manatee Center Facebook page or call the MOEC Education Coordinator, Erin Lomax, at 772-466-1600 ext 3337.

Thank you,” to 5K event sponsors: Archie’s Seabreeze; Fort Pierce Utilities Authority; Treasure Coast Financial Planning; PNC Bank; Fort Pierce Indian River Drive Branch; Johnathan Jay Kirschner Esq & Associates LLC; Fye, Yates & Fye, PLLC; Custom Air Systems, Inc.; Atlantic Podiatry Foot & Ankle Surgery; Morgan Automotive; Dredging & Marine Consultants, LLC; and Natalie’s Orchid Island Juice Company.

SPRING BREAK DAY CAMPS

Friday, March 9th at 12 p.m.
Next Generation Lionfish Trapping

“Lunch & Learn” presentation with Bob and Maria Hickerson of Team Frapper. Bring your lunch and learn about cutting-edge, collaborative efforts to develop lionfish traps that use facial recognition software. Free event.

SPRING BREAK DAY CAMPS

For kids ages 7 – 12 years old. Choose one day or register for the full week with one day free ($45 value). Camp runs from 9 a.m. to 2 p.m., with an aftercare option until 3 p.m. for $10 extra.

Monday, March 12th, 9 a.m. – 2 p.m.
Junior Anglers Fishing with Anglers for Conservation

Camps will learn the basics of how to tie a knot, cast a line, and how to be an environmentally responsible angler. Then we’ll be fishing in the Indian River Lagoon. Kids receive a free fishing pole to take home. $45 per child.

Tuesday, March 13th, 9 a.m. – 2 p.m.
Manatee Veterinarians

Camps will meet a real marine mammal veterinarian, do their own “mock” manatee rescue to find out how real rescuers save lives, working with our own manatee “patient” to become manatee experts and enthusiasts. $45 per child.

Wednesday, March 14th, 9 a.m. – 2 p.m.
Nature Journaling & Storytelling

Some of the most important skill sets for future scientists to develop are observational skills to discern how components of the environment interact. Campers will receive their own nature journals, and we will spend the day developing our observation skills with nature journaling, designing wildflower planting kits to take home, and conducting a riverside clean-up. $45 per child.

Thursday, March 15th, 9 a.m . – 2 p.m.
Animal Detectives

Camps will focus on all that swims, crawls, walks, and flies, from the GIGANTIC to the microscopic. We’ll explore all of the animals in our touch tank, learn about the natural world around us with an outdoor scavenger hunt, learn all about sea turtles with special games, and then learn all about plankton. $45 per child.

Friday, March 16th at 9 a.m. – 2 p.m.
Junior Rangers Kayaking Adventure

Get ready for a full day of fun and exploration. Campers meet at Fort Pierce Inlet State Park where Ranger John will teach us all about the cool animals living in the park, lead us on a nature hike, and show us how to become beach experts! In the afternoon, campers will go on a kayaking adventure in the Indian River Lagoon, led by experienced nature guides from Fort Pierce Outdoor Center. No aftercare available on this day. $65 per child.

Saturday, March 17th at 8 a.m.
10th Annual Manatee Center 5K Walk/Run and Riverside Clean-up

Join us for a fun run fundraiser for environmental education. Walk/Run along the most beautiful 5K route in Downtown Fort Pierce. Plus, this will be a grand St. Patrick’s Day celebration with live music, a runner’s drawing, and a riverside clean-up. 5K Registration $15 for kids, $35 for adults. We will provide all clean-up materials for the free riverside cleanup. Clean-up RSVPs encouraged at 772-466-1600, ext. 3337.

Sunday, March 18th at 9 a.m.
Wildlife Photography Class at the Manatee Center

Learn the basics of wildlife photography with Paul Strauss, a local wildlife photographer and Florida Master Naturalist. All skill levels welcome. Bring your camera equipment (film, digital, even your cell phone) and learn how to create beautiful wildlife photography on your own. This class includes lessons, wildlife hike in Sebastian Inlet Nature Preserve led by Paul, and a short critique workshop afterwards to get feedback on your new photos. $40 per person, registration required with Erin at 772-466-1600, ext. 3337.

Recurring Programs

Tuesdays, 1:30 p.m. — Fin-Tastic Fish Feeding — come meet the fishes in the Center! Wednesdays, 1:30 p.m. — Tide Pool Touch Tank — touch and hold the urchins, conchs, and more! Thursdays, 1:30 p.m. — Meet the MOEC Reptiles — and witness Diego the corn snake eating. Fridays, 1:30 p.m. — Seahorse Snack Time — watch the MOEC seahorses eat and play. Saturdays, 1:30 p.m. — Fin-Tastic Fish Feeding — come meet the fishes in the Center! Every 1st and 3rd Thursday at 12:30 p.m. — Mermaid Tales — join us as we share tales from the sea. From the fantasy world of mermaids to the real-life, awe-inspiring world of marine animals, this is one story time you don’t want to miss!
Bev Smith Automotive Group Presents the Sandy Shoes Seafood & Brew Festival

Saturday, March 24, 10:00 a.m. to 8:00 p.m.

If you love fresh seafood, arts & crafts, music, and enjoy having a day of fun with your family, join us on Saturday, March 24, from 10:00 a.m. until 8:00 p.m. at Veteran's Memorial Park, 600 N. Indian River Drive in beautiful Downtown Fort Pierce as Bev Smith Automotive Group presents the Sandy Shoes Seafood & Brew Festival. Admission is free.

The Sandy Shoes Festival has been a Fort Pierce tradition since 1957 when the St. Lucie County Chamber of Commerce appointed a committee to create a celebration that would entice tourists to stay a while in Fort Pierce. The festival was named Sandy Shoes and the tagline was created "If you get sand in your shoes, you’ll have to come back." Throughout the years, the festival has seen changes and grown into today’s most popular event in historic downtown Fort Pierce.

Great seafood highlights this festival, but in addition to that, there is a great music lineup throughout the day, competitions, a kids’ zone and over 100 vendors. New this year, is our Craft Beer Pavilion. Guests can purchase a wristband to sample 24 local different craft beers. Wristbands are $20 pre-sale (up to Thursday, March 22nd) and $25 the day of the event. Call Main Street at 466-3880 to buy your wristband today and save!

Main Street Fort Pierce would like to thank our sponsors who make this festival possible.

Bev Smith Automotive Group is the Title Sponsor for the Sandy Shoes Seafood & Brew. Frank Gonzalez and Bev Smith Automotive Group are excited to rejoin forces with Main Street Fort Pierce to bring you this memorable event and encourage everyone to come out and have a great day. Frank says, "Great food, fun and entertainment will be on the agenda, so make certain that you mark your calendars for this exciting event!"

The Bev Smith Automotive Group, which includes Bev Smith Toyota in Fort Pierce, Bev Smith Kia in Fort Pierce and Bev Smith Kia of Stuart, have long enjoyed a good reputation of quality vehicles and excellent service on the Treasure Coast.

FOR MORE INFORMATION ABOUT BEING A SPONSOR OR VENDOR APPLICATIONS CALL MAIN STREET FORT PIERCE, 772-466-3880

Join us at the Bev Smith Automotive Group Sandy Shoes Seafood & Brew!
Back by popular demand to the festival are the Chowder Cup Competitions, the Citrus Squeeze-Off, and new this year, are Local Celebrity Food Demonstrations.

Local Celebrity Food Demonstrations – SEACOAST BANK

New this year we have invited some of our local celebrities and foodies to present food demonstrations for your enjoyment. Our home chefs will be demonstrating their special techniques and recipes from local seafood and/or beer items. Some lucky spectators will be able sample some of these delicious dishes.

About Seacoast Bank: Bank on your terms when the time is right for you. At Seacoast Bank, our philosophy is built around the banking solution that best fits you — with products you most need, the friendly service you expect and appreciate, and technology that's easy to use. For over 90 years, we have served the Treasure Coast area and hear your requests. That's why we've designed our online and mobile banking services to be as simple and functional as possible. Modern conveniences are only convenient if you're comfortable using them. Wherever you are, Seacoast is with you. Choose the banking solution that best fits your on-the-go lifestyle. Whether you're running errands, at work or enjoying some down time, we're never far. As a Seacoast customer, enjoy the convenience of one-stop shopping and banking. We offer no fees at over 1,100 Publix ATMs. You can shop and bank all in one step. How convenient is that?

The Chowder Competition – THE ORIGINAL TIKI BAR, COBB’S LANDING and BBG, aka, BLUEWATER BEACH GRI

This competition is open to restaurants, private and home chefs all competing for the title of Chowder Cup Champion. Join the fun and excitement as talented chefs compete for the glory of the BEST SEAFOOD CHOWDER! The competition features first, second, and third place for Best Chowder and a People’s Choice Award. All awards and trophies are sponsored by Varsity Sport Shop located on Orange Avenue in Downtown Fort Pierce. Professional and visitors may donate $1–$5 to sample the seafood concoctions. Get here early for your taste and vote for your favorite! For more information please contact Main Street Fort Pierce at 772-466-3880.

About Our Chowder Sponsor: The Original Tiki Bar, Cobb’s Landing and BBG, aka, Bluewater Beach Grill is St. Lucie County’s Dining trifecta. The Original Tiki Bar is located at the Fort Pierce City Marina in Historic Downtown Fort Pierce. The restaurant has been serving locals and tourists great food and drinks with a spectacular river view since 1998. The Tiki Bar is one of the most popular restaurants in town due to its relaxed atmosphere, live music and, of course, wonderful food and beverages. Cobb’s Landing reflects the historical significance of the site, which used to be the loading pier for the early inhabitants in Fort Pierce. With a resort-casual theme, Cobb’s Landing offers Angus Beef along with some of the best seafood on the east coast. Cobb’s Landing also offers private banquet facilities overlooking the City Marina. BBG is a surfing-themed restaurant that offers Poke Bowls, Adams Ranch Smashed Burgers, chicken and fish sandwiches, tater tots and hand-cut fries, and, of course the homemade donuts. Come on out to the Jerry park and try our new menu.

Citrus Squeeze-Off – WASTE MANAGEMENT

Waste Management is the sponsor of this year’s Citrus Squeeze-Off. The Citrus Squeeze-Off is a tradition dating back to the beginning of Sandy Shoes Festivals. This is an exciting competition, and due to our citrus industry, brings some St. Lucie County history to the festival. Dana McSweeney will be on hand to emcee the competition as local businesses, schools, and community leaders squeeze grapefruits for the top prize — Community Roping Rights. The Squeeze-Off begins at 2:00 pm and FPUA will be back to defend their title.

About our Squeeze-Off Sponsor: The Waste Management team is excited about the great partnership with the City of Fort Pierce. The transfer station on Selvitz Road is in full operation, receiving solid waste and recyclable material from the city’s residents and businesses.

Waste Management’s Squeeze-Off sponsorship highlights the “Recycle Often. Recycle Right.” Waste Management is the nation’s top recycler, recycling 15 million tons of material each year. Waste Management encourages the three R’s of recycling: Reduce, Reuse, Recycle.
Music & Beer at the Bev Smith Automotive Group Sandy Shoes Seafood & Brew

A festival is not complete without great music, and the Bev Smith Automotive Group Sandy Shoes Seafood & Brew has a variety of great music and entertainment scheduled for you this year.

At 10:00 a.m. — Kick off the day with the soothing sounds of the Fort Pierce Jazz & Blues Society. Saturday’s performance is directed by president, Don Bestor and the crowd is sure to enjoy the moody tempos of our favorite local jazz and blues group.

The Fort Pierce Jazz & Blues Society is a nonprofit organization whose mission is to foster a greater awareness and love for jazz and blues by exposing these great American art forms to the community at-large and to the schools. The Fort Pierce Jazz & Blues Society presents jazz and blues music to the public in a variety of ways, including, festivals, performances, free jam sessions, hands-on workshops, clinics, community education, and outreach initiatives. Their objectives are to foster greater awareness and enjoyment in the community for jazz and blues through education and performances, and to provide scholarships to deserving college-bound students who wish to further their knowledge and skill in the music field.

At 12:00 p.m. — The crowd will be transported back in time with the sounds of The Doo Wop Guys. The Doo Wop Guys are keeping the music of the 50s and 60s alive and will be on stage to entertain you with blasts from the past.

At 2:00 p.m. — The Chowder Contest winners will be announced.

At 2:30 p.m. — The String Assassins will take the stage. The String Assassins band is an acoustic power jam band that melds rock, punk and bluegrass influences into an energetic, fast-paced performance that has been a welcome addition to the Treasure Coast music scene. Applying creative twists to songs you know from Pink Floyd, The Grateful Dead, America, The Cure, as well as their original music, their live performance is a must-see. They play at some of the Treasure Coast’s top entertainment venues in West Palm Beach, Jupiter, Stuart and Vero Beach, Florida. Visit us at http://www.thestringassassins.com/
Frank H. Fee, III and Frank H. “Hank” Fee, IV of Fee, Yates & Fee, pllc are pleased to announce that E. Clayton Yates of E. Clayton Yates, p.a. will join them in The General Practice of Law effective January 1, 2018. The Firm will continue as Fee, Yates & Fee, pllc, A Partnership of Professional Corporations Attorneys At Law Since 1905.

REGISTRATION: $50.00 per boat, (fee includes, entry fee, t-shirt & one hand); $20.00 per paddle boat and $20.00 for other persons on the boat (price includes entry fee & hand). For those wanting to participate who do not own a boat, Lisa’s Kayaks will have a limited number of kayaks & paddle boards available at the event. A $20 registration would include the kayak/paddle board + poker hand. These are 1st come, 1st served.
Students in St. Lucie County Schools, both public and private, are creating more than 500 ceramic bowls which will be sold at the Downtown Fort Pierce Farmers’ Market on Saturday, March 10, 2018. Their goal is to raise awareness and support those struggling with hunger in our community.

For $15, patrons can purchase a bowl of their choice and have it filled with fresh, hot soup prepared by Fort Pierce Central High School Culinary students and Treasure Coast Food Bank’s new production kitchen. 100% of the proceeds benefit Treasure Coast Food Bank!

The silent auction of bowls signed by celebrities including the New York Mets, and the Downtown Fort Pierce Farmers’ Market are coordinated by Sunrise Theatre and St. Lucie Mets.

Savor the season and join us for Treasure Coast Food Bank’s 2018 Farm-to-Table brunch. Tour the farm and gather with friends to enjoy delicious local food, a lovely view, and traditional old-country music performed live by Blue Cypress Bluegrass Band. 100% of the proceeds will benefit children, seniors, and families struggling with hunger along the Treasure Coast. Limited tickets available. $60 per person. To reserve yours, visit stophunger.org/springforward or call 772.446.1757.

**Spring Forward for Hunger**
Saturday, March 24th
10:00 am Tour • 1:00 pm Brunch
Schacht Groves
6100 12th Street
Vero Beach, FL 32966

Saturday, April 14th
10:00 am Tour • 11:30 am Brunch
Kai-Kai Farm
8006 SW Kanner Hwy
Indiantown, FL 34956

Our mission is to alleviate hunger by obtaining and distributing food and other essentials to Indian River, St. Lucie, and Okeechobee Counties. stophunger.org

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Two Locations to Serve You on the Treasure Coast

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Fax 461-8972
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Suite 200

**Port St. Lucie**
878-1952
Fax 878-1709
591 SE Port St. Lucie Blvd.
“Through the Eye of the Camera” at the A.E. Backus Museum & Gallery

The A.E. Backus Museum & Gallery’s annual juried photography exhibition, Through the Eye of the Camera, is accepting applications during regular hours Wednesdays – Sundays through March 10, until 3:00 p.m. The application is open to amateur and professional photographers with a $25 entry fee per work. A full prospectus with guidelines and application is available to download from the Museum’s website at www.BackusMuseum.com or pick up at the Museum, located at 500 North Indian River Drive in Historic Downtown Fort Pierce.

Photographers may enter their work in one of seven media or subject categories: (1) film/traditional raw photography (color and black & white, all subjects); (2) digital – great outdoors (plant, wildlife, animals); (3) digital – great outdoors (scenery, structures, cars, boats, etc.); (4) digital – color still life/portrait; (5) digital – black & white (all subjects); (6) manipulated imagery (any subject); and new for 2018, (7) alternate substrates (any subject). Full descriptions with frequently asked questions are available in the prospectus.

“Through the Eye of the Camera” is one of the juried exhibitions the Backus Museum does that connects us to our origins as a gallery for working artists,” said Museum director J. Marshall Adams. “Photography is an especially accessible art form today; most of us happen to carry a camera in our pockets or purses on a daily basis. But it takes the insight of the artist to use the eye of the camera to create something extraordinary. That’s what makes this show a favorite for visitors every year.”

The juried exhibition Through the Eye of the Camera will be on view March 16 to April 27, 2018, with the opening reception on Friday, March 16 from 6:00 to 8:00 p.m. and prizes awarded by the jury. The exhibition is sponsored by Jiffy Photo & Framing, one of the oldest photography stores in the state of Florida.

On view at the A.E. Backus Museum & Gallery through March 8, is the current exhibition Blazing the Trail: Vintage Paintings by the Original Highwaymen, telling the story of the innovative spirit of the celebrated African American artists that traced its beginnings to the studio door of J. Marshall Adams. “Photography is an especially accessible art form today; most of us happen to carry a camera in our pockets or purses on a daily basis. But it takes the insight of the artist to use the eye of the camera to create something extraordinary. That’s what makes this show a favorite for visitors every year.”

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Every Saturday is a Celebration at the Downtown Fort Pierce Farmers’ Market

by Brenda Gibbons

The Downtown Fort Pierce Farmers’ Market marked its 21st anniversary in January, by celebrating its current vendors and patrons, the community, and the civic-minded visionaries of 21 years ago who planted the seeds for the Market, which has grown to be one of Fort Pierce’s favorite events.

Most every Saturday feels like a festival as the Downtown Fort Pierce Farmers’ Market shares its Marina Square venue with local community, educational, and non-profit groups. Among the notable celebrations this March at the Market are the following:

The 11th annual Empty Bowls fundraising event on Saturday, March 10th, will feature the sale of decorative ceramic and glass bowls made by local public- and private-school students to raise money to help feed the hungry. The bowls are sold for $15 each and are also filled with tasty soups from local high school culinary classes. Proceeds benefit the Treasure Coast Food Bank.

On Saturday, March 17th, St. Patrick’s Day, Market vendors and visitors are encouraged to wear their green and strut their Irish stuff. Of course, there will be plenty of greens and goodies to purchase to enhance the day’s festivities.

Hooked on Music, on March 31st will bring huge crowds to Marina Square. Benefiting Learn to Read, this delightful annual event is bustling with vibrant sights and sounds.

The Downtown Fort Pierce Farmers’ Market is proud to be part of these and other year-round celebrations of our culture and our community. Through the years, the Market has celebrated many downtown Fort Pierce milestones, including the opening of the new Fort Pierce City Marina and beautiful Marina Square.

We’ve watched downtown revitalize, grow and flourish with the construction of Renaissance Center, the Galleria, with its many shops and new restaurants, and now the Henry D. King site is on the downtown development drawing board with expectations for attracting even more people to Fort Pierce.

The Downtown Fort Pierce Farmer’s Market continues to draw thousands of people every Saturday to our wonderful, welcoming, and historic town along the Indian River Lagoon. Downtown businesses benefit from all the foot traffic as shoppers browse and buy at the wide array of businesses near the Market.

Patrons benefit by being able to purchase the freshest and best locally-produced fruits, vegetables, baked goods, plants, and so much more at the Downtown Fort Pierce Farmers’ Market. Rain or shine, it’s a Saturday Morning Tradition from 8:00 a.m. until noon at Marina Square.

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**Florida Humanities Speaker Series**

**The A.E. Backus Museum & Gallery** in partnership with **Main Street Fort Pierce, Inc.** are pleased to present the following **FREE** Florida Humanities Speaker Series topics:

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**Florida Cattle Ranching: Five Centuries of Tradition**

**PRESENTED BY BOB STONE**

Location: A.E. Backus Museum & Gallery

500 North Indian River Drive

Cattle were introduced into the present United States when Juan Ponce de Leon brought Spanish cattle to Florida in 1521. Bob Stone’s multi-media presentation explores and celebrates the history and culture of the nation’s oldest cattle ranching state from the colonial period to the 21st century.

Tuesday, February 27, 2018 – 2:00 p.m.

**Doc Anne: Swamp Doctor of Florida**

**PRESENTED BY CARRIE-SUE AYVAR**

Location: Sunrise Theatre for the Performing Arts – Black Box Theatre

Dr. Anna Darrow (1876-1959) in 1909 became the nation’s first female veterinarian. Doc Anna featured in Swamp Doctor of Florida is the story of a woman who braved swampland, alligators, venomous snakes, and outlaw gangs in order to heal the sick, nurse the wounded and deliver babies. Chautauqua Scholar, Carrie-Sue Ayvar introduces you to this fearless wife, mother, doctor, pharmacist, artist and even veterinarian when needed.

Tuesday, March 13, 2018 – 2:00 p.m.

**Rain: A History for Stormy Times**

**PRESENTED BY SYDNEY BARNETT**

Location: A.E. Backus Museum & Gallery

500 North Indian River Drive

Rain connects us in all sorts of ways— as prayed for as prayer and art, as practical as economics, as genuine as an exchange between strangers on a stormy day. Too much and not enough, rain is a shared experience, and one of the ways climate change can become a conversation rather than a confrontation.

Friday, April 27, 2018 – 2:00 p.m.

**Love, JAZZ: Community: "...And You’re Gonna Hear Us Roar!"**

by Don Bestor

Traditional wisdom and folklore has taught us that March tends to come “in like a lion and out like a lamb.” It’s typically the time of year when the snowbirds begin their migration back to the north country, and by the time the month ends, the same places that were buried under feet of snow are celebrating the return of the robins, the hints of buds on the trees, and crocuses in the gardens. For those of us who call Fort Pierce home, especially those who appreciate great music, the old proverb is decidedly switched around. Here, March tends to come in like a lamb, gentle and sweet, but towards the end of the month, we borrow a line from Katie Perry, bearing our chest and singing loudly, “You’re gonna hear us roar.”

At the end of March each year, Fort Pierce Jazz and Blues Society celebrates Jazz Week—a week of fabulous concerts, opportunities for dancing and partying, and a party unlike any you’ve ever seen.

This year, Jazz Week is no different, with the kickoff coming on Sunday, March 25th with a free Wadsworth Blues Concert at Melody Lane in beautiful and historic downtown Fort Pierce. Crowd favorite, Otis Cadillac, with make a glorious return with his Sublime Sevilla Sitar in tow, and you’ll be on your feet shouting with glee as Otis makes his entrance and brings down the house with his music and showmanship. The party starts at 1 p.m. with a set from the Jazz Ensemble, then kicks into high gear at 3 p.m. when Otis takes the stage. Bring your lawn chairs and umbrellas, but leave the bottles at home; we’ll have plenty of food and drinks available on site that afternoon.

Just when you’ve recovered from the Otis experience, on Tuesday, March 27th, the Larry Brown Quintet will take the Sunrise Black Box Theatre stage by storm. This WAMMIE-winning quintet features piano Larry Brown and what JazzReview.com calls “straight-ahead jazz at its best, with a forthright approach to well-chosen material supported by frist-rate soloists and a rock-solid rhythm section.” Because there are limited seats available, you’ll want to reserve your seats and come early for this awesome addition to Jazz Week.

Wednesday is double-your-pleasure day with a free concert on the waterside from 11 a.m. to 2 p.m. in downtown Fort Pierce, courtesy of the Fort Pierce Jazz and Blues Society’s own Jazz Ensemble. We’ll give you time to finish out your work day or catch a quick nap, then we’ll bring on FDO—the Big Swingin’ Band, which is nearly 20 pieces of awesome musicianship and a whole evening of tunes you can dance to. Well close down Second Street, so you’ll have plenty of room for dancin’ in the streets, and if your happy feet are feeling lucky, take a chance at our swing and Latin dance contests. And the whole evening is free because, well … that’s what we do!

Thursday, March 29th, is the Latin Music Heritage Band on the waterside at Melody Lane from 11 a.m. to 2 p.m.; and Friday, March 30th, from 11 a.m. to 2 p.m., we’ll give you a taste of the blues with the Rusty Wright Blue Band, and you’ll wonder how feeling so blue can possibly feel so “Wright.” Both the Thursday and Friday concerts are absolutely free, but no one will ever mind if you make a small donation to help fund the music scholarships we provide to talented Treasure Coast students preparing for a career in music.

March may come in like a lion everywhere else, but here in St. Lucie County, March definitely goes “out like a lion” thanks to the annual week jam-packed with music, fun, and festivities we’ve come to know as Jazz Week. If you’d like to learn more about Fort Pierce Jazz and Blues Society, want to know how to join (to get super discounts on upcoming events and activities), volunteer, or snag a copy of our schedule, call 772.460.JAZZ (5299), or visit us online at www.jazzsociety.org.

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These lecture series are free to the public. Please call Main Street Fort Pierce at (772) 465-3880 (Monday – Friday), or the A.E. Backus Museum at (772) 465-0630 (Wednesday – Sunday) to reserve a seat. You can also register by visiting www.backusmuseum.com.
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Mind Body Perspective: Simple Breathing that can Change your Life
by Margarida Tree

Many of us care about the quality of the food we eat, the water we drink, exercises we do for our bodies, etc. How about our breathing? We can go quite awhile without water, food and movement, however only a few minutes without our breath.

Yoga practice is built on the breath and understanding how working with our breath can affect us in a positive way. In everyday life we work with our breath to change our moods, our stress level and our attitude. When we feel upset we may feel the need to stop and take a deep breath, or to exhale and release some steam.

In Yogic, simple breathing — your inhale and exhale — are both through your nose, and this helps to keep your nervous system calm (parasympathetic response).

Let’s begin: take a moment and close your eyes, breathing in and out through your nose and paying attention to the quality and sensations of your breath. We inhale cool and it expands us, bringing oxygen, and when we exhale, it is warm and we soften, letting go. Now that you have become aware of your breath, you can begin to work with it by bringing it into balance. Inhale for a count of five and exhale for the same count of five, in and out through your nose. Let all of your mind’s attention follow your breath for 10 rounds. That’s all there is to it! Simple breathing should be a morning routine, and then whenever you need to center, calm or energize, pause and bring your awareness to your breath and then consciously even it out until both the inhale and exhale are even. Remember to breathe through your nose and keep calm and carry on. Peace

Margarida Tree has been practicing and teaching Yoga for 26 years and has owned and operated One Yoga Planet and Educating Yoga Teachers Trainings for 12 years in historic downtown Fort Pierce. As a Yoga Teacher she works with individuals from the “holistic” approach of Yoga to help students find their own balance and harmony.

❖

by Sue Dannahower

Which Type of Salt is Healthiest?
Fancy gourmet salts are super-trendy these days. But do you know which ones are the healthiest for you? Or which ones work best in your recipes?

Iodized salt: Table salt is fortified with iodine, which is important for thyroid regulation. It also dissolves the quickest in food, making it ideal for most of your cooking and baking needs. Use it in recipes with exact measurements and in pasta water (you’ll get your iodine).

Kosher salt: While you get more precise measurements cooking with table salt, many professional chefs go for kosher—which is flatter, lighter, and flakier—because the irregularly shaped granules add subtle crunch. Use it to salt your food. Larger grains give you less sodium per teaspoon.

Sea salt: Big granules mean more flavor for less sodium, but skip this briny salt in routine cooking or baking since it doesn’t dissolve easily, which can cause issues with the taste and texture of dishes. Try it as a flavorful garnish for soups, salads, and even chocolate chip cookies.

Salt facts: For the average adult, the most salt that the USDA recommends you eat is 2,300 mg, which is approximately one teaspoon. Quite how anyone can check their salt intake is anyone’s guess, because salt is present in many foods from bread to cookies. The best advice is not to add extra salt to food at mealtimes and avoid salty foods like potato chips and other salted snacks.

Most of the salt that is mined from the sea doesn’t end up on your dinner plate. Only 6% of the US consumption of salt is used in food, the rest is used in industrial processes and over 15% is used to treat the streets every year to guard against ice.

❖
There are sailfish in the area! Many offshore anglers are catching this lively, migratory, pelagic billfish, which is known to move closer to southeast Florida for shallower waters this time of year and into the summer. Sailfish are known for their enlarged dorsal fin, bright blue or slate-colored with black dots, that runs almost the entire length of the fish. This fish is a saltwater fisherman’s dream for its fast runs, jumps and spins.

Catch sailfish by trolling off-shore, using mullet or naked ballyhoo as bait and light tackle. Look for the dorsal fin breaking water as they feed. The sailfish is Florida’s state saltwater fish and is almost always a catch-and-release fish. Be quick when taking photos with this catch for adequate revive and release.

Snook season is open for inshore fishing. Use live finger mullet, pilchards or artificials like the Yo-Zuri crystal minnow lures to increase your chances of reeling in one of these linesiders. Remember, some current and structure are important when targeting snook.

Your local bait and tackle shops can help with licenses and regulations. It’s windy but sunny, so get out and enjoy all Fort Pierce has to offer, especially Pullin Drag!

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**Corned Beef & Cabbage**

2 pounds corn beef brisket with seasoning package
1 onion, quartered
1 head cabbage, cored and quartered
10 new potatoes, skins on, washed, halved
6 carrots, skinned, cut into quarters

Place corn beef brisket, seasoning package and onion in a crock pot. Add enough water to cover the brisket. Cook on low 8 hours. Remove beef, reserve liquid for cooking vegetables. Pour liquid in a large stockpot. Add cabbage, new potatoes and carrots. Cook until vegetables are tender, about 20 minutes. Drain. Serve hot with horseradish and mustard.

Serves 6.

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**Reuben**

2 tablespoons Thousand Island Dressing
2 (half-inch-thick) slices rye bread
1½ ounces sliced Gruyère or Swiss cheese
1 cup sauerkraut, drained and squeezed of excess moisture
4 (quarter-inch-thick) slices pastrami or corned beef (about 4 ounces)
1 tablespoon unsalted butter, softened

Spread 1 tablespoon of the dressing on one piece of bread and top with half of the cheese, half of the sauerkraut, and all the meat. Spread another tablespoon of the dressing over the meat and top with the remaining sauerkraut and cheese, in that order.

Spread the remaining tablespoon of dressing on the remaining piece of bread and place it on top of the cheese, dressing side down. Press firmly to close the sandwich, then evenly spread the butter on the outside of the sandwich.

Heat a heavy-bottomed frying pan over medium heat, place the sandwich in the pan, and press down on the sandwich with a spatula. (Alternatively, you can cook the sandwich in a sandwich press.) Cook until the bread is crisp and golden brown, about 4 minutes. Flip and cook until the second side is golden brown, the cheese is melted, and the sandwich is warmed through, about 4 minutes more. Makes one sandwich.
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The Elton John Tribute
Thurs., Mar. 1 • 7pm

**Michael McDonald**
In Concert
Michael McDonald
Sat., Mar. 3 • 8pm

**Frankie Valli**
A Special Evening with the Original Jersey Boy
Sun., Mar. 4 • 7pm

**Jim Breuer Live**
Thurs., Mar. 8 • 7pm

**Co-Sponsored by Peter Angelos**
John Kay & Steppenwolf
Sat., Mar. 10 • 8pm

**Hotel California**
Co-Sponsored by Beachfront Inn • The Inlet
A Tribute to The Eagles
Wed., Mar. 21 • 7pm

**Lewis Black The Jokes On US Tour**
The Jokes On US Tour
Thurs., Mar. 22 • 7pm

**The Step Crew**
An exciting blend of Ottawa Valley, tap and Irish Stepdancing
Fri., Mar. 23 • 8pm

**Girls Night**
Girls Night: The Musical
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Live @ The Black Box
Fri., Apr. 13 • 8pm

**Heart by Heart**
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Chris Botti
Thurs., Apr. 19 • 7pm

**One Night of Queen**
Performed by Gary Mullen & The Works!
Sat., Apr. 21 • 8pm

**Bobby Bones Red Hoodie Comedy Tour**
Comedy Tour
Sat., Jun. 23 • 8pm

For tickets, call 772.461.4775 or visit SunriseTheatre.com
117 South 2nd Street in Historic Downtown Fort Pierce

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St. Lucie News Tribune, TCPALM.com, 95.5 Ocean, JAC 98.1, Oldies 105.7, Gater 99.9.

*BB = Black Box! Visit sunrisetheatre.com to see the videos for these shows!*