

MONTH: MARCH 2025

Delcambre Seafood & Farmers Market Health & Wellness Program

THEME

- NO MARKET
- Plein Air 3/9
- Mardi Gras
- Start Lent recipes 3/5/2025
- #FishFriday #ShrimpSaturday
- National NUTRITION MONTH



HEALTH FOCUS

- Multiple Sclerosis Awareness Month.
- National Bleeding Disorders Awareness Month.
- National Kidney Month.
- National Traumatic Brain Injury Awareness Month.
- World Kidney Day (March 11)
- Purple Day for epilepsy awareness (March 26)
- National Doctors Day (March 30)

ACTIVITY

Plein Air March 9
Music: Matt Castille

PRODUCT OF THE MONTH

PORGY & SHEEPSHEAD

March 9- National Crabmreat Day

March 26- Crawfish Etoufee Day

FOOD THEMES

Noodles, Frozen Food, Onions & Celery Month, Sauces

Lenten recipes

FOODS TO BE SERVED

Plein Air Menu: \$10
Seafood Gumbo _ Tammy
Chicken & Sausage Gumbo _ Monica
Rice - make in food trailer
Potato Salad - Dwight's
French Bread
Bread Pudding - Dwight's

SPOTLIGHT

MONTH APRIL 2025

Delcambre Seafood & Farmers Market Health & Wellness Program

THEME

Easter/Spring Market

HEALTH FOCUS

- Irritable Bowel Syndrome Awareness Month.
- National Autism Awareness Month.
- National Child Abuse Prevention Month.
- National Donate Life Month.
- National Minority Health Month.
- National Parkinson's Awareness Month

ACTIVITY

Man vs. Fish
Chef John Reason and Douglas Olander for Alligator Garfish demo

Kids' Craft: Fish with Garfish Scales

Music: Brandon Menard

SEAFOOD

Sheepshead and/or Porgy?

Healthy Recipe: TBD

FOOD MONTH THEMES

Baked Beans
Zucchini
Pecans
Ice Cream Month
Grilled Cheese Month

MENU

Sheepshead or Porgy Grilled Tacos
3 Tacos \$10
Brittany to make taco sauce
Laurel to make coleslaw

Special Drink: Blueberry Lemonade \$7

SPOTLIGHT

Vendor: TBD

MONTH: MAY 2025

Delcambre Seafood & Farmers Market Health & Wellness Program

THEME

Mother's Day Market - Treats for Mom
Cinco De Mayo

HEALTH FOCUS

Food Allergies
AI Arthritis
Nutrition Research

ACTIVITY

Kids' Craft: Plant flower seeds in painted cup.
focus on planting/growing seeds and photosynthesis

SEAFOOD

TBD

FOOD MONTH THEMES

Asian, Asparagus, BBQ,
Eggs, Salads. Salsa

MENU

Crawfish Nachos
PRICE???

Special Drink: blueberry Lemondae \$7

Healthy Recipes: Salsa

SPOTLIGHT

Vendor: TBD

Music: Layne Touchet

MONTH: JUNE 2025

Delcambre Seafood & Farmers Market Health & Wellness Program

THEME

Father's Day Market

HEALTH FOCUS

Alzheimer
Blood Doning
Cancer Survivors

ACTIVITY

Father's day card
fish sign or art?

Music: JC Melancon

SEAFOOD

TBD

Food of the Month:
Herbs & Spices
Eat your Veggies

MENU

Surf & Turf
Grilled Shrimp & Andouille Sausage with
Abita BBQ Glaze
Price???

Drink: Blueberry Lemondae

Healthy Sample:
Spice rub? Pulled chicken?

SPOTLIGHT

Vendor:

MONTH: JULY 2025

Delcambre Seafood & Farmers Market Health & Wellness Program

THEME

NO MARKET

4th of July

HEALTH FOCUS

strep b

water safety

ACTIVITY

none

SEAFOOD

tgba

FOODS OF THE MONTH

ice cream, pecan pie, green beans,
avocados, blueberries, pie

MENU

None

Healthy Sample:
nope

SPOTLIGHT

no market

maybe shout out to LSUag
and SeaGrant??

MONTH: AUGUST 2025

Delcambre Seafood & Farmers Market Health & Wellness Program

THEME

Shrimp Festival Month
Farmers' Market Month
Julia Child

HEALTH FOCUS

Breastfeeding
Immunization
back to school
arthritis
healthy vision

ACTIVITY

shrimp painting school
tote bag

Music: TBD

SEAFOOD

National Oyster Month
Shrimp

FOODS OF THE MONTH

Food of the Month:
RICE
National OYSTER MONTH

MENU

Shrimp & Grits \$?
cold shrimp pasta \$?

Special Drink: blueberry lemonade

SPOTLIGHT

Vendor: ??

Healthy Sample:
shrimp Creole gazpacho

MONTH: SEPTEMBER 2025

Delcambre Seafood & Farmers Market Health & Wellness Program

THEME

back to school

HEALTH FOCUS

Chronic Pain

Cholesterol

Childhood Obesity

Sickle Cell

HEALTHY AGING

ACTIVITY

seafood head visors?

TBD

Music: TBD

SEAFOOD

TBA

National Seafood Month

Food of the Month:

**Apples, OKRA, Corn, &
Eggplant**

National Seafood Month

MENU

Shrimp Burgers

Special Drink: maybe Cedar??

SPOTLIGHT

Vendor: someone

Healthy Sample:
pinwheels/wrap slices

MONTH: OCTOBER 2025

Delcambre Seafood & Farmers Market Health & Wellness Program

THEME

Gumbo Cookoff Month

HEALTH FOCUS

Eye Injury

Breast Cancer

Domestic Violence

ACTIVITY

Crab magnets???

TBD

Music: Babineaux Sisters
Brandon Menard @ CCB

SEAFOOD

crab?????????

FOOD OF THE MONTH:

gumbo stuff

Trinity

PASTA MONTH

PUMPKIN MONTH

Sweet potatoes

MENU

Duck And Andouille Sausage Gumbo
Seafood Gumbo

Drink : Cedar

Healthy Sample:
Skinny Gumbo?

SPOTLIGHT

Vendor:

Product:

MONTH: NOVEMBER 2025

Delcambre Seafood & Farmers Market Health & Wellness Program

THEME

Thanksgiving Market

HEALTH FOCUS

Diabetes Month
Epilepsy

ACTIVITY

TBD

Music: Ethan Hunt

SEAFOOD

tgba

FOOD OF THE MONTH:

Nachos
THANKSGIVING
vinegar
sandwiches

MENU

Jambalaya?
or Rice Dressing?
Monica's?

Special Drink: cedar

Healthy Sample:
Thanksgiving side dish

SPOTLIGHT

Vendor:

MONTH: DECEMBER 2025

Delcambre Seafood & Farmers Market Health & Wellness Program

THEME

Christmas Market

HEALTH FOCUS

Hand washing
Chron's Disease and Colitis
Seasonal Affective
Disorder (SAD)
Vitamin D3

ACTIVITY

Wooden Ornaments
Round and snowmen
Music: Matt Castille

SEAFOOD

National Crab Month

FOOD OF THE MONTH:

Kale/Cabbage/Brussel Sprouts
CRAB
Fritters
Holiday Appetizers

MENU

Corn Shrimp Bisque
Gumbo

Cidar Drink - HOT

Healthy Sample:
Hot soup

SPOTLIGHT

Vendor:

MONTH: MAY 2024

Delcambre Seafood & Farmers Market Health & Wellness Program

THEME

Mother's Day Market - Treats for Mom

Asian, Asparagus, BBQ, Eggs, Salads, Salsa

HEALTH FOCUS

Mental Health Awareness
Hypertension
Physical Fitness
Hepatitis
Lupus
Celiac

ACTIVITY

watercolor Mother's Day
Cards & herb seeds

Music: Brandon Menard

SEAFOOD

CrAwfish

FOOD MONTH THEMES

MENU

3 shrimp street tacos
with coleslaw
Chargrilled Oysters \$12

Special Drink: margarita \$7
Healthy Recipes: Virgin margarita
fruit infused water
Duterra Simone Thomas 337-380-8787

SPOTLIGHT

Vendor: Tanya's Tumblers

Ma's Food Truck
Cheerleader sell snowballs

MONTH: JUNE 2024

Delcambre Seafood & Farmers Market Health & Wellness Program

THEME

Father's Day Market

HEALTH FOCUS

Alzheimer

Brain Health

National Safety Month

ACTIVITY

Father's day card or poster???

crawfish clothespin

magnet craft

Music: Layne Touchet

SEAFOOD

sheepshead fish

Food of the Month:

MENU

cheese grits and shrimp
asian salad

Special Drink: Sangria

Healthy Sample:
Duterra

SPOTLIGHT

Vendor: Pennies from heaven
Product: Little Lagniappe

Golf tournament New Iberia June 21
bloody marys

May Market 1123 total people 52 kids
June market Drake will need help, kyle and eli out
produce \$1 a pound
add plain grits to cheese grits
Business of the month: Little Lagniappe

Gumbo Meeting: May 24th, 9am at NI Chamber

MONTH: JULY 2024

Delcambre Seafood & Farmers Market Health & Wellness Program

THEME

NO MARKET

HEALTH FOCUS

strep b

water safety

ACTIVITY

none

SEAFOOD

tgba

FOODS OF THE MONTH

MENU

None

Healthy Sample:
nope

SPOTLIGHT

no market

maybe shout out to LSUag
and SeaGrant??

MONTH: AUGUST 2024

Delcambre Seafood & Farmers Market Health & Wellness Program

THEME

Shrimp Festival Month

Food of the Month:

HEALTH FOCUS

Breastfeeding
Immunization
back to school

ACTIVITY

shrimp painting school
tote bag

Music: Forest Huval

SEAFOOD

tgba

FOODS OF THE MONTH

MENU

fried fish and tots \$10
cold shrimp pasta \$8

Special Drink: Sangria

SPOTLIGHT

Vendor: Newbg coffee
Cajun Canvas - Cassie

Healthy Sample:

shrimp Creole gazpacho

MONTH: SEPTEMBER 2024

Delcambre Seafood & Farmers Market Health & Wellness Program

THEME

back to school

HEALTH FOCUS

Chronic Pain

Cholesterol

Childhood Obesity

Awareness

ACTIVITY

seafood head visors

Music: babineaux sisters

SEAFOOD

tgba

Food of the Month:

MENU

crawfish nachos

boile shrimp

Special Drink: something

SPOTLIGHT

Vendor: someone

Healthy Sample:
pinwheels/wrap slices

MONTH: OCTOBER 2024

Delcambre Seafood & Farmers Market Health & Wellness Program

THEME

Shrimp Festival Month

Food of the Month:

HEALTH FOCUS

Eye Injury

Breast Cancer

Domestic Violence

ACTIVITY

Crab magnets

Music: Cajun Stompers

SEAFOOD

crab

Ma's Food Truck
Cheerleader sell snowballs

MENU

Brisket sliders with chips and coleslaw

Healthy Sample:
Duterra

SPOTLIGHT

Vendor: Hebert Company
Leather
Product:

Business:

MONTH: NOVEMBER 2024

Delcambre Seafood & Farmers Market Health & Wellness Program

THEME

Thanksgiving Market

Food of the Month:

HEALTH FOCUS

Diabetes Month

Epilepsy

ACTIVITY

Father's day --

Music: Ethan Hunt

SEAFOOD

tgba

Ma's Food Truck
Cheerleader sell snowballs

MENU

Brisket Slider w sw2eet potaoe fries
grilled fish crawfish crdeam sauce

Special Drink: Sangria

Healthy Sample:
Duterra

SPOTLIGHT

Vendor: Grace Lancon
Product: kevin pepper jelly
Distillerie Acadian -phillip

Business: otto's hebert
lumberyard

MONTH: DECEMBER 2024

Delcambre Seafood & Farmers Market Health & Wellness Program

THEME

Christmas Market

Food of the Month:

HEALTH FOCUS

ACTIVITY

Fish Ornaments

Music: Matt castile

SEAFOOD

PORGY

Ma's Food Truck
Cheerleader sell snowballs

MENU

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Healthy Sample:
Duterra

SPOTLIGHT

Vendor: Grace Lancon
Product: kevin pepper jelly
Distillerie Acadian -phillip

Business: otto's hebert
lumberyard

MONTH: JULY

Delcambre Seafood & Farmers Market Health & Wellness Program

THEME

Independence Day

July 18 National Caviar Day & Ice Cream Day

Easy Cookout/BBQ---> Tomatoes



HEALTH FOCUS

Healthy Vision Month

UV Safety Awareness

ACTIVITY

None

SEAFOOD PRODUCT OF THE MONTH

Pompano...on sale

<https://louisianadirectseafoodshop.com/product/pompano-fillets/>

Royal Poinciana Pompano With Shrimp Stuffing

FOOD

No market

Healthy (Tomato-based BBQ sides) Recipes:
Cilantro Lime pasta salad
Grilled tomato bruschetta
White bean & tomato salad

SPOTLIGHT

Vendor:

SugarTown Farms

Staff:

Brittany

MONTH: AUGUST

Delcambre Seafood & Farmers Market Health & Wellness Program

THEME

SHRIMP FESTIVAL MONTH
70 YEAR
SHRIMP FESTIVAL MONTH



HEALTH FOCUS

National Immunization Awareness Month - CDC
Summer Sun Safety
Month -American Cancer Society

ACTIVITY

Shrimp Painting for kids
Chef Demo with Chef John Reason

PRODUCT OF THE MONTH

Shrimp
Coconut shrimp ceviche

FOOD

Fried Shrimp over Spicy Garlic Noodles,
Fried Stuffed Shrimp with Black Bean Pico De Gallo, Shrimp Creole, Shrimp Salad and Corn Maque Choux Salad with Lime-Cilantro Aoili

Healthy Recipes:
Lemon Garlic Sheet Pan dinner
Honey Garlic Shrimp Zucchini stir fry

SPOTLIGHT

Vendor:
Jessica Gail Seafood
Staff:
Introduce Hunter?

MONTH: SEPTEMBER

Delcambre Seafood & Farmers Market Health & Wellness Program

THEME

Back to School
national chicken month
Grouper Season ?
Football starts



HEALTH FOCUS

Childhood Obesity Awareness
Cholesterol Awareness
National Food Safety Month

ACTIVITY

MyPlate activity for kids
Fun Walk--> t-shirt?
Food Safety workshop?

SEAFOOD PRODUCT OF THE MONTH

Grouper
<https://louisianadirectseafoodshop.com/product/grouper-fillets/>
Mediterranean Style Baked Grouper

FOOD

Teriyaki Chicken Wings with Cajun Dressing, Pimento Cheese Deviled Eggs with Buffalo Chicken Zucchini Boats, and Garlic Chicken over Black Bean and Corn Salad.

Healthy TAILGATE Recipes:
Cajun 180 creamy MOJO chicken wings
pico de gallo w/ cabbage

SPOTLIGHT

Vendor:
eggs? chicken?
Staff:
TBD

MONTH: OCTOBER

Delcambre Seafood & Farmers Market Health & Wellness Program

THEME

Halloween/Fall festival
Breast Cancer awareness
National Seafood Month



HEALTH FOCUS

Breast Cancer Awareness
Mental Health awareness

ACTIVITY

Pumpkin Painting for kids

Gumbo Cookoff

Oct 12 & 13

SEAFOOD PRODUCT OF THE MONTH

porgy

FOOD

GUumbo duck & seafood
\$12

Healthy QUICK EASY DINNER) Recipes:
roasted acorn squash sheet pan dinner
roasted tomato/feta pasta 1 pan dinner

SPOTLIGHT

Vendor:
Lagniappe rolls

Staff:
TBD

MONTH: NOVEMBER

Delcambre Seafood & Farmers Market Health & Wellness Program

THEME

Harvest / Thanksgiving
National sweet potato month
National peanut butter month



HEALTH FOCUS

Diabetes Month
Multiple cancers (lung, stomach, pancreas)

ACTIVITY

Cornucopia scavenger hunt

SEAFOOD PRODUCT OF THE MONTH

Oysters....continued.

FOOD

Ask Wendell

Healthy (Thanksgiving) Recipes:
Skinny green bean casserole
Skinny pumpkin pie

SPOTLIGHT

Vendor:
Amy - wine

Staff:
TBD

MONTH: DECEMBER

Delcambre Seafood & Farmers Market Health & Wellness Program

THEME

Christmas GIFT BUYING
National egg nog month
national pear month



HEALTH FOCUS

Handwashing awareness

HOLIDAY STRESS

ACTIVITY

ornament? for kids

Pop Up for X-mas Gifts

SEAFOOD PRODUCT OF THE MONTH

Crawfish 5/\$95

Apple/Google/Amazonaudible/Spotify

Zuppa Di Pesce (& grits)

FOOD

duck andouille gumbo
crawfish bisque
crawfish frittata

Healthy Recipes:
Cacio dep Pepe Roasted
Brussels
Zucchini "Manicotti"

SPOTLIGHT

Vendor:
RW Creations

Staff:
Drake

MONTH: JANUARY

Delcambre Seafood & Farmers Market Health & Wellness Program

THEME

Soup
Fat Free



HEALTH FOCUS

Glaucoma
Thyroid

ACTIVITY

N/A
order table cloths
order apron

SEAFOOD PRODUCT OF THE MONTH

Crawfish 5/\$95

FOOD

duck andouille gumbo
crawfish bisque
vegetable chowder
Zuppa Di Pesce (& grits)
Turtle Soup

Healthy Recipes:

SPOTLIGHT

Vendor:
TBD

Staff:
Monica

MONTH: FEBUARY

Delcambre Seafood & Farmers Market Health & Wellness Program

THEME

potato month
breakfast month
pork rind
super bowl



HEALTH FOCUS

Heart Month
Wear Red-

ACTIVITY

valentine? for kids

Diabetes education,
handouts and recipes
Glycemic Index

SEAFOOD PRODUCT OF THE MONTH

shrimpies 2 pounds shrimp, get 1 pounf cajun corn
macque choux free

FOOD

Crawfish Mac & Cheese w/
fried soft shell crawfish
Shrimp & Grits

Healthy Recipes:
Cacio dep Pepe Roasted
Brussels
Zucchini "Manicotti"

SPOTLIGHT

Vendor:
Freeze Dat

Staff:
Monica

MONTH: MARCH

Delcambre Seafood & Farmers Market Health & Wellness Program

THEME

Crab Month

Noodle Month



HEALTH FOCUS

Nutrition Month

ColoRectal Month

Handouts:

Sodium

ACTIVITY

kaleidoscope with
shamrock/DSFM stickers
MyPlate

SEAFOOD PRODUCT OF THE MONTH

Crab

Crab stuffed spaghetti squash/zucchini manicotti

Chef John's ravioli/Chef David's fettuccine

FOOD

Crab Melt-Laurel x40

Shrimp Fettuccine- Tammy

Healthy Sample:

Irish food sample.. Boxtyle

SPOTLIGHT

Vendor: Thui/Vien Church

Music: Cajun Stompers

Staff: Jordan

MONTH: APRIL

Delcambre Seafood & Farmers Market Health & Wellness Program

THEME

Tomato/BLT/Grilled Cheese

EASTER April 17



HEALTH FOCUS

Alcohol awareness

Autism

IBS

ColoRectal Kits x50 (Patrice)

Handout: fiber & cholesterol

ACTIVITY

Easter Crown

Easter bunny pop up craft

Easter Eggs x100

Scavenger Hunt

SEAFOOD PRODUCT OF THE MONTH

Tilefish Regular \$23/lb

Patrice: Article/blog

Oysters 300+ in-stock

FOOD

Surf & Turf (shrimp/sausage) Kabob 3.1oz each &

Rice dressing: (Monica)

Shrimp Creole over Rice (Wendell)

Sweet Potato Cornbread (Patrice)

Samples:

Vegan shakes

SPOTLIGHT

Vendor: Donald & Lucy Menard

Music: John Stoute

Staff: Harold T-Boy Renard

MONTH: MAY

Delcambre Seafood & Farmers Market Health & Wellness Program

THEME

Salad Month
Barbecue & Beef
Salsa
Cince De Mayo?



HEALTH FOCUS

Stroke: Abbeville Gen
Arthritis

Anti-inflammatory Diet H/O
Bio-flex & Bio-freeze samples
Healthy Samples: Turmeric Gummies or Balls

ACTIVITY

Mother's Day frame w/ pic
MOM bookmark
Activity: ??

\$1 off Drink Tickets for Moms & cookies (Tammy)

SEAFOOD PRODUCT OF THE MONTH

Red Snapper Fillets \$29/lb

Recipes: Grilled Snapper App, Snapper Collar, Red Snapper Parm, Red Snapper with Shrimp/Crab Au Gratin

FOOD

Grilled Shrimp (cold) \$8 -
Asian Salad- Brittany
Sliced brisket (2) Sliders \$8 (Maw's)
slaw topping - Laurel
Sweet potato fries - Laurel's Ninja
(brisket, sliders, fries - Tammy)
Sell T-shirts

SPOTLIGHT

Vendor: Welcome to Granny's
Suzie Romero

Music: Ethan Hunt

Staff: Patrice

May Notes:

Jon Reason snapper collars

Bruce's Cajun Kings jambalaya/etoufee mix

C'est Tout

Edie sell t-shirts

MONTH: JUNE

Delcambre Seafood & Farmers Market Health & Wellness Program

THEME

Dairy Month
Fruit & Vegetable Month



HEALTH FOCUS

Alhzeimers
Mens HEalth

ACTIVITY

Father's Day frame or
scratch off DAD art
pretzels

SEAFOOD PRODUCT OF THE MONTH

Tuna?

FOOD

Bang Bang Shrimp
Air Fried Oysters

Healthy Sample:

Fruit Salad or veggies with
dip

SPOTLIGHT

Vendor: cheesecake
Music: Babineaux Sisters
Staff: Suzanne

MONTH: AUGUST

Delcambre Seafood & Farmers Market Health & Wellness Program

THEME

Dairy Month
Fruit & Vegetable Month



HEALTH FOCUS

Alhzeimers
Mens HEalth

ACTIVITY

Father's Day frame or
scratch off DAD art
pretzels

Hunter- shrimp podcast

SEAFOOD PRODUCT OF THE MONTH

Crawfish 5/\$95
Apple/Google/Amazonaudible/Spotify

FOOD

Bang Bang Shrimp
Air Fried Oysters

Healthy Recipes:

Fruit Salad or veggies with
dip

SPOTLIGHT

Vendor:
Music: Babineaux Sisters

Staff:
TBD

MONTH: SEPTEMBER

Delcambre Seafood & Farmers Market Health & Wellness Program

THEME

Dairy Month
Fruit & Vegetable Month



HEALTH FOCUS

Alhzeimers
Mens HEalth

ACTIVITY

Back to School?
Jensson Tuna Demo

SEAFOOD PRODUCT OF THE MONTH

Tuna

FOOD

Bang Bang Shrimp
Air Fried Oysters

Healthy Recipes:

Fruit Salad or veggies with dip

SPOTLIGHT

Vendor:
Music: Babineaux Sisters

Staff:
TBD

MONTH: OCTOBER

Delcambre Seafood & Farmers Market Health & Wellness Program

THEME

Gumbo Cookoff 10-8/10
Fruit & Vegetable Month



HEALTH FOCUS

Alhzeimers
Mens HEalth

ACTIVITY

Father's Day frame or
scratch off DAD art
pretzels

Tuna Demo

SEAFOOD PRODUCT OF THE MONTH

Crawfish 5/\$95
Apple/Google/Amazonaudible/Spotify

FOOD

Bang Bang Shrimp
Air Fried Oysters

Healthy Recipes:

Fruit Salad or veggies with
dip

SPOTLIGHT

Vendor:
Music: Babineaux Sisters

Staff:
TBD

October Notes:

I met with my staff and we discussed this year's cooking demo. Here are our thoughts and preliminary plans.

- Ask Louisiana Culinary Institute chefs, John Reason and Colt Patin, to be the guest chefs for the appetizer and gumbo.
- Ask Distillerie Acadian to provide/sponsor the drink pairings. They have preliminarily said they want to return.
- Find a dessert provider/sponsor. Initial thoughts, provided they are or become chamber members, are Guidry's Cake Shop, Fudge It, or pastry chef at Cypress Bayou who came once before.
- Ask Tabasco to be the Tabasco Hot Sauce sponsor.
- I will MC/host the event. Other suggestions are welcome but I would not pay for a host.
- Book Brandon Menard to be the musician.
- Ask an artist, Jerome Webber or Paul Schexnayder, to do a painting live during event.
- Port Commission will provide flower arrangement/centerpieces.
- Chamber will provide tablecloths
- Port Commission will provide bowls, plates, utensils, drinking glasses, napkins for the event.
- Meet with Katherine to use Victor's. Plan for seating capacity of 70. Limit tickets sold to 50 but allow walk-ups. Pricing should remain same, \$50 for one, \$75 for a couple.
- Add a starter dish like shrimp cocktail in addition to appetizer, gumbo, and dessert. Add more quantity to all dishes. Will discuss with chefs.
- Consider adding a small complimentary gift box/basket of local treats for each guest.
- Port Commission will provide set up, servers and clean up personnel.
- Consider whether to continue virtual event element.
- Eliminate video and video screen set up.
- Chamber to sell and collect tickets.
- Event is same start and end time as last year on Saturday evening.

MONTH: MAY 2023

Delcambre Seafood & Farmers Market Health & Wellness Program

THEME

Seafood 2x
cinco de mayo
Mother's Day
Food: Strawberry, Mediterranean Diet, Salsa



HEALTH FOCUS

Stroke Month
Mental Health
Lupus Awareness

ACTIVITY

Mother's Day flower pot c
Music: Brandon Menard

SEAFOOD PRODUCT OF THE MONTH

POMPANO!!!!

FOOD

Chargrilled Oysters \$12
Fried Catfish Tacos \$8

Healthy Recipes:
Salsa Verde
NO SAMPLES

SPOTLIGHT

Vendor: The Big Chill
(Whitney Rogers)
Product: Sew Chic
Monogramming & Gifts:
Season Wreaths
Business: Delcambre Texaco

MONTH: JUNE 2023

Delcambre Seafood and Farmers Market Health & Wellness Program

THEME

Father's Day
Fruits & Veggies Month
Dairy Month



HEALTH FOCUS

Men's Health
Colorectal Cancer
w/Mushroom
Alzheimer's

Healthy Recipes:

Fruit Dip

ACTIVITY

Father's Day cards
Fruits Magnets
(Fruit & veggies kids handout
\$1 off drinks & pretzels for Dads
Music: John Stoupe

SEAFOOD:

TUNA

Hats & T-shirts \$20

MENU

Oyster Po'Boy \$10 (bread from Langlinais Bakery with tomato, lettuce & mayo)
Surf & Turf \$10 (bang bang shrimp and Shawn's Syrup Sausage with Rice dressing)

Wendell: specialty drinks

SPOTLIGHT

Vendor: Wes Landry
Product: Micheal Falcon, Wood Things by MKF
Business: Delcambre Pharmacy

MONTH: JULY 2023

Delcambre Seafood & Farmers Market Health & Wellness Program

THEME

4th of July



HEALTH FOCUS

UV Awareness
Cord Blood
Hemachromatosis

ACTIVITY

NO MARKET

Music:

SEAFOOD PRODUCT OF THE MONTH

NO MARKET

FOOD

NO MARKET

Healthy Recipes:

Salsa Verde -
NO SAMPLES

SPOTLIGHT

Vendor:
Product:

Business:

MONTH: AUGUST 2023

Delcambre Seafood & Farmers Market Health & Wellness Program

THEME

Delcambre Shrimp Festival Month



HEALTH FOCUS

Water Safety

UV Awareness

Childhood Obesity

Awareness

ACTIVITY

Shrimp Painting

Artist Dusty Reed

Music: Ken Holloway

SEAFOOD PRODUCT OF THE MONTH

Shrimp

National Oyster Day, Saturday, August 5th- promote oysters with Jessica Gale

FOOD

Shrimp Pasta Salad (shrimp festival's recipe)

Shrimp & Grits

Healthy Recipes:
Shrimp Dip

SPOTLIGHT

Vendor: Brother in Laws

Product: Golden Pecans

Business: Tronics

MONTH: SEPT 2023

Delcambre Seafood & Farmers Market Health & Wellness Program

THEME

Tailgating



HEALTH FOCUS

Food Safety Awareness
Cholesterol
Fruits & Vegetables Month

ACTIVITY

Alligator Craft

Music: Layne Touchet

SEAFOOD PRODUCT OF THE MONTH

Alligator Month

FOOD

Crawfish Nachos
Appetizer Tray: bang bang shrimp, crab loaf, meatballs, buffalo chicken dip, fruit tart

Healthy Recipes:
Salsa Verde -
NO SAMPLES

SPOTLIGHT

Vendor: Carrie Ann Creations
Product: Macarons by MacBox

Business: Just Fitz Nutrition

MONTH: OCT 2023

Delcambre Seafood & Farmers Market Health & Wellness Program

THEME

Gumbo Month



HEALTH FOCUS

Breast Cancer

Mental Health

general HO on cancer

ACTIVITY

fish or shrimp

Music: Ethan Hunt

SEAFOOD PRODUCT OF THE MONTH

Crab

FOOD

chicken/sausage gumbo \$8

seafood gumbo (crab/shrimp) \$10

Healthy SAMPLES-

SPOTLIGHT

Vendor: Patsy Borel

Product: Nora (pillows)

Business: Delcambre Comm.
(phone co. Matt LeBlanc)

MONTH: NOV 2023

Delcambre Seafood & Farmers Market Health & Wellness Program

THEME

Thanksgiving with a Twist



HEALTH FOCUS

diabetes

COPD

ACTIVITY

Thanksgiving crown

Music: Aaron David

SEAFOOD PRODUCT OF THE MONTH

mangrove snapper

FOOD

Thanksgiving Dinner with a Twist \$15
pork loin, pork roast, seafood
casserole, carrot souffle, broccoli
salad, Hawaiian rolls, pecan pie bites

Healthy Recipes:

SPOTLIGHT

Vendor: Pop's Pecan Pie
Product: wood product -
wooden signs carved in fire -
micheal

Business: gulf crown seafood

MONTH: DEC 2023

Delcambre Seafood & Farmers Market Health & Wellness Program

THEME

Christmas Market



HEALTH FOCUS

hand washing
impaired driving

ACTIVITY

kids craft xmas
Canned Food Drive
Music: Matt castille

SEAFOOD PRODUCT OF THE MONTH

red grouper

FOOD

Crawfish Bisque x4
Seafood Gumbo with Savoie's x4
French Bread
\$10 each

Healthy Recipes:

NO SAMPLES

SPOTLIGHT

Vendor: Grace Lancon
Product: kevin pepper jelly
Distillerie Acadian -phillip

Business: otto's hebert
lumberyard

