

Weekly Farmer's Markets Are Back at Mercola Market



Sunday Brunch at Solspring Café also continues with buffet offerings

CAPE CORAL, Fla. (Oct. 19, 2023) – The Mid-Cape Sunshine Farmer's Market is back every Sunday, from 10 a.m. to 2 p.m., at Mercola Market & Solspring Café, located in central Cape Coral at 125 SW 3rd Place. Southwest Florida residents are invited to soak up the sun and shop small by supporting local artists, farmers and bakers, as they display their creations on the west side of the Mercola Market campus.

Coordinated by the Chamber of Commerce of Cape Coral, this weekly event is growing and is one of the largest farmer's markets in Cape Coral with numerous vendors selling organic produce, fresh salsa and guacamole, handmade jewelry, candles, clothing and more.



Locals can make their Sundays even more delightful by also checking out the Sunday Brunch Buffet at the Solspring Café inside Mercola Market from 10 a.m. to 1 p.m. The buffet starts at \$19 per person and includes waffles, pastries, an omelet station and yogurt bar, biscuits and gravy, bagels and more. Mimosas are also available for an extra charge.

For more information about the Mid-Cape Sunshine Market and other events, visit mercolamarketcc.com.

The Mercola Market & Solspring Café of Cape Coral is a natural health retail store and café located in the center of the city at 125 SW 3rd Place. It exclusively offers Dr. Mercola® supplements and other premium products for your health, home, pantry and pet. Its café offers one-of-a-kind biodynamic beverages, fit for the morning and the evening, and healthy food options for each meal of the day. The main campus serves as a hub for the community, hosting family-friendly events throughout the year, including a weekly farmers market, trivia, Sunday brunch and comedy nights, while offering a 4,000-square-foot event space for local businesses and organizations to rent. The Mercola Market & Solspring Café is open Monday through Thursday from 7 a.m. to 6 p.m., Friday and Saturday from 9 a.m. to 6 p.m., and Sunday from 10 a.m. to 2 p.m. For more information or a complete list of upcoming events and updates, visit mercolamarketcc.com.