



FAIRFAX COUNTY PARK AUTHORITY



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For Immediate Release

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PSA-156

Cooking, Nutrition Demos Offered at Farmers Markets

Join us at your local farmers market to learn a new quick and easy farm-to-table recipe! The Virginia Cooperative Extension's Master Food Volunteers will be presenting demonstrations on selected days, serving up quick and healthy recipes. See the schedule below:

Kingstown 4 to 6 p.m.:

Friday July 22; Friday August 19

Burke 10 a.m. until noon:

Saturday July 23; Saturday August 20

Oak Marr 10 a.m. until noon:

Wednesday July 27; Wednesday August 24

Wakefield 2 to 4 p.m.:

Wednesday July 27; Wednesday August 24

Annandale 10 a.m. to noon:

Thursday July 28; Thursday August 25

Government Center 3 to 5 p.m.:

Thursday July 28; Thursday August 25

McLean 10 a.m. to noon:

Friday July 29; Friday August 26

Each demonstration will be connected with a mini-nutrition lesson to ensure customers understand the health benefits of each ingredient. Our markets are strictly producer-only meaning that our vendors must grow or make from scratch everything they bring to market. This gives customers the unique opportunity to ask farmers directly about their growing methods, animal welfare practices and more!

For a Produce Guide of harvest times please visit:

<http://www.vdacs.virginia.gov/vagrown/pdf/producechart.pdf>.

For more information, including locations, directions and a list of vendors at each market go to

www.fairfaxcounty.gov/parks/farmersmarkets or contact the Community Horticulture Office at

703-642-0128.

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If accommodations and/or alternative formats are needed, please call (703) 324-8563, at least 10 working days in advance of the registration deadline or event. TTY (703) 803-3354.