



What's Happening at the Market?

TWO NEW FREE COOKING/SAMPLING PROGRAMS ADDED TO THE PUBLIC MARKET NUTRITION EDUCATION CENTER

In May, the Market opened the Public Market Nutrition Education Center, its new demonstration/education kitchen in the indoor "B" Shed. The first week in this new facility, Foodlink resumed their usual outstanding Thursday and Saturday *Just Say Yes to Fruits and Vegetables* free healthy cooking demonstrations (9 and 10 a.m.), but the vision for this facility is to add more and more culinary programming—both during and off regular Market hours.

So we're pleased to report that there are two additional regular free programs scheduled in the Center! The first is *Taste of the Market*, a joint initiative of the Friends of the Public Market (our nonprofit partner) and Summit Federal Credit Union, a devoted Market sponsor.

Taste of the Market will feature healthy recipes and fresh Market ingredients, at 12:00 p.m. on the following Saturdays:

- Aug. 3 Tai Chicken Lettuce Wraps
- Aug. 10 Summer Cherry Tomato & Olive Tart
- Aug. 31 Sweet Corn Chowder
- Sept. 14 Apple Balsamic Salmon
- Sept. 28 Roasted Squash-Apple-Sausage Dinner

And on several summer and fall Thursday evenings, the Taproot Collective will host free Community Cooking Classes, from 5:30-7 p.m.: Aug. 8, Aug. 22, Sept. 5, Sept. 19.

The Taproot Collective is a collection of teachers, community leaders, volunteers, and social advocates, all of whom found themselves united in the common goal of employing the vast resources here in Rochester to implement accessible, sustainable and regenerative food systems. Taproot also operates the **First Market Farm**, right across the street from the north entrance of the Market! Their Community Cooking Classes are free, but those interested must RSVP to info@taprootcollective.org.

Learn more about the beautiful new Public Market Nutrition Education Center, and stay tuned to the current, complete programming schedule at the Center's page on the web site: www.cityofrochester.gov/marketkitchen.



Taproot Collective staff demonstrating healthy Market cooking at their inaugural free Community Cooking Class in the new Public Market Nutrition Education Center, July 2019.

TOUR THE NEW FRIENDS WEB SITE



The Market's important non profit partner organization, the *Friends of the Public Market*, has unveiled a sharp new web site. Check it out, and learn all about the Friends and the many ways they make the Market more: go to www.marketfriends.org.

MARY ELLEN AND PETER LOSS ARE SUMMIT FEDERAL CREDIT UNION VENDORS OF THE MONTH

Mary Ellen Loss and her son Peter Loss, of Avon, are July's Summit Federal Credit Union Public Market Vendor of the Month awardees.

Still a year-round farm manager and Market vendor in her mid-nineties, Mary Ellen is no greenhorn to agriculture--she has run farms in Lima and Avon with her husband for almost 75 years! A Market stalwart for the past forty years, Mary Ellen and Peter cultivate and sells lots of sweet corn and a range of vegetables from squash and tomatoes to pumpkins and peppers. Their farm in Avon also raises beef cattle and harvests hay. Peter and his family have recently taken the helm of the farm's operations.

"The Market is a great place," says Mary Ellen. "Lots of nice people and nice vendors." Her favorite part of being a vendor: the range of people she has met, and meets each week!

The Summit Vendor of the Month Award, presented by The Summit Federal Credit Union and the Friends of the Rochester Public Market, recognizes vendors that provide the community with local, high-quality products and exemplary service.



Another festive *Vendor of the Month* award presentation at the Market! From left to right: farmer Peter Loss, Summit Federal Credit Union's Cynthia Kolko, Friends of the Public Market's Leslie Knox, and farmer Mary Ellen Loss.



SUMMER SATURDAYS OFFER VEGGIE VALET!

On summer Saturdays between 8 a.m. and 1 p.m. you can find the Veggie Valet across from the indoor shed center doors. There, you can borrow a wagon, or get some helping hands from Veggie Valet volunteers—they'll help you get your Market goods and goodies to your car or the bus stop! Take advantage of this free service, courtesy of the Market and Green Visions.

MID-SUMMER MEANS MAGNIFICENT LOCAL BOUNTY AT THE MARKET

Mid-summer at the Market means a huge variety and volume of fresh, local fruits and veggies! Shopping this time of year here is figuratively and literally a feast for the senses! Here's what's local and in season at the Market in July/August:

Vegetables: Beans, beets, broccoli, cabbage, carrots, cauliflower, celery, collard greens, corn, cucumbers, eggplant, garlic, herbs, leeks, lettuce, onions, peas, peppers, potatoes, radishes, rhubarb, spinach, summer and winter squash, chard, tomatoes, turnips, zucchini. **Fruits:** Apples, blackberries, blue-berries, cantaloupes, cherries, currants, grapes, peaches, pears, plums, raspberries, strawberries.