



## Farm Fresh Rhode Island

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### FOR IMMEDIATE RELEASE

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### ***ARMORY FARMERS MARKET OPENS WITH RI SEAFOOD THROWDOWN***

Providence, RI (May 23, 2013) - The Armory Farmers Market in the West End of Providence opens for the summer season on Thursday, May 30<sup>th</sup>. This year the market will be open an extra half hour, starting at 3:30pm! On opening day, two local chefs will square off in a Seafood Throwdown cooking competition from 4-6pm. The Chefs, James Mark of North and Peter Gobin of Mijos Tacos Truck, will each cook a dish featuring a mystery local seafood from market vendor, The Local Catch.

In June, farmers market shoppers can expect to find strawberries, sugar snap peas, kale, leeks, lettuce, salad greens, scallions, fresh flowers, vegetable seedlings, and herbs such as basil, chives, cilantro, dill, parsley, oregano, rosemary, sage, sorrel and thyme.

#### **ARMORY FARMERS MARKET:**

A diverse farmers market featuring fresh produce, beef, eggs, fish, bread, coffee and prepared foods, all from 17 vendors. The market will be open Thursdays, 3:30-7pm starting on May 30<sup>th</sup> through October 31<sup>st</sup>. (No market on July 4<sup>th</sup>) The market is located on Parade St at Hudson St, in the Armory Park/Dexter Training Ground.

#### **Market Vendors**

Returning vendors this year include: Little City Growers Coop, Green Leaf Farm (formerly Xiong Farm), Hill Orchards, Barden Family Orchard (starting in July), Salisbury Farm, Whispering Elms Farm, The Local Catch, Windmist Farm, Rocket Fine Food Truck, Mijos Tacos, African Alliance Community Garden, The Coffee Guy, Great Harvest Bread Co., Amos House Bakes, Rhode Island Roots and Providence Pudding Pops.

New vendors for 2013: Akofa, Three Paws Up, and Harvest Kitchen, Farm Fresh RI's youth culinary job training program.

#### **Market Shares**

Receive an assortment of fruits and veggies each week at the Armory Market from several different farms through the Armory Market Shares program. This CSA-like veggie pick-up has summer, fall, and full season options. Sign-up available online or at the first market.

#### **Nutrition Education**

A free nutrition education program, Healthy Foods, Healthy Families, will start at the market in July. URI's SNAP Outreach Education will also have market activities and free samples in July and August.

#### **Fresh Bucks**

The Armory Market accepts debit, credit, and ebt cards at the FFRI Welcome Table. Those shopping with SNAP can receive a 40% bonus through FFRI's Bonus Bucks program. For more information visit [www.farmfreshri.org/ebt](http://www.farmfreshri.org/ebt).

## **OPENING DAY RI SEAFOOD THROWDOWN:**

The RI Seafood Throwdown at the Armory Market on May 30<sup>th</sup> is a collaboration between the Northwest Atlantic Marine Alliance ([www.namanet.org](http://www.namanet.org)) and Farm Fresh Rhode Island ([www.farmfresh.org](http://www.farmfresh.org)). Seafood Throwdowns are community events that provide an opportunity to learn about local seafood, fishing economies and coastal food systems, and to support local seafood in our markets and restaurants (and food trucks!).

Chefs James Mark of North and Peter Gobin of Mijos Tacos will educate and entertain market goers with their culinary skills as they show how to work with whole, fresh, and very local seafood. Emcees of the Throwdown are Michael Gazdacko, Director of Development and Operations at Urban Smart Growth and Host of Providence PechaKucha Night, and John Taraborelli, Special Projects Manager at Providence Media.

### **How the RI Seafood Throwdown works –**

- The chefs will bring three of their favorite ingredients and have 15 minutes to shop at the farmers market for ingredients to accompany their mystery local seafood item from the Local Catch.
- Chefs will have one hour to cook and present their entry for the judge's consideration.
- The judges are Kari Lang, Director of the West Broadway Neighborhood Association, Don Nguyen, Local Fisherman and Foodie, and Christine West, Principal Architect at KITE Architects.
- The judges will choose a winner and tastings will be available for farmer's market shoppers.

The event is free and open to the public.

Farm Fresh Rhode Island is growing a local food system that values environment, health, and quality of life of Rhode Island farmers and eaters. For more information about Farm Fresh Rhode Island or any RI farmers market visit [www.farmfreshri.org](http://www.farmfreshri.org).

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