

## Press Release

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*Announcing Event on August 4th*

### **GRUB AT OAKLAND GRAND LAKE FARMERS MARKET CHEF DEMONSTRATION**

OAKLAND, July 24, 2007 – GRUB anyone? If the mention of GRUB doesn't make your mouth water, it's only because you're not yet familiar with the term as defined by authors and food activists Bryant Terry and Anna Lappé. 1.GRUB is healthy, local, sustainable food for all 2.GRUB is food that supports community, justice, and sustainability 3.GRUB should be universal. Where can you find GRUB? Explore the Grand Lake Oakland Farmers Market every Saturday morning and you'll find it abounding.

Need some tips on your search for GRUB? A trip to the Grand Lake Oakland Farmers Market to explore its diverse array of specialty produce can leave an eater feeling both inspired and stumped. It's one thing to slice up a vine ripened tomato, or take a dripping bite out of a juicy summer peach, but enjoying ingredients like squash blossoms, cranberry beans, and lemon cucumbers, takes some thought, creativity, and perhaps a little guidance.

Join us Saturday, August 4th at the Splash Pad Park for a exciting Chef Demonstration featuring Bryant Terry, author and founder of b-healthy, and Anna Lappé, author and public speaker on food politics. The two leaders in the movement to create healthy, socially just, sustainable food systems partnered in 2006 to write *Grub: Ideas for an Urban Organic Kitchen*. We are excited to welcome both Bryant and Anna to the Grand Lake Farmers Market community.

Between 11:30 AM and 12:30 AM, you will have a chance to “Meet the

MEATrix” an organization that is educating communities about the realities of factory farming and how to find healthier food for you and your family. Immediately following from 12:30 P.M. to 1:30 P.M. Terry and Lappé will demonstrate how to prepare some of summer’s peak season stars in a creative and healthy way.

Visit [www.marinfarmersmarket.org](http://www.marinfarmersmarket.org) for more information about this summer's Chef Demonstration schedule.