



FOR IMMEDIATE RELEASE

Poulsbo Farmers Market Hosts Chef Demo with MorMor's John Nesby to Celebrate Fall Harvest Season

Poulsbo, WA. – October 2, 2006 – The Poulsbo Farmers Market announced today that they will be hosting a demonstration of fall harvest soups and vegetables by local chef and restaurant owner John Nesby of MorMor Bistro & Bar on Saturday, October 14, 2006 at 10:30 am and noon at the Poulsbo Farmers Market, located in the Poulsbo Village Medical/Dental Center parking lot at the Corner of Iverson and 7th Avenue in Poulsbo.

During the two Chef Demo sessions Chef John Nesby will focus on an "Introduction to Fall Flavor Dynamics", including an exploration of the variety of fresh produce that becomes available in late season harvests as well as produce that can be cellared such as root vegetables, garlic, potatoes and squash. He will demonstrate how to prepare a fall squash bisque, Italian braised greens with fennel root, garlic, and wine and herb-roasted root vegetables. Demo participants will receive hand-outs on fall produce and recipes from the MorMor kitchen. Many ingredients used during the demo will be available for purchase at the market from one or more vendors.

"Like the Poulsbo Farmers Market, I believe that eating seasonal produce is one of the most powerful choices one can make to live a healthy lifestyle and ensure that local farmers thrive." said John Nesby, Chef/Owner of MorMor Bistro & Bar, and Poulsbo Farmers Market Board Member. "I look forward to helping the market line up other area chefs for this unique consumer education program in the 2007 season."

"Our first Chef Demo featuring herbs was held on Saturday, September 2nd and was a big hit with our customers," said Jackie Aitchison, Market Manager. "It is clear that our community is eager to learn about cooking with locally-grown produce."

In addition to the Chef Demo, the Poulsbo Farmers Market will also be hosting a special Pumpkin Day event for children on October 14th. All children attending the market will have the opportunity to decorate and take home a pumpkin.



The Chef Demo and Pumpkin Day will be held rain or shine with the Poulsbo Farmers Market providing protection for the Chef, demo audience and pumpkin decorators from the elements if necessary. For more information about the October Chef Demo, participating in the 2007 Chef Demo program, Pumpkin Day, or the Poulsbo Farmers Market, visit <http://www.poulsbofarmersmarket.org/index.htm> or call Jackie Aitchison, Market Manager at 360-779-6720.

About the Poulsbo Farmers Market

The Poulsbo Farmers Market is a seasonal market offering fresh, locally-grown produce, prepared foods and hand-crafted products direct to the Kitsap community. Launched in 2004, the Poulsbo Market has grown to over 20 vendors today. The market hosts a wide range of family and food-oriented programs, including live entertainment, demos by local chefs, taste tests, and youth activities. The market is open Saturdays from 9 am to 1 pm from mid-April to mid-October each year, and is located in the Poulsbo Village Medical/Dental Center parking lot at the Corner of Iverson and 7th Avenue in Poulsbo. For more information about the Poulsbo Farmers Market contact 360-779-6720, email info@poulsbofarmersmarket.org, or visit <http://www.poulsbofarmersmarket.org/index.htm>.

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