



FAIRFAX COUNTY PARK AUTHORITY



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For Immediate Release

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Cooking, Nutrition Demos at SNAP Farmers Markets

Fairfax County Farmers Markets are proud to announce that our four markets which offer SNAP (Supplemental Nutrition Assistance Program) benefits will now also offer simple cooking and nutrition demonstrations each week! These demonstrations, brought to you by the Virginia Cooperative Extension, will run each week through mid-August and will begin this week. See the recipe schedule below:

Week 1: Kale Salad

Week 2: Apple Lime Salad

Week 3: Kale Pasta Salad

Week 4: Kale and Chickpeas

Week 5: Peach and Tomato Salad

Week 6: Apple Salsa

Week 7: Simple summer squash

Week 8: Lentil Squash Soup

Each demonstration will be connected with a mini-nutrition lesson to ensure customers understand the health benefits of each ingredient. Participating markets include Mount Vernon (Wednesdays, 8 a.m. until noon), Herndon (Thursdays 8 a.m. until 12:30 p.m.), Reston (Saturdays 8 a.m. until noon) and Lorton (Sundays, 9 a.m. until 1 p.m.). Each of these markets accepts SNAP benefits, where eligible customers can receive matching dollars up to \$10 to spend on fresh fruits and vegetables.

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.



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.