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Metuchen Farmers Market Introduces Vegging Out with Christine Von der Linn

JULY 8, 2014 METUCHEN, NJ – Bought some bok choy, but don't know what to do with it?

Curious about, but leery of leeks?

Christine Von der Linn, Metuchen resident and Farmers Market Volunteer, can help you with that!

Von der Linn will be on hand at the Farmers Market at the Pearl Street Lot in downtown Metuchen for ***Vegging Out with Christine*** -- a series of informational demonstrations showcasing current crops, focusing on botanical families such as alliums, brassicas, vining plants, stone fruits and nightshades.

The market runs from 8:00 am to 2:00 p.m., every Saturday through November, rain or shine and has nearly 20 vendors offering organic and fresh fruits and vegetables, meats, a wide assortment of cheeses, breads and other baked goods, other flavorful fares, fresh-cut flowers and so much more.

Von der Linn said she garnered a lot of interest at last Saturday's market.

"Many people asked what I'm doing and why," she said. "When I told them that I'm at the market to give people ideas and guidance on how to use some of this beautiful produce, they think it's a great idea. People tend to get in a food 'rut,' buying the same familiar foods week

after week. I want to help them explore new tastes and show what nutritional powerhouses they are.”

Von der Linn is a graduate of the [Natural Gourmet Institute](#) and enjoys using her interest in and knowledge of cooking and nutrition to offer workshops on health supportive cooking and food sustainability.

“Though I focus on a few specific items that the farmers bring that day, I also encourage shoppers to ask me about other produce they’ve purchased or are contemplating. The basic structure of my information addresses four points: Care and Preparation, Nutrition Facts, Helpful Tips, Simple and Tasty Dishes. My goal is to encourage people to try new and different foods, demystify them, and help our New Jersey farmers sell the delicious produce they’ve worked so hard to grow.”

Upcoming dates and topics include:

July 12th – *To B or Not to B: There is No Question. Berries, Beets, Beans and other NJ Summer Superstars*

August 9th – *Night Moves: Tomatoes, Eggplant, Peppers and other Nightshades*

September 13th – *Kale: Still Hip, But Check out Its Cruciferous Companions*

October 18th – *Take Your Parsnip by the Hand: A Revue of Apples, Pumpkins and other Stars of Summer and Fall’s Mixed-Weather Square Dance*

November 22nd - *Underground Movements: Roots, Tubers, and Colder Weather Edibles*

Be sure to look for the Vegging Out Stand on these dates!

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Metuchen Farmers’ Market. Smart Food for the Brainy Borough.

The Metuchen Farmers Market has been in existence since 1997, but has enjoyed a revitalization starting 2011, when it grew from a few farmers to more than a dozen top-notch vendors. Proudly presented by the [Metuchen Area Chamber of Commerce](#) and managed entirely by community volunteers, The Market hosts four “[Jersey Fresh](#)” farmers and other food-first vendors offering cheese, pickles, olives, fresh-baked breads, mozzarella, gluten-free arepas, dried fruits/nuts, grass-fed pork, free-range eggs, farmhouse-baked pies and more.

Need more info? “Like” The Market on Facebook for special newsfeed, follow us on Twitter and visit us online at www.metuchenfarmersmarket.com where you can sign up for our e-newsletter.