



## FOR IMMEDIATE RELEASE

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## SAY GOODBYE TO STOREBOUGHT DRESSINGS AND MAKE YOUR OWN AT METUCHEN FARMERS MARKET

SEPTEMBER 18, 2015 METUCHEN, NJ –Please join Chef Brett Smith of Metuchen-based Novitá Bistro & Lounge and Metuchen Farmers Market’s Christine von der Linn of *Vegging Out with Christine* for “**Make Your Own Vinaigrette**” an interactive culinary event, on Saturday, September 26<sup>th</sup> from 9:00 am – 12:00 pm at the **Metuchen Farmers Market** located at 15 Center Street on the corner of New and Center Streets in the Senior Center parking lot.

Why make your own vinaigrette? Read the labels. Bottled salad dressing, while convenient, can be expensive and is often full of salt, sugar, trans fats and chemical additives. Making your own is simple, less expensive and healthier – especially if farm-fresh, health-promoting ingredients are used.

Smith and von der Linn will provide recipes, hands-on help and advice with making vinaigrettes, as well as meat marinades and pickle brines, using seasonal, fresh ingredients provided by Metuchen Farmers Market Farmers.

**The first 48 participants will be able to take home their creations in a branded glass container.**

Smith recently joined **Novitá**, a neighborhood favorite known for its inventive fare using locally-sourced seasonal ingredients. “Homemade vinaigrettes are super easy and

indispensable in the home kitchen. Not only are they good for salads, they can be versatile enough to dress roasted vegetables and even serve as delicious marinades for meat and fish. Chances are, you already have the ingredients for a tasty vinaigrette in your pantry.”

von der Linn, a graduate of the [Natural Gourmet Institute](#), enjoys using her interest in and knowledge of cooking and nutrition to offer workshops on health supportive cooking and food sustainability. “Healthy, homemade vinaigrettes are so great to have on hand in your fridge. We'll teach you how to think 'outside the salad bowl' and get creative by adding them to fruit, grains, vegetables, proteins, and even desserts for instant zip.”

So skip the not-so-healthy stuff and come learn how to make your own using a few choice fresh ingredients from Metuchen Farmers Market on Saturday, September 26<sup>th</sup> from 9:00 am- 12:00 pm.

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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, 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](http://www.metuchenfarmersmarket.com) where you can sign up for our e-newsletter.