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This page: 1 - 1

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Manchester

MCC Farmers Market: Grand Opening!

Health Notes

Submitted by Patrick Sullivan, Manchester Community College, on 2012-06-22.

The MCC Farmers Market will be hosting its grand opening for the 2012 season on Wednesday, June 27th from 1-5 pm.

This is the market's 6th year in operation, and shoppers can expect the usual mix of delicious locally grown fruits and vegetables, friendly farmers and vendors, and great live music. Most of the produce is picked on Wednesday morning, so it's hard to find fresher produce anywhere.

Farmers at the market this year include Olivia's Garden, Bottomland Farms, Beckett Farms, Sweet Pea Cheese (awesome goat cheese!), and Thompson Street Farm (great arugula!).

We also have two amazing bakeries selling their delicious breads and pastries: LaBrioche French Bakery from Rockville and Great Harvest Bread Co. from Manchester.

Mama Bear Foot Children's Books and R&S Jewelry will also be joining us.

Our market also warmly welcomes families and children. The market will also be sponsoring "Story Time" with Sue VanNess, a professor of Education at MCC, from 3:00-3:30 pm today. Sue will be reading children's stories under the pines. So come and join us!

Free temporary tattoos will also be available all day long!

Music will be provided by Jen Allen, playing jazz piano from 1-3 pm (see photo).

Jen Allen is a jazz pianist whose debut solo album "Pieces of Myself" was released in June 2011. The album features Dave Baron on bass, Lee Fish on drums, Kris Allen on alto, Josh Evans on trumpet and Andrew Renfroe on guitar.

In May 2011, Allen was chosen as one of only eight pianists from around the world to participate in the Mary Lou Williams Women in Jazz Workshop at the Kennedy Center in Washington, D.C.

Allen has taught at the Litchfield Jazz Camp, The Greater Hartford Academy of the Arts, The University of Hartford, University of Connecticut Community School of the Arts Jazz Camp, and Trinity College. <http://www.jenallenmusic.com/>

Also joining us will be Caelum Massicotte, a Healthy Eating Specialist from Whole Foods Market in Glastonbury. Caelum will be available all afternoon to talk about organic foods and healthy eating. He will also be making kale smoothies!

Caelum has been cooking all his life. Caelum began cooking with his family at a young age, and then cooked professionally in restaurants for 10 years. After battling through a health crisis, he realized how powerfully a healthy diet can affect one's life, and he recently received his masters in Clinical Nutrition at the University of Bridgeport. He is also an avid drummer and a certified yoga teacher.

Plenty of free parking!

For more information, please contact Patrick Sullivan, of the English Department at MCC (psullivan@mcc.commnet.edu)(860) 546-1191) or visit our website: <http://www.mcc.commnet.edu/business/farmers/>

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1 - 1 of 1




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- Baseball
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- Football
- Golf
- High Schools
- Hockey

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- Smarter Living
- Real Estate
- Shopping
- Stocks
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- Bars & Clubs
- Books
- Celebrity
- Events
- Movies
- Movie Times
- Museums
- Music

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- Letters
- Today's Buzz

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