



Special Event Edition

Local Foods Week to Kick Off Local Foods Movement

In an effort to encourage the community to Eat Fresh / Be Fresh, participating Old Town restaurants will feature locally grown, locally produced foods in their restaurants, beginning next week.

Local Foods Week—**June 21st—June 24th**—will kick off Rock Hill’s local foods movement with several special events:

Lunch-n-Learns: On Monday, Tuesday, and Wednesday, Lunch-n-Learns will be held from 12pm to 1pm. Bring a bag lunch and enjoy learning about a variety of topics:

- ◆ **Mon., June 21st: “From Farm to Fork”**
Angela Forbes, Registered Dietician with Clemson Extension will talk about how to select and store produce; and why the richly colored produce is so healthy. She will also share food safety tips and discuss the importance of supporting local farmers markets. Drinks will be provided. *Center for the Arts, 121 E. Main St.*
- ◆ **Tues., June 22nd: “Why Carolina BBQ is Best”**
Dan Huntley, BBQ Provocateur, will talk about BBQ from around the Carolinas, including York County’s version of Piedmont BBQ. Samples will be provided. All of Dan’s BBQ is from York County hogs. Drinks and desserts courtesy of Friends of the Library. *York County Library, 138 E. Black St.*

- ◆ **Wed., June 23rd: “Container Gardening”**
Shawna Ribald of Ribald Farms Nursery and Florist will talk about container gardening, including gardening with drought-resistant containers. Drinks will be provided. *Center for the Arts, 121 E. Main St.*

Special thanks to the York County Library and the Arts Council of York County for assisting with these Lunch-n-Learns.

Restaurant Crawl: On Tuesday night, **June 22nd**, from 7pm to 9pm, enjoy tasting local beers and wines, as well as food samples from participating Old Town restaurants. *Main Street.*

Meet Your Farmer: On Wednesday night, **June 23rd**, from 6pm to 8pm, local farmers will visit participating Old Town Restaurants to meet customers, offer samples, and answer questions about how food is grown and produced on their farms.

The finale of Local Foods Week will be the Grand Opening of the Old Town Market! Please see the next page for complete details.

For more information about Rock Hill’s new local foods movement, Eat Fresh / Be Fresh, and for additional information about Local Foods Week events, visit the website: onlyinoldtown.com/fresh

old town market

Handmade, Homegrown, Only in Old Town

The Grand Opening of Rock Hill's Old Town Market will be held on **Thurs., June 24th** from 5pm to 8pm outside at the Gettys Center, 201 E. Main St.

The first Old Town Market will offer a unique blend of activities for the entire family, including:

- ◆ **Farmers Market:** Local farmers will be selling fresh, homegrown fruits, vegetables, and flowers, along with other products produced on their farms.
- ◆ **Market with Chefs, Artisans, and Crafters:** Local chefs will be offering their homemade food items for sale. And local artisans and crafters will be selling a variety of handmade items, including jewelry, photographs, artwork, children's clothing, and more.
- ◆ **Live Music:** The first Old Town Market will feature bluegrass, folk, and country music by the Hudson Family Band.
- ◆ **Children's Activities:**
 - *Sandy Lovern, a local grower, will assist the first 100 children with planting a flower that they can then bring home with them.
 - *Shawna Ribald of Ribald Farms, will assist children with planting Old Town's first Urban Herb garden. Children can return for future markets to watch the herbs grow; and to learn how they are harvested and used by local chefs.
 - *York County's 4-H Dairy Club will be on hand with a wooden milking cow to teach children about where milk comes from. The 4-H Dairy Club will also be selling homemade ice cream made with milk from local cows.

- ◆ **Screening of FRESH:** The movie, FRESH, will be shown at 8pm in the Gettys Center Courtroom. This movie offers "New Thinking About What We're Eating." For more information about FRESH, visit the website: www.freshthemovie.com Free admission. Refreshments courtesy of Earth Fare. Special thanks to Social Design House for assisting with this event.
- ◆ **Salsa-Making Contest:** Bring your favorite home-made salsa to enter in Old Town Market's Best Salsa Contest. Each visitor to Old Town Market will have the opportunity to taste the salsa entries and vote for their favorite. Salsa entries must be received at the Information Table by 6pm. Ribbons will be awarded at 7:30pm.

Old Town Market will also be open from 5pm to 8pm on the **2nd and 4th Thursdays in July and August**. Every market will include local farmers, chefs, crafters, and artisans, as well as live music, children's activities, and contests. Specific vendors, musicians, activities, and contests will vary by market. Complete details can be found online: onlyinoldtown.com/fresh

Please mark your calendars for each of the family-friendly, one-of-a-kind Old Town Market nights to enjoy finding local items that are *Handmade, Homegrown, Only in Old Town!*



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