

NYBG/125

FOR IMMEDIATE RELEASE: June 13, 2016

Weekly Greenmarket Returns to The New York Botanical Garden

Wednesdays, June 22–October 26, 2016, 9 a.m.–3 p.m.



Bronx, NY— Greenmarket, the popular farmers market of GrowNYC, returns to The New York Botanical Garden at the base of Tulip Tree Allée inside the Garden’s Mosholu Gate entrance every Wednesday, June 22 through October 26, 9 a.m.–3 p.m. For the 15th year, the farmers market continues to bring affordable, locally grown produce and fresh, nutritious baked goods to the Bronx. The *MetLife Healthy Families Program*, part of The Edible Academy, made possible through the generous support of MetLife Foundation, will offer activities that teach the benefits of a healthy lifestyle, including a self-guided exercise tour and seasonal cooking demonstrations. Participation in each of these activities is free to the public.

With the return of the Greenmarket to The New York Botanical Garden, vendors from the Hudson Valley region and beyond will offer a wide array of seasonal produce. The market provides New Yorkers access to garden-fresh, delicious, and nutritional food produced by New York farmers.

In addition to purchasing tasty, locally grown food, visitors to the Greenmarket can talk to the farmers to learn more about the health benefits of gardening and eating locally. They can learn how to use produce from the market to make easy, nutrient-rich meals at weekly cooking demonstrations and tastings and find out about composting, recycling, growing vegetables, and more, at special demonstrations throughout the seasons. Before or after they shop at the Greenmarket, they can enjoy walking tours of the Botanical Garden, either with Garden tour guides on scheduled tours or with a self-guided walking map. On the last

Wednesday of every month, visitors can feed their minds with **“Brain Food: Book Nook”** from 11 a.m. to 2 p.m., a seasonal selection of books from the circulating collection of NYBG’s LuEsther T. Mertz Library. Everyone can browse and enjoy the selected titles; Garden members are also able to check out books to take home. Also new this year is **“Crafts Corner,”** where families can come and enjoy coloring and crafts, spin with some hula hoops, and challenge a friend to a game of giant chess.

The Greenmarket attracts lovers of some of the tastiest and most healthful products New York has to offer. Overflowing stands greet shoppers with a cornucopia of just-picked, orchard-grown goods, including peaches, pears, apples, raspberries, and cherries; a wide selection of seasonal vegetables, including corn, squash, eggplant, assorted greens, and heirloom tomatoes; fragrant herbs; and sweet cider, honey, and homemade savory quiches, cookies, pies, and breads.

The market accepts EBT cards, WIC, FMNP, and Senior coupons, in addition to cash, credit cards, and debit cards, so more visitors can take advantage of the amazing bounty of produce at the Greenmarket at The New York Botanical Garden. There is free admission to the Botanical Garden grounds on Wednesdays, allowing visitors to explore many of the Garden’s other offerings such as the ever-changing flowers and plant collections in the award-winning, sustainable Peggy Rockefeller Rose Garden, the Ruth Rea Howell Family Garden, the Perennial Garden, the inspiring Home Gardening Center, and the Native Plant Garden.

Featured vendors this year include:

- **Acevedo’s Farm**, Orange County, N.Y.—Root vegetables, tomatoes, lettuce, and specialty herbs
- **Gajeski Produce**, Riverhead, N.Y.—A variety of vegetables, including carrots, potatoes, peppers, cucumber, cabbage, cauliflower, broccoli, and corn
- **Meredith’s Bread**, Kingston, N.Y.—Homemade and preservative-free breads, rolls, cakes, cookies, pies, and preserves, with several lines of sugar-free, wheat-free, gluten-free, and organic baked goods
- **Red Jacket Orchards**, Waterloo, N.Y.—Heirloom apples and mixed orchard fruit juices, jams, and apple butter

Each Wednesday at Greenmarket, the *MetLife Healthy Families Program* presents programs that promote the benefits of gardening, healthy living, nutrition education, exercise, and the importance of family mealtime. Visitors can enjoy cooking demonstrations using produce sold at the Greenmarket, self-guided walking tours, and weekly cell phone recordings with “What’s in Season” at the Greenmarket. On select Wednesdays of each month, visitors may receive health-related screenings offered by staff from local hospitals. Participation in each of these activities is free to the public. For weekly recipes, produce updates, and information about weekly special events, read the Garden’s blog, [Plant Talk](#).

The weekly Greenmarket has become increasingly important to help people live healthier lives, while supporting New York businesses. The farmers market is organized in conjunction with Greenmarket, a program of **GrowNYC**. For over 30 years, GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling, and education programs, visit growNYC.org.

For more information, visit nybg.org/sustainability/green_market.php

An unforgettable departure from the everyday, The New York Botanical Garden is America's premier urban garden. Its special exhibitions, seasonal programs, and engaging activities inspire visitors of every age and interest. The Botanical Garden is an ever-changing living museum, and a showplace of natural beauty and wonder. For more information, visit nybg.org or call 718.817.8700.

*The MetLife Healthy Families Program, part of The Edible Academy,
at The New York Botanical Garden is made possible through
the generous support of MetLife Foundation.*

###

The New York Botanical Garden is a museum of plants located at Bronx River Parkway (Exit 7W) and Fordham Road. It is easy to reach by Metro-North Railroad or subway. The Garden is open year-round, Tuesday through Sunday and Monday federal holidays, from 10 a.m. to 6 p.m. The best way to enjoy the Garden is with the All-Garden Pass, which includes admission to the grounds as well as to seasonal gardens, exhibitions, and attractions such as the Enid A. Haupt Conservatory, Everett Children's Adventure Garden, and Tram Tour. For ticket pricing, please check our Web site. For more information, please call 718.817.8700 or visit nybg.org

The New York Botanical Garden, 2900 Southern Boulevard, Bronx, New York 10458

The New York Botanical Garden is located on property owned in full by the City of New York, and its operation is made possible in part by public funds provided through the New York City Department of Cultural Affairs. A portion of the Garden's general operating funds is provided by The New York City Council and The New York State Office of Parks, Recreation and Historic Preservation. The Bronx Borough President and Bronx elected representatives in the City Council and State Legislature provide leadership funding.

Contact: Nick Leshi at 718.817.8658/8616; nleshi@nybg.org.