

# NYBG

FOR IMMEDIATE RELEASE: June 3, 2019

## **NYBG's Farmers Market Opens for the Season on Wednesday, June 12**

Farmers Market is part of Wellness Wednesdays at NYBG, Which Kick Off with a Talk by Artist-in-Residence Michele Oka Doner



**Bronx, NY**—The New York Botanical Garden's Farmers Market opens for the season on Wednesday, June 12, 2019. Located just inside the Mosholu Entrance and across the street from the Botanical Garden station of the Metro-North commuter railroad, the NYBG Farmers Market offers a diverse array of fresh, locally grown and produced vegetables, fruits, baked goods, and specialty foods.

Bringing the flavors of the seasons to New Yorkers throughout the summer and into the fall every Wednesday, 9 a.m.–3 p.m., the NYBG Farmers Market is part of Wellness Wednesdays at the Botanical Garden when visitors can take part in activities that focus on healthy choices for mind and body, from walking tours to forest bathing to cooking demonstrations.

Kicking off Wellness Wednesdays with a special edition of NYBG's *Tree Dialogues* series, the Garden's 2019 Artist-in-Residence Michele Oka Doner will present *Ecstatic Nutrition: The Trees of My Life* on June 12, 11 a.m.–12 p.m. in the Shelby White and Leon Levy Reading Room of the LuEsther T. Mertz Library. Warm, personal, and accompanied by beautiful images, her talk will focus on three giant trees that had a profound influence on Oka Doner's life and work: a banyan that dominated the landscape surrounding the artist's childhood home, the

night blooming baobab at the doorstep of her local Miami Beach Public Library, and the Australian pines that caught the wind outside her bedroom windows, singing her to sleep. (Included in NYBG's *All-Garden Pass*.)

The weekly vendors at the NYBG Farmers Market will include:

- **Anthis Greek Specialties**, Tarrytown, N.Y.—Flavorful Greek-inspired dishes and flavors such as tsatsiki, moussaka, and chickpea salad
- **Arlotta Food Studio**, Briarcliff Manor, N.Y.—Infused organic olive oils such as garlic, lemon, red pepper, and blood orange; balsamic vinegars; and tapenades
- **Big Bang Coffee Roasters**, Peekskill, N.Y.—Hot or iced coffee and coffee beans
- **Freshly Made Juices**, Bronx, N.Y.—Healthful approach to eating with juice and smoothies
- **La Petite Occasion**, Hudson Valley, N.Y.—Caramels and toffees made from the local goodness of the region surrounding New York's Hudson Valley
- **Mangalitsa by Mosefund**, Branchville, N.J.—The finest Mangalitsa heritage pork, minimally processed with no artificial ingredients
- **Meredith's Bread**, Kingston, N.Y.—Breads, rolls, cakes, cookies, pies, biscotti, challah bread, and quiches, including sugar-free and gluten-free baked goods
- **Penny Lick Ice Cream**, Hastings-On-Hudson, N.Y.—Small-batch ice cream made with heavy cream, cream-lined whole milk, eggs, and sugar from local Hudson Valley farms
- **Red Barn Bakery**, Irvington, N.Y.—Savory and sweet treats from a full-service bakery
- **Sprig Flower Truck**, Westchester County, N.Y.—Freshly cut, locally grown, seasonal flowers from Westchester's first and only flower shop on wheels
- **Stoneberry Farm**, Katonah, N.Y.—Organic vegetables and fruits, from radishes to peppers, basil, and watermelon, and a small variety of unique flowers
- **True Food**, Nyack, N.Y.—Fresh, flavorful seasonal salads and burritos made with local organic chicken
- **Wave Hill Breads**, Norwalk, Conn.—Artisanal breads and pastries made with organic whole grains milled at the bakery

The NYBG Farmers Market is run by Pascale Le Draoulec, who manages farmers markets in the Westchester communities of Hastings, Irvington, Chappaqua, and Bronxville. The market accepts cash, credit and debit cards, and EBT cards.

As an added convenience, visitors can shop at the Farmers Market first, then store their fresh produce with the Garden's complimentary Veggie Valet service as they enjoy Wellness Wednesday at NYBG. Purchases will be kept on ice until visitors pick them up before they leave.

Admission to the Garden grounds is free on Wednesdays, allowing visitors to explore many of the Garden's offerings such as the ever-changing flowers and plant collections in the award-winning, sustainable Peggy Rockefeller Rose Garden, the 50-acre old-growth Thain Family Forest, the Native Plant Garden, the Perennial Garden, and the inspiring Home Gardening Center.

Weekly Wellness Wednesdays activities include:

- **“Pick Up the Pace” Walking Tour of the Garden**  
*10 a.m., Meet at the Reflecting Pool*  
Quicken your pulse on this brisk yet easy-paced tour of our signature gardens and landmarks. Stop and stretch along the way.
- **Forest Bathing**  
*1 p.m., Meet at the Reflecting Pool*  
Experience the ancient Japanese practice of *Shinrin yoko* (“Forest Baths”)—gentle walks that enhance tranquility and connectedness through sensory immersion. Slow down, be present, and awaken your senses to the forest as never before on this guided tour.
- **Fresh From the Garden Tastings**  
*Weekly, 2 & 4 p.m., at the Edible Academy*  
Cooking demonstrations with recipes featuring plants grown in the Edible Academy are offered each week. Kids and adults alike discover how garden-to-table cooking is not only nutritious but also creative and fun.
- **Dig! Plant! Grow!**  
*1–5:30 p.m., at the Edible Academy*  
Get started gardening by sowing seeds, digging, and watering. Explore our soil and learn more about compost with our wild, wiggly worms and take home your own worm castings to “get growing” at home.

Upcoming Wellness Wednesdays programs include:

- **How to Make a Plant Love You: Summer Rayne Oakes**  
*July 10, 2:30–3:30 p.m., at the Edible Academy*  
Summer Rayne Oakes keeps over 1,000 live houseplants spanning over 500 species in her Brooklyn apartment. She's an environmental scientist, an entrepreneur, and (according to a *New York Times* profile) an icon for wellness-minded millennials who want to bring nature indoors. Homestead Brooklyn, her Web site and YouTube channel, helps people become more attuned to nature in the city. She describes

tending to plants as a “moving meditation” that can help people become more mindful and caring. Oakes’ book *How to Make a Plant Love You: Cultivate Green Space in Your Home and Heart* will be released the day before her talk at NYBG.

- **NYC Compost Project**

*June 26, July 24, August 21, September 18, October 30, 11 a.m.–1 p.m., near the Mosholu Entrance*

Learn more about the NYC Compost Project, which works to rebuild NYC’s soils by providing New Yorkers with the knowledge, skills, and opportunities they need to make and use compost locally. NYC Compost Project programs are carried out by staff funded by New York City’s Department of Sanitation at NYBG and six other host organizations.

- **NYBG Story Time**

*July 3, August 7, 12 p.m., at the Fountain of Life  
Recommended for ages 3-8*

Gather around the fountain for a garden-themed story.

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*Wellness Wednesdays are made possible in part by public funds provided through the New York City Department of Cultural Affairs and the New York City Council.*

**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](http://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.**

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