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GET HEALTHY, GET HAPPY! WELLNESS DAYS LAUNCH THIS SATURDAY AT THE MARKET AT PEPPER PLACE

There's no better spot to get on a healthier track for spring and summer than at the 2018 Market at Pepper Place. Beginning this Saturday, the Market will host 4 **Wellness Days** throughout the outdoor market season: 4/28, 7/14, 8/25 and 10/27.

The kickoff Wellness Day is this Saturday morning, 4/28, 7am-12pm with **Get Ready for Summer Day!** Visitors can stop by the cluster of four tents on 29th St. near the Chef Demo area for free blood pressure and blood sugar testing, from Samford University School of Pharmacy students. Samford U students will also help calculate your BMI and offer healthy cooking ideas with in-season recipes from *Blue Cross & Blue Shield of Alabama*. *Sprout & Pour* will be handing out free juice samples with information about health benefits of cold-pressed juices. Lakeview-based *Neighborhood Barre* will demonstrate easy stretches and relaxation moves all morning, and offer a special free yoga mat class in the Chef Demo area at 9:45am. The Wellness Days have been organized with help from UAB Capstone graduating senior Courtney Abbott, and support from Blue Cross & Blue Shield of Alabama.

While you're at the market, you'll find over 100 quality farmers, food producers, artisans and artists from around the state set up in two areas: in the parking lot on 2nd Avenue South between 28th and 29th Streets, and along 29th Street between 2nd and 3rd Avenue; additional tents will spill into the Martin Biscuit parking lot on 29th Street next to the patio.

Many of the best-known Alabama farmers will be there this weekend, with a wide variety of locally-grown produce: strawberries, asparagus, carrots, cauliflower, collards, kale, lettuces, microgreens, mushrooms, radishes, squashes, tomatoes, and more. Visitors can pick up their favorite morning treats - breakfast burritos, croissants, breads and pastries, sausage biscuits, juices and kombucha. There'll be plenty of coffee, tea, doughnuts, and other treats. For take-home items, offerings include meat and fresh eggs, soup, salsa, pickles, artisan cheeses, cookies, homemade pies and kettle corn. The Market at Pepper Place accepts SNAP/EBT and

lets users double their food dollars with Double Up Food Bucks, so don't miss the chance to take home more fresh fruit and veggies. Information and SNAP tokens are at the Info Tent.

Once you've shopped and had a bite, do a little Mother's Day and Graduation gift shopping. Discover unique items created by fine artisans and makers from all over the state – pottery, cutting boards, wind chimes, silkscreened t-shirts and prints and handcrafted jewelry. Select a bouquet of colorful cut flowers grown by Alabama farmers and gardeners, or get your garden started with ready-to-plant seedlings and herbs. At the Info Tent, you'll find this year's newly designed Market t-shirts, hats, buttons and posters. Page through KNOW THY FARMER, the gorgeous book of photographs and essays published by the Market that honors the farmers, chefs and customers who have made this Market great. The book is a fundraiser for the Market, and is available for sale at the Info Tent. You can also show your support for the Market at Pepper Place by becoming a Friend of the Market. Information about all that is at the Info Tent too, and at www.pepperplacemarket.com/donate.

When you're done shopping, grab a seat and and enjoy the spirit of this new season for Birmingham. The Market at Pepper Place was founded in 2000, and is the largest weekly farmers market in Alabama, attended by up to 10,000 visitors a weekend during peak months. It's been praised in *Southern Living Magazine*, *the NYTimes* and *the Wall Street Journal*, recognized as one of the most outstanding in the country. Award-winning chefs and celebrities shop alongside students, grandparents, foodies and tourists. The Market at Pepper Place is an Alabama-certified producer's market, and the only products sold are grown or made in Alabama. It's the one spot where, every Saturday, anyone can experience the amazing creativity and diversity in Alabama and directly support farmers, the community and the state by visiting and shopping with them. There's plenty of free parking, plus bike racks, a Zyp bike station and local Max bus service.

For weekly updates on the live music every week, featured chef and maker demonstrations beginning in May, and other special events, check out [www. pepperplacemarket.com](http://www.pepperplacemarket.com), @pepperplacemarket on Facebook, Instagram and Twitter, and subscribe to our newsletter. See you at the Market!

The Market at Pepper Place depends on sponsors to help maintain the market each year, and additional sponsorships are always welcome. Our thanks to the following for their support: lead sponsors: Blue Cross & Blue Shield of Alabama, Uniti Fiber, Alabama Power, Shipt, Alabama Tourism Department, BBVA Compass, Sloss Real Estate Company, Balch & Bingham, Buffalo Rock Pepsi, Inc. and Warren Averett IT; corporate sponsors: Bham Now, Brasfield & Gorrie, Jones Walker, JRag, Regions, Royal Cup, RSM, ServisFirst, Stewart Perry, as well as AARP, Baptist Health Foundation, Community Food Bank of Central Alabama and Community Foundation of Greater Birmingham; Tenant sponsors: Battle & Winn LLP, Brik Realty, Cantina Tortilla Grill, The Collective, Epic Brokers, FRED Communication and Design, Hodges & Associates, Momentum Leaders, Richard Tubb Interiors, Ryan Freeman Builders, The Red Cat Coffeehouse, Schilleci & Tortorici The Watson Firm; and children's activities: Alabama Waldorf School.