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For Immediate Release

Cambridge Farmers' Market Series Kicks Off Chef Meets Farmer Brings an Exciting Mix to the Table

Cambridge, Ontario. October 14, 2011, 2011... Join us tomorrow as the Cambridge Farmers' Market, 40 Dickson Street, kicks off the first in a series on 'Chef Meets Farmer'. The first program is offered on Saturday October 15th between 11:00am -12:00noon.

"We are pleased to present this new series that brings together master chefs with local producers," says Alix Aitken, Market Manager.

The first session will feature Chef Joshua Boros of the 'Napa Grille. Wine Den', who will shop at the market for local food and then cook it on site.

There will also be opportunity to meet Naturopath Susan Fisher of Mahaya Cambridge. She will discuss the nutritional value of the food being used and will ask questions of our feature chef and local producers about the benefits of eating local.

"Visitors to the Market are also welcome to ask questions along with sampling food. There's even a wonderful recipe we'll provide for you to take home," she adds.

The Cambridge Farmers' Market (www.cambridge.ca/market) is open year round on Saturdays from 7:00 am-1:00 pm and Wednesdays at 8:00 am-1:00 pm until October 26th. For information, call (519) 740-4680 ext 4252 or email farmersmarket@cambridge.ca.

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About Josh Boros: Joshua Paul Boros grew up in the town of Mattawa in Northern Ontario and was an active participant on his parent's farm. He moved to the area after being accepted at Wilfrid Laurier University where he studied North American Prehistoric Archaeology. After finishing at Laurier, I worked in kitchens around fine tuning his passion for cooking. Over the past 7 years, he has experienced techniques from the top kitchens and with some of the finest chefs in the area.

His philosophies as a chef come from his farming background. "I strongly believe in the concept of 'from the farm to the table' and I try to support the 100 mile diet whenever possible."

His Restaurant: 'Napa Grille. Wine Den': Located just steps from the Grand River at the corner of Parkhill and George streets in Cambridge, Napa Grille blends casual upscale dining with California inspired cuisine. Relax in the cozy Wine Den for a diversion from the hustle &

bustle of the day. Sample one of the many wines our Sommelier has hand-picked for your enjoyment, and pair it with any one of our delectable appetizers. The Private Dining Room, The Sonoma Room, is available for up to 50 guests. Whether planning a family get together, business meeting or cocktail reception, we have the setting and the menus to suit your needs. Please contact the Event Planner by calling (519) 622-9900.

About Mahaya (Naturopath Susan Fisher): Mahaya Cambridge: The Charlene Deeks Centre of Naturopathic Medicine is the naturopathic clinic providing natural therapies that ensures safe integration of naturopathic solutions with existing pharmaceutical treatments. With an education and background in clinical pharmacology, our naturopathic physician provides a unique perspective to help you in the management of your health.

According to Susan Fisher, "Being passionate about one's own health starts with asking questions - and getting them answered in a warm, inviting environment. Learning can be fun. It doesn't matter what age you are. We are a resource for persons interested in taking responsibility for their health with rewards of improved vitality and autonomy." At Mahaya Cambridge we want to help you help yourself.

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Discover for the quality, Experience the history! Make a day of it and visit the shops in the area you pass along the way!

The City of Cambridge is one of the fastest growing areas in the country. It is strategically located astride highway 401 in southwestern Ontario, part of Canada's Technology Triangle. In 2010, the population reached over 130,000 people. With a multicultural mix and a strong foundation of support services, Cambridge has a diverse economic base with leading industries in advanced manufacturing, automotive, high technology, pharmaceutical, business and financial services and hospitality/retail. The Corporation of the City of Cambridge is an employer with a progressive work environment that offers the opportunity to provide service to the community through creativity and innovation, and with opportunities for career growth and advancement.

You meet the nicest people in Cambridge. It's a place that understands all about coming together. There is so much more to Cambridge than the beautiful lands created at the convergence of two rivers or its logistically perfect location in the heart of Ontario's economic corridor. Cambridge is the coming together of people from diverse, close-knit and proud communities. The people of Cambridge 'do the right thing' by respecting history, family values, a sound work ethic, the arts, environment and advancement. A young city, Cambridge is a master of balancing the excitement and promise of the new with the historical significance and stability of the old. A place where coming together is just the start. Uniting together is what sets Cambridge apart. Undiscovered-Cambridge families and entrepreneurs get more for less, and sacrifice nothing.

The Corporation of the City of Cambridge is an employer with a work environment that offers the opportunity to provide service to the community through creativity and innovation, and with potential for career growth and advancement. For more information on the area or the corporation visit www.cambridge.ca. The City of Cambridge press room is located at <http://www.cambridge.ca/pressroom>. To opt out of the news release distribution, please send an email to Linda Fegan feganl@cambridge.ca.

