



For Immediate Release – April 21, 2009

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## **9th Annual Old Capitol Farmers Market – Downtown Springfield**

Representatives from St. John's Hospital and other market sponsors will cut the ribbon to officially open the Old Capitol Farmers' Market, presented by St. John's Hospital, on Wednesday, May 20 at 10 a.m. The public is invited to join in the opening day festivities, complete with live music by the Frank Trompeter Quartet, Celebrity Chef Demonstration by Chef Michael Higgins of Maldaner's Restaurant and free cake (while it lasts) made especially for the occasion by Incredibly Delicious. The Market will be held 8 a.m. to 12:30 p.m. Wednesdays and Saturday's May 20 – October 31 and is located on Adams Street between 5th & 3rd streets in downtown Springfield. In addition to Opening Day, a Market Preview Day will be held Saturday, May 16.

As always, the freshness and variety of the produce offered at this growers-only market has been the secret of its success, along with the friendly atmosphere and genuine camaraderie enjoyed by the farmers. As in past years a variety of fresh fruits and vegetables, meat, eggs, plants, flowers, cheese and baked goods will be available for purchase. Additional programming includes Celebrity Chef Demonstrations by Michael Higgins of Maldaner's Restaurant (3<sup>rd</sup> Saturdays), Grower of the Week radio program, hosted by Bob Murray of WTAX, the Artisan Area, featuring original local artwork (1st & 3rd Saturdays) and live entertainment (3rd Saturdays) June through October. Halloween at the Market is scheduled for Saturday, October 31 with children's and canine costume contests and other family-oriented activities.

St. John's Hospital promotes healthy lifestyle activities, distributes informational materials and offers health screenings and programs such as a body fat analysis and interactive educational programs which help children and adults learn about the importance of proper nutrition. St. John's will also provide free blood pressure and other tests periodically throughout the season.

In addition to presenting sponsor, St. John's Hospital, the Farmers' Market is generously supported by the City of Springfield, Capitol Radio Group, Maldaner's Restaurant, Illinois Main Street, Illinois Department of Agriculture, The Illinois Times, Springfieldmoms.org., and Illinois Humane Society. For more information, contact Ann Frescura, Downtown Springfield, Inc., 217-544-1723, or [www.downtownspringfield.org](http://www.downtownspringfield.org).

*Downtown Springfield, Inc. a volunteer-driven, not-for-profit Illinois Main Street organization, works to preserve our historic heritage and build economic & cultural vitality in our downtown districts. Our goal is to make downtown Springfield an ideal place to shop, work, visit, invest, and live.*