

DOWNTOWN KINGSTON! IT'S THE **REAL DEAL**

For Immediate Release

September 2, 2009

Local Food, Local Fun! **Demonstrations from Chef Jamie Kennedy among featured events at this Saturday's Fare On The Square!**

Downtown Kingston's beautiful Springer Market Square will once again be filled with the sights, sounds and smells of local flavour this weekend with the second annual Fare on the Square!

Very exciting this year is the addition of cooking demonstrations featuring famous chef & restaurateur, Jamie Kennedy. Chef Kennedy is known for his legendary commitment to environmental issues and his support for organic agriculture, local producers and traditional methods. He makes every effort to minimize the impact of our operations on the environment and we are continuously on the look out for like-minded suppliers, like many vendors at the Farmer's Market, and better methods of work. Chef Kennedy will prepare two demonstrations using ingredients purchased from the Farmer's Market in the Courtyard at Springer Market Square at 10:30am and 2:30pm.

As with last year, you can enjoy unique samples from twelve local restaurants. Each plate will feature locally grown fruits, vegetables and meats from the Farmers Market. Tickets are \$2 dollars per sample and can be purchased in advance from participating restaurants, Tara Natural Foods, Tourist Information Office and the Kingston Public Market Vendors. Vouchers will also be available on the day of the event.

Bring the whole family down for wagon rides, face painting, free heirloom tomato tasting and a free corn roast!

Bonus: Kick off the weekend with a special bonus Movie in the Square on Friday night featuring Disney's most famous chef, **Ratatouille!**

Fare on the Square is brought to you by Celebrate Ontario, the Farmer's Market and Downtown Kingston!.

For more information please visit www.downtownkingston.ca

Poster attached

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