



For Immediate Release

August, 25<sup>th</sup>, 2011

### **Local Food, Local Fun!**

**Workshops with Chef Clark Day among featured events at this year'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 **on Saturday, September 3<sup>rd</sup>** at the fourth annual Fare on the Square!

Very exciting this year is a canning and preserving workshop led by Aqua Terra's chef Clark Day! Learn how to can and preserve this season's harvest and pick up some great hints and tasty recipes to help you stock your winter pantry. The workshop will feature local ingredients straight from the market and will happen at 11:00am in the courtyard in Springer Market Square.

During Fare on the Square, Clark will be holding a workshop using ingredients straight from the Kingston Public Market in the Courtyard at Springer Market Square at 11:00am.

On Saturday you can enjoy locally sourced samples from eight of Kingston's best restaurants. Each plate will feature locally grown fruits, vegetables and meats from the Market. Tickets are \$2 per sample and can be purchased in advance from Tara Natural Foods. Tickets will also be available on the day of the event.

Loving Spoonful has also agreed to take charge of the tomato tasting this year and will be on hand to tell you about their community gardens and everything they do for the area.

Bring the whole family to celebrate Kingston's harvest season with FREE wagons rides, face painting, heirloom tomato tasting and free corn roast!!!

For more information please visit [www.downtownkingston.ca](http://www.downtownkingston.ca)  
Poster attached

**SHOP. DINE. ENJOY.**  
**[www.downtownkingston.ca](http://www.downtownkingston.ca)**

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