

**Appalachian Sustainable Agriculture Project**  
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**FOR IMMEDIATE RELEASE**

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**Kids Corner Market Provides Summer Fun at Asheville City Market:  
Free Kids' Activities Every Saturday**

**ASHEVILLE, NC (June 9, 2009)** The Kids Corner Market, a new series of free kids' activities at the Asheville City Market, is offered every Saturday throughout the summer. Appalachian Sustainable Agriculture Project (ASAP) is organizing The Kids Corner Market to get children excited about fresh, healthy food and physical activity.

A farmers tailgate market is more than a source of authentic, local food—it is also a community gathering place, with the atmosphere of a street fair. With summer fun for children offered on-site, Asheville City Market is even more welcoming for everyone.

Free Kids Corner Market activities will be held every Saturday from June 6-August 29, from 10:00a.m.-12:30p.m. ASAP has invited other community groups to participate, to introduce children and their families to community resources and services. The schedule of activities is:

June

June 6: Paper making, Caring for Children  
June 13: Hula Hoop Dance Class, YMCA  
June 20: Artful Planting Project, The Whole Yard  
June 27: Cooking Demo & Food Art, ASAP and Western Dietetics Association

July

July 4: Transplant Activity, Bountiful Cities Project  
July 11: Flower Press Crafts and Herbal Tea Tasting, Warren Wilson College  
July 18: Join a Parkway Ranger for a Hands-On Activity, Blue Ridge Parkway  
July 25: MARKET CANCELED FOR BELE CHERE.

August

August 1: Obstacle Course, YMCA  
August 8: Healthy Eating Games, Buncombe County Health Center  
August 15: Scavenger Hunt, Healthy Kids/Healthy Parks  
August 22: Cooking Demo, Slow Food  
August 29: Fun Farm Activities, Organic Growers School

The Kids Corner Market is a part of ASAP's work to keep farmers farming and reconnect people with their food. "Enjoyable activities will give kids positive associations with local foods," says Brook Thompson, Program Assistant for ASAP. "Those positive associations help kids form healthy eating habits, and cultivate the next generation of family farm supporters."

At Asheville City Market, more than 60 vendors sell a diversity of local foods and handmade crafts. In addition to kids' activities, entertainment at the market includes live music, cooking demos, and market tours.

The Asheville City Market is located at 161 S. Charlotte Street in downtown Asheville. For more information, visit [www.asapconnections.org](http://www.asapconnections.org), or contact Brook at 828-236-1282 or [brook@asapconnections.org](mailto:brook@asapconnections.org).

### **ABOUT THE APPALACHIAN SUSTAINABLE AGRICULTURE PROJECT**

ASAP is helping to rebuild the local economy, preserve rural land and heritage, encourage sustainable agricultural practices, and increase access to fresher, healthier foods. We work to keep farmers farming; to reconnect people with their food. We involve businesses, shoppers, chefs, children, seniors, healthcare providers, teachers, and all community members in the local food movement.

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