



For Immediate Release – April 20, 201

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**Old Capitol Farmers Market Opens May 18**  
**And Announces New Vendors and Further Expansion on Adams Street**

Downtown Springfield, Inc. is pleased to announce that Illinois Lt. Governor Sheila Simon, Springfield Mayor Mike Houston, representatives from St. John's Hospital and the Chamber of Commerce will join other market sponsors for a ribbon cutting to officially open the 12<sup>th</sup> Annual Old Capitol Farmers' Market, presented by St. John's Hospital, on Wednesday, May 18<sup>th</sup> at 10:00 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 by Incredibly Delicious. The Market will be held 8:00 a.m. to 12:30 p.m. Wednesdays and Saturday's May 18 – October 29 and is located on Adams Street between 5<sup>th</sup> & 2<sup>nd</sup> streets. Market Manager, Ann Frescura notes, "This expansion now extends from 5<sup>th</sup> Street to 2<sup>nd</sup> Street on Adams and will accommodate up to 52 vendors. This allows convenient Market access from either the West or East entrances and provides customers nearly three full blocks of Market shopping. We are thrilled to have several new vendors joining the Market; two of which will be offering on-site cooking stations featuring omelets, pancakes and other gourmet organic food items. We think this is a great addition and compliments the variety of produce, baked goods, meats, cheese, plants and other speciality items currently available. The popularity of Farmers Markets is booming across the United States and we are proud to be part of a movement that supports local, independent vendors and healthier life-styles."

Local juried artisans will display and sell their original artwork every Saturday, 8:00 a.m. – 12:30 p.m., June 4 – October 22 in the parking lot at the SE corner of 4<sup>th</sup> & Adams. "Super Saturdays" will be held the 3<sup>rd</sup> Saturdays with chef demonstrations by Chef Michael Higgins of Maldaner's Restaurant and

the following live entertainment (10 a.m. – Noon): June 18 – Don Smith Band; July 16 – TBA; August 20 – Thornhill; September 17 – TBA; and October 15 – ElvisHimself. Live entertainment will be held from 10:00 a.m. to Noon. Frescura adds, “The original artwork, chef demonstrations and entertainment bring added value to the consumer experience and enhance the Market. The Market has become a social destination, especially on Saturdays.”

As always, the freshness, quality and variety of the produce offered at this growers-only market remains 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. The Grower of the Week radio program which highlights individual vendors will again be hosted by Bob Murray of WTAX on Wednesday mornings.

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 provides free blood pressure and other tests periodically throughout the season. Last fall, through collaboration between vendors, Sangamon County Public Health, and St. John’s Hospital, free bags of produce were distributed to over 600 WIC clients. WIC and Senior Coupons are also accepted at the Market.

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.*