



## **Mother/Daughter Duo Join Penn Street Market** *Along with arthritis, lupus, and osteoporosis information & study*

READING --- Laura and Catherine Hughes are the newest farmers to join Penn Street Market as farmer vendors. This mother and daughter team have launched themselves into farming with great enthusiasm and a passion for working with the land. They own a farm near Fleetwood where they raise vegetables and micro greens for themselves and customers. They call their farm SweetTerra Farm and concentrate on raising European plants, according to mother Laura. In addition, they raise poultry for eggs and rabbits for meat. Daughter Catherine has joined her parents, Tom and Laura, after receiving a degree in International Business and worked in finance for four years in Hong Kong.

“Catherine shared with me that she was the 1987 Ag Day Baby in Berks County,” said Sheila Miller, Berks County agricultural coordinator. “It seems only fitting that she returns to Berks County to farm the land and join our Penn Street Market farmer vendors.”

Also at Penn Street Market this Friday will be Tarah Emkey, site director for the Pennsylvania Regional Center for Arthritis & Osteoporosis Research. She will be representing Dr. Ronald Emkey who has been in the Wyomissing community for more than 43 years practicing rheumatic and osteoporotic diseases. She will be providing **information about arthritis, lupus and osteoporosis and the opportunity for clinical study participation**. She will be assisted by a bi-lingual co-worker.

Dr. Emkey is world-renowned for his work in the field and has more than 40 years of clinical trial experience. His son Dr. Gregory Emkey joined the practice in 2010 and they now practice together. Research allows an opportunity to receive free treatment for patients that they would otherwise not be able to receive due to income or are in a less fortunate situation. Patients not only get free study medication and care but they also receive a stipend per visit (\$35.00 - \$70.00).

Penn Street Market is an outdoor farmers market located in the 800 Block of Penn Street in the city of Reading. It is open every Friday from 10:30 a.m. until 2:30 p.m. throughout the summer until Friday, October 4<sup>th</sup>. Shoppers can find delicious vegetables, fruit, baked goods, eggs, and other refreshments from local vendors. There is free parking for people driving to the market in the 9<sup>th</sup> and Cherry Street lot. The market is an easy walk from downtown offices and city neighborhoods.

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Penn Street Market has a wireless electronic benefits machine so customers can use Supplemental Nutrition Access Program funds and other cash assistance on eligible food. This also allows for credit and debit cards to be used by customers at the market. Farm Market Nutrition Program coupons can also be used at Penn Street Market on eligible produce from farmer vendor Glenn Hoover of Reinholds. Michelle Lorah and her Perk-Up Truck will be selling delicious smoothies, along with her regular hot and cold beverages. New vendor Pamela Rojas will have her delectable cupcakes for sale.

Music in the Market will be provided by **Crystal Kowalski's violin students** on June 21st. Music in the Market runs from 11 a.m. through 1 p.m. every market Friday. These talented musicians range in age from pre-school to young adult. **Chapman's Deli** will be the featured restaurant. Restaurant hours are 11 a.m. until 1 p.m. Rotating weeks will feature the three returning restaurants: Callowhill Café, Mi Casa Su Casa, and Sofrito Gastro Pub.

For more information about Penn Street Market, visit the website at [www.pennstreetmarket.org](http://www.pennstreetmarket.org), find us on Facebook, or call 610-898-5482.



Crystal Kowalski and students from 2012 performance at Penn Street Market