



Penn State Nutrition Educator at Penn Street Market ***Sample Strawberry and Spinach Recipe & get Good Eating information***

READING --- Bi-lingual nutrition educator, Iliana Almodovar, will be visiting the Penn Street Market on Friday, June 28th, to serve up a salad made with strawberries and spinach, and to provide information on healthy eating habits to customers and visitors to the outdoor farmers market. Almodovar works for Penn State Extension --- Berks County.

“Both strawberries and spinach are locally grown,” commented Sheila Miller, Berks County agricultural coordinator. “I am glad Iliana is featuring both of these in her recipe this week. Copies will be available in both English and Spanish for people who want to make it at home.” Miller pointed out that the strawberry season in Berks County is almost over, so customers need to enjoy them now if they are looking to use local berries in their recipe.

Penn Street Market is 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 4th. 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 9th and Cherry Street lot. The market is an easy walk from downtown offices and city neighborhoods.

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., and SweeTerre Farm will be back with their micro greens, vegetables, and gorgeous flower arrangements.

Music in the Market will be provided by **Yvonne Hartman Music Ministry** on June 28th. Music in the Market runs from 11 a.m. through 1 p.m. every market Friday. **Mi Casa Su Casa** 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, Chapman’s Deli, and Sofrito Gastro Pub.

For more information about Penn Street Market, visit the website at www.pennstreetmarket.org, find us on Facebook, or call 610-898-5482.



Yvonne Hartman Music Ministry from 2012 performance at Penn Street Market



Penn State Nutrition Educator Iliana Almodovar, right, provides nutritious snack & information