



Chef at the Market Guidelines

Chef at the Market is a fun, free community event/live cooking demonstration promoting fresh seasonal fruits and vegetables offered at the farmers' market.

SGA will Provide:

Complete set up for the cooking demonstration including canopies, tables, tablecloths, gas burners, and microphone. Generator is also available for electricity if needed.

Signage promoting the chef is also provided.

Demonstrations last about 1 hour; chefs are welcome to do more than one demo if desired.

Chef will receive \$50 to spend on produce at the farmers' market.

Every Saturday starting in May – September, 9:30 am

Location: Redding Saturday Farmers' Market - City Hall West Parking Lot 777 Cypress Avenue

Chef Responsibilities:

1. Complete and sign Environmental Health form at least one week prior to event.

2. Purchase ingredients for demonstration on or before Saturday.

Options for purchasing ingredients prior to Saturday morning:

- Tuesday – Marilyn Miller Market, 7:30am – noon, Shasta Center Parking Lot (next to Dairy Queen on Churn Creek)
- Thursday – Anderson Market, 7:30am – 1pm, Shasta Outlets, Hwy 273
- For additional markets please log on to our website: shastagrowersassociation.com or healthyshasta.com

3. Arrive at market no later than 8:30 am Saturday of event.

4. Provide your own:

- Knives
- Pots and/or pans
- Any ingredients not available at the market (i.e. cooking oil, spices, etc.)

5. Chefs are encouraged to bring and display promotional materials for themselves or their business (i.e. business cards, restaurant information/flyers, menus, business banner to hang, etc.)

Contact:

albert@shastagrowersassociation.com

Thank you Healthy Shasta for helping to promote Chef at the Market.

