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THE MARKET AT BELMAR OFFERS MORE THAN FRUITS AND VEGGIES
Bocce, Urban Gardening Classes and Chef Demos All Free

LAKEWOOD, CO. (May 9, 2006)—The Market at Belmar, which opens at 10 a.m. on Sunday, May 21, has activities for the entire family. In addition to organic and conventional fruits and vegetables, fresh flowers, culinary herbs and baked goods, the Market at Belmar will have urban gardening classes, cooking demonstrations, a cooking contest and open bocce.

Taught by the master gardeners from the Jefferson County Colorado State University Cooperative Extension, the urban gardening classes will be held at 10:30 a.m. and 12:30 p.m. each Sunday through October 8. Classes include container gardening, hanging baskets, butterfly gardening and rock gardens. There also are several programs specifically for children.

Chefs from Belmar restaurants will share their expertise and samples of their dishes at 11 a.m. and 1 p.m. Free recipes will be available for all demonstrations.

New to the Market this year is bocce, which is free and open to the public. To kick off the season, a tournament will be held from 10 a.m. to 2 p.m. on Sunday, May 21 on Saulsbury Street. A \$200 prize will be awarded to the winning team.

Also new to the Market this year is a seasonal cooking competition. Each week people can bring their favorite dish prepared from fresh fruit or vegetables to the market to be judged by members of the audience. Winners will receive a \$20 gift certificate to The Market at Belmar and a blue ribbon.

Each week, the Belmar Optimists Club will sell pancakes to raise money to benefit Alameda High School. Whole Foods Market will donate the ingredients to make the pancakes.

The market is held from 10 a.m. to 2 p.m. every Sunday from May 21 through October 8. For information visit www.belmarcolorado.com or call (303)-742-1520.

Belmar, which opened May 14, 2004, is a 104-acre mixed-use development located at Wadsworth Boulevard and West Alameda Avenue in Lakewood and serves as the downtown for the City of Lakewood. The \$750 million project is being developed through a public/private partnership between the City of Lakewood and Continuum Lakewood Development Company LLC. For more information, visit www.belmarcolorado.com.

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