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

LAKESWOOD, Colo. (May 3, 2007)—The Market at Belmar, opening at 10 a.m. on Sunday, June 3, 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 offer urban gardening classes, cooking demonstrations, open bocce, pie-baking contests, and pancake breakfasts each Sunday through September 30th (except September 16).

Taught by the master gardeners from the Jefferson County Colorado State University Cooperative Extension, an urban gardening series will be offered each Sunday at the urban gardening tent on W. Alaska Drive. Stop by for information about container gardening, hanging baskets, butterfly gardening, rock gardens and much more. There also are several programs specifically for children.

A Chef from a Belmar restaurant will share their expertise and samples of their dishes each week at 11 a.m. and 1 p.m. at the chef demonstration tent across from The Press Coffee Company on W. Alaska Drive. Free recipes will be available from all demonstrations as well.

Both novice and experienced bocce players are invited to hone their skills for the popular Italian game that is similar to bowling, at the six courts on Saulsbury Street.

Amateur bakers can win a \$20 gift certificate and a blue ribbon by bringing their homemade seasonal fresh fruit pie or cobbler to the chef demonstration tent at noon on the first Sunday of each month to be judged by the audience.

Finally, the Belmar Optimists Club will be holding a pancake breakfast every Sunday on W. Alaska Drive to benefit Alameda High School. Whole Foods Market Belmar will be donating the ingredients.

The Market at Belmar will be held from 10 a.m. to 2 p.m. every Sunday, except September 16, from June 3 through September 30. For more information, visit www.belmarcolorado.com or call (303)-742-1520.

Belmar 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. Belmar includes shops, restaurants, entertainment, cultural activities, offices, homes and plenty of free parking.

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