

Contact: Catherine Pappas
Public Relations & Communications Manager
More Info: (413) 205-5041

For Immediate Release – West Springfield, Mass.

September 3, 2019

EASTERN STATES FARMERS MARKET AND WINE BARN

Shop, observe, sample and take home some of New England's finest products by visiting the Eastern States Farmers Market while you're at The Big E.

The fiber demonstrations will be happening on the porch of the Farmers Market. Stop by and see them in action. Demonstrations may include spinning and weaving. You may also purchase products made from sheep's wool and alpaca fiber.

At the **Wine Café**, located between the two buildings, fairgoers can sample and purchase an assortment of award-winning local products. Treat yourself to a wine slushie and cheese plate or a refreshing and delicious wine sundae, best enjoyed with some relaxation in the courtyard.

Stop by the **Farmers Market Demo Kitchen** and feast your eyes on unique cooking demonstrations presented by chefs from Center Square Grill in East Longmeadow, Mass., and 4-H competitors of all ages. Located in the center of the building there will be daily ongoing demos. The Schedule of events at the Farmers Market Demo Kitchen is as follows:

Sept. 13 – 4-H Dairy Grilled Cheese Competition
Sept. 18 – High Lawn Farm – Showcase of Dairy Products
Sept. 20 – 4-H Beef Cook – Off Contest
Sept. 22, Chocolate Milk Day, sponsored by the *Mass. Dairy Promotion Board*

Cooking Demos by Center Square Grill

Sept. 13 – BBQ Lamb Ribs with Spicy Slaw
Sept. 14 – Crispy Duck Confit with Tomato Jam & Herb Risotto
Sept. 15 – Lamb Belly "Pastrami Style" Served on Crostini with Spicy Mustard
Sept. 16 – Jamaican Jerk Chicken with Dirty Rice & Black Bean Salsa
Sept. 17 – The Perfect Burger 50/50 Shortrib & Brisket Sliders
Sept. 19 – Steak Au Poivre with Mashed Potatoes and Cognac Peppercorn Cream
Sept. 20 – Dijon Herb Encrusted Lamb Loin with Port Wine Demi and Mashed Potatoes
Sept. 21 – Truffle Chicken Pot Pie
Sept. 22 – Chocolate Milk Day
Sept. 23 – Ground Beef Meatballs with Ricotta Pesto and Marinara
Sept. 24 – Roasted Leg of Lamb with Mint Chimichurri
Sept. 25 – Peking Duck Taco, Hoisin Sauce, Ground Peanut, Green Onion, Cucumber
Sept. 26 – Braised Lamb Street Tacos with Pico, Pickled Onions & Chipotle Sauce
Sept. 27 – Truffled Short Rib Mac & Cheese
Sept. 28 – Moroccan Braised Lamb Shank with Hearty Vegetable Couscous
Sept. 29 – BBQ Beef Brisket with Mac & Cheese and Slaw

The Wine Barn returns with the chance to sample and purchase award-winning wines from The Big E Northeast Gold Wine, Cider & Perry Competition. Peruse the many displays of rustic mementos as you decide which decadent wine to take home.

The Big E takes place Sept. 13 – 29 in West Springfield, Mass. and will be jam-packed with food, entertainment, and so much more! Visit TheBigE.com to sign up for emails and connect on social media to be the first to get exclusive information. Join us with #BigEMoments.