



About Plant Chicago

Plant Chicago is a 501c3 nonprofit organization with a mission to develop circular economies while empowering people of all backgrounds to make their cities healthier and more efficient.

We are looking for individuals to lead cooking demos at our summer farmer's markets!

The purpose of our cooking demos is to get marketgoers excited about fresh produce and teach attendees a delicious & easy way to prepare fresh, seasonal produce items at home. Things to consider:

- Cooking demos should be 15-20 minutes long and will be at 12:30pm on farmers market days.
- The recipe is up to you, but primary (featured) ingredient(s) must be fresh produce from one of our vendors.
- Produce and pantry staples will be provided by Plant Chicago (other ingredients on request).
- Plant Chicago will also provide tent & table, hot plate, pots/pans, knives, cutting board, serving ware & utensils .

The advantages of leading a cooking demo:

- You will have a chance to promote your organization/brand/others to market customers (feel free to bring promotional materials)
- Inspire people to cook!
- \$10 coupon to spend @ the market

About our Farmer's Market

Founded in 2015, the Plant Chicago Farmers Market facilitates tangible new business growth focused around circular economy principles and sustainable production practices. Our market brings fresh, nutritious, and locally produced food to the low-income, low-access Back of the Yards neighborhood and the greater Chicago area. We do this by providing healthy food incentives, direct access to local producers, and nutrition education and cooking demonstration programming.

Participation Dates:

We are still in search of cooking demo leaders for the following dates:

June 3	June 10	June 17	June 24
July 1	July 8	July 15	July 22
July 29	August 5	August 12	August 19
August 26	September 2	September 9	September 16

How to get started

If you are interested in leading a cooking demo during one of our farmer's markets this summer, please select your dates of interest and contact Plant Chicago's Market Manager Elizabeth Lyon at elizabeth@plantchicago.org