



### **TASTE OF THE MARKET RETURNS!**

Come learn a new way to prepare a favorite food or sample something you've never tried before. ***Taste of the Market***, sponsored by Brookline Bank, is a series of cooking demonstrations and tastings by guest chefs who showcase the fresh products available to you at the Bedford Farmers' Market.

**July 25, 1:15 - 3:15:** Chef Tyson Podolski, from *Summer Winter* in Burlington, will be preparing:

Shady Pine Pulled BBQ Pork Sliders

Flats Mentor Farm Daikon Radish and Carrot Slaw

Chip-in Farm Corn, Blueberry, and Tomato Salad

Also...Honeyed Peaches and Cheese with ingredients from Carlisle Honey and Foxboro Cheese

Chef Podolski will also answer questions and offer samples for you to taste.

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ALSO....Coming August 1<sup>st</sup>, 1:30-2:30: Back by popular demand **Taste of the Market** presents Rebecca (Becky) Hays who will celebrate the season by demonstrating how to make **Fresh Corn and Nectarine Salsa** along with a special market-inspired salad using fabulous recipes from America's Test Kitchen. She'll also be available to answer your questions and offer samples for you to taste.

Some background about our demonstrators:

**Tyson Podolski** ~*Chef de Cuisine, Summer Winter*

Growing up in Western Massachusetts, Tyson learned to appreciate farm-to-table cooking at an early age with his father tending tomato plants in their garden and his mother's home-cooked meals nightly.

Chef Tyson's sweet tooth led him to begin his culinary career in pastry before enrolling in the New England Culinary Institution in 1995. After an internship at La Folie in San Francisco, Chef Tyson moved to New York City, where he continued to hone his talents, working in restaurants such as Cena, Thalia and Mercer Kitchen.

He was the opening chef at Route 7 Grill in Great Barrington, MA, named in 2007 as one of “America’s Best ‘Farm To Table’ Restaurants” by *Gourmet* magazine.

In 2008, Tyson joined Chefs Mark Gaier and Clark Frasier as sous chef in opening Summer Winter in Burlington, MA, the area’s first restaurant featuring a four-season, on-premise greenhouse. One year later he was promoted to Chef de Cuisine where he works closely with master gardener Ryan Fahey to celebrate fresh, seasonal ingredients in Summer Winter’s modern American cuisine.

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**Rebecca Hays ~ *Managing Editor of Cook's Illustrated Magazine***

Becky joined *Cook's Illustrated* in 2000 and has worked on various magazine, book, and website projects. She is the managing editor of *Cook's Illustrated* and on-screen test cook for *America's Test Kitchen*. A graduate of the Natural Gourmet Institute in Manhattan, Becky has worked in professional kitchens and taught cooking classes to adults with an emphasis on health-supportive cuisine. Prior to her work in the food industry, Rebecca spent several years working on the trading floor of a French securities firm. She holds degrees in Economics and French from Fairfield University.