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FOR IMMEDIATE RELEASE:

**Wild Oats Market Presents *Meals for Hot Summer Nights* on June 25, 7-8 pm**

**Williamstown, MA, June 22, 2009.** Wild Oats Market, a cooperatively-owned market focusing on local and organic foods, will host its second cooking and nutrition class, with local dietitians Deborah Blood and Sheri Iodice, on Thursday evening, June 25, from 7 to 8 pm. Thursday night's class will concentrate on easy ways to prepare delicious, healthy dishes for summer dining. "Whether it's for company, family, or a potluck gathering, summer meals should be simple to prepare. And with all the local foods available at this time of year, there are many creative ways to prepare easy meals made with fresh, local, organic ingredients," said Deborah.

The class will cover new and different ways to use fresh seasonal produce, quick meals that can be prepared ahead of time, and ways to combine leftovers into delicious and fun family meals. Since summer is picnic season, Deborah and Sheri will offer festive ideas for inexpensive, tasty, health-conscious picnic fare. At the end of the evening, the class will have a chance to sample some of Deborah's and Sheri's scrumptious recipes (prepared by Wild Oats).

The evening is free to all. Please sign up at Wild Oats Market, 320 Main Street, Williamstown, or call the store at 413-458-8060.

**Wild Oats Market is a member-owned, cooperative-based whole foods market that buys extensively from local and regional natural and organic food producers. One need not be a member to shop at Wild Oats, although membership offers several benefits. The market carries a wide selection of organic and naturally-made products, including: meats, eggs, dairy products, fruits, vegetables, breads, pastas, oils, cereals, juices and chocolate, and has an in-house bakery and prepared foods department. Wild Oats Market also carries healthful supplements and body care products, as well as environmentally-friendly household supplies.**

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**Sample Recipe:****Watermelon Salsa  
an *Eating Well* recipe**

**Prep time: 20 mins. Makes 8 servings, ½ cup each**

**Ingredients:**

**3 cups finely diced seedless watermelon (about 2 ¼ lbs without the rind)  
2 jalapeno peppers, seeded and minced**

**1/3 cup chopped cilantro**  
**¼ cup lime juice**  
**¼ cup minced red onion (about ½ small)**  
**¼ teaspoon salt (or to taste)**

**Place watermelon, jalapenos, cilantro, lime juice and onion in a medium bowl; stir well to combine. Season with salt. Serve at room temperature or chilled.**

**26 calories per serving. 0 g fat (0 g salt, 0 g mono); 0 mg cholesterol; 7 g carbohydrate; 1 g protein; 1 g fiber; 75 mg sodium.**