



FOR IMMEDIATE RELEASE

May 27, 2014

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Wilmington Chef Launches Federation Cooking Class and 'Market Crawl'

WRIGHTSVILLE BEACH - A Wilmington chef will lead visits to a farmer's market and a fish house and then show you how to prepare a two-course meal with the food in the N.C. Coastal Federation's first Market Crawl and Cooking Class on Monday, June 2, at the Fred and Alice Stanback Coastal Education Center in Wrightsville Beach.

Participants will meet Tyson Amick, head chef at Aubriana's Restaurant, at the education center at 10 a.m. and walk to the Wrightsville Beach Farmer's Market. The class then walks to the Cape Fear region's famous Mott's Seafood Market. The class will return to the education center to learn how to prepare a two-course meal with the food.

The Market Crawl and Cooking Class will be offered every Monday from June to August from 10 a.m. to 1 p.m. They are part of the federation's Local Bites program and are limited to eight participants.

"This series is the perfect opportunity to combine a love of fresh market food and seafood with the federation's mission to preserve clean coastal waters that support these foods," said Tracy Skrabal, a federation coastal scientist and manager of its office in Wrightsville Beach.

The class costs \$65 a person, which includes the cost of the food. Participants will also be required to join the federation's Culinary Adventures Cooking Club for \$25. The one-time fee, which includes a one-year federation membership,

entitles club members to register for all 2014 cooking classes and workshops. All proceeds will benefit the federation's education programs.

People can join the federation and register for the event online at www.nccoast.org. Visit the web site for more information or call 910.509.2838, email nccf@nccoast.org or visit the education center at 309 W. Salisbury St. in Wrightsville Beach.

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About the North Carolina Coastal Federation:
"Working Together for a Healthy Coast"

The N.C. Coastal Federation is the state's only non-profit organization focused exclusively on protecting and restoring the coast of North Carolina through education, advocacy and habitat restoration and preservation. The federation's headquarters are at 3609 N.C. 24 in Ocean between Morehead City and Swansboro and the office is open Monday through Friday from 8:30 a.m. to 5 p.m. The federation also operates field offices in Wrightsville Beach and Manteo. For more information call 252.393.8185 or check our website at www.nccoast.org.

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