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**MEDIA RELEASE**

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## **Capital Region Farmers Market seeks to crown Canberra's Best Young Aspiring Chef**

The [Capital Region Farmers Market](#), Canberra's original, biggest and best farmers market, is on the look out to find Canberra's Best Young Aspiring Chef, 16 years and under.

"We are seeking Canberra Region's best young cooks, budding chefs and those who just love to create amazing dishes with the best and freshest ingredients," said Capital Region Farmers Market Manager, Sarah Power.

"To prove it we're offering up to 20 young cooks from the Canberra region some of our farmers', producers', growers' and makers' most delicious fresh food for young cooks to get creative with, plus they'll get the chance to be one of three cooks to cook live at Market, with a total of \$500 in Market vouchers up for grabs," Sarah continued.

Canberra's Best Young Aspiring Chef is the Market's latest campaign aimed at engaging a younger audience in the benefits of sourcing and creating with fresh local and regional ingredients. It hopes to foster interest in creating with food, attract visitors to Market, and engage Market visitors throughout the final month of winter and into Spring. It's also designed to show how creative young cooks can be with a limit of just \$30.

Canberra's Best Young Aspiring Chef is open to Canberra region home cooks aged 16 years and under who are invited to register via the Capital Region Farmers Market's website. Those aged 15 years and younger will also need parental permission to enter.

"We'll award the first 20 young chefs the chance to head to Market on either Saturday 20<sup>th</sup> or Sunday 27<sup>th</sup> August to collect a \$30 voucher to purchase their own fresh ingredients to create their own masterpiece. We can't wait to see what our young budding chefs create with our Market's fresh produce," Sarah continued.

"The top three chefs as voted by our Market customers on our website will be awarded the chance to cook live in front of a Market's audience on Saturday 17<sup>th</sup> September, and to share in a total prize value of \$500 in Market vouchers. The entrants' dishes will be judged by local chef Gerald Ong, Head Chef and the creative behind Project Enoki and partner at Sourdogg Provisions. C'mon Canberra's young chefs, get cooking!" Sarah concluded.

Canberra's Best Young Aspiring Chef competition is open now. For full terms and conditions and to register, visit [www.capitalregionfarmersmarket.com.au](http://www.capitalregionfarmersmarket.com.au)

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