

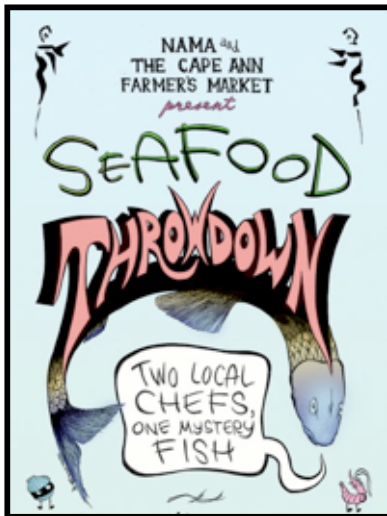


## For Immediate Release - September 14, 2009

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## Competitive Cook Will Face One of Last Year's Throwdown Winners

**Gloucester, MA** – A Throwdown alumni and a local TV chef will face off during this week's Seafood Throwdown on Thursday, September 17 at 4:30 p.m. at the Cape Ann Farmers Market.



Many on Cape Ann know Laurie Lufkin of Essex as a blogger and competitive cook. She also has her own show, "Inspired Cooking," on Channel 12, Cape Ann TV, and a regular on GoodMorningGloucester.com blog site. While not formally schooled as a chef, she has appeared in competition on the Food Network.

Laurie will face off with Lisa van Sand, a futures trader and trading psychology coach... She has a passion for food and started making chocolate chip cookies when she was 5 years old. She cooks a variety of styles including international, vegetarian and RAW. Jessica O'Leary is the head chef at the Atlantis Motor Inn. Her inspired breakfast menu is as scrumptious as the view from your table.

Judging this week's Throwdown will be Barbara Koen, musician and owner of the Dress Code on Main Street, and Sefatia Romeo Theken, Vice President of Gloucester Fishermen's Wives Association.

During this week's Throwdown, Steve Parkes from the Cape Ann Fresh Catch Community Supported Fishery will demonstrate and demystify how to clean, fillet and prepare a fish for the home cook.

Seafood Throwdown was the brainchild of the partnership between the Cape Ann Farmers' Market and the Northwest Atlantic Marine Alliance (NAMA) as a way of promoting locally caught seafood and gauging the community's interest in Community Supported Fisheries (CSF). Tailored after the Community Supported Agriculture (CSA) model, a CSF brings freshly caught local seafood to our kitchens while providing fishermen with a better price on less catch. CSF members give the fishermen financial support in advance, and in turn the fishermen provide a weekly share of locally caught seafood to their shareholders. The newest CSF is now operating in North Carolina with the help of the community and Duke University students.

Next Seafood Throwdown in Gloucester will be on October 8, 2009. However, the events are proving so popular that one is scheduled on September 19 at the New Hampshire Fish & Lobster Festival – or Fishtival – and the Maine Common Ground Fair on September 26, 2009.

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