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CHINATOWN NEW YORK CITY'S MARKETS HAVE IT ALL

Chinatown Markets are a Treasure Trove of Fresh Foods

NEW YORK, NY – Come explore Chinatown New York City's markets, which offer the freshest and most diverse selections of produce, tofu, meats, seafood and spices -- many of which can *only* be found in Chinatown. New Yorkers who have not yet discovered the benefits and cultural experience of shopping in a Chinatown market are sure to be pleasantly surprised with the variety and high-quality of goods, not to mention the bargain prices. For more information on Asian produce or a comprehensive list of markets, visit www.ExploreChinatown.com.

“If you are looking for authentic Asian ingredients, Chinatown is your one-stop shopping destination,” says Telly Wong, a Chinatown native and Project Manager of Explore Chinatown. “Chinatown offers some of the freshest produce and meats in the city at unbeatable prices. While at these markets, you will also discover a wide array of Eastern foods, sauces and spices that you can't find anywhere else.”

Vegetables and Fruits

Looking for lotus roots? Winter melon? Perhaps some baby *bok choy* or fresh tofu for your favorite dish? Hard-to-find items such as Chinese turnips (only around 60 cents a pound!), and rare lily bulbs from China can be found in Chinatown's bustling markets. Those who love Asian-cooking will also love the wide array of choices when it comes to Chinese vegetables and herbs. Delicious Chinese vegetables such as *choy sum* (a flowering cabbage with tiny yellow flowers), *bok choy* (Chinese cabbage), *guy lon* (Chinese broccoli), and *guy choy* (Chinese mustard greens) are widely available in Chinatown. Oranges and apples sound mundane? Take a break from the usual choices and shop for tropical fruits and rare fruit varieties.

- Fresh Vegetables: okra, winter melon, bitter melon, peapod leaves and taro
- Preserved Vegetables: snow cabbage, preserved radish and pickled vegetables
- Fruits: durians, star-fruits, dinosaur eggs (dapple dandy) lychee, longan, dragon fruits, kumquats and persimmons

Meats

For those who crave *lap cheung* (Chinese preserved sausage) or Chinese roast duck, look no farther than Chinatown, a Mecca for meat-lovers. Here, expect to find all types of meats selling at affordable prices, ranging from Chinese roast pork to white Peking duck as well as cuts of meat that are not generally available at American markets. Meats include: roast duck, roast pork, chicken, goose, tripe and liver.

Seafood

One of the highlights of Chinatown's markets is the live seafood showcased in tanks. Live lobsters, fish, crabs, prawns, and even sea cucumbers are a delightful sight for seafood connoisseurs. Prices for seafood in Chinatown are among some of the lowest in New York. Seafood includes: grouper, sea cucumber, sea fungus, fish balls, squid, octopus and shellfish.

Chinese Dried Ingredients, Sauces and Spices

Hard to find dried ingredients for soups, sauces and stews are also available at most Chinatown markets. Visitors will notice the alluring barrels in front of these markets that are filled with dried goods such as ginseng, abalone, squid, scallops, jellyfish, stingray, salty fish, Chinese black mushrooms and bean curd. These are often used as a base for soups, stews and sauces.

Asian sauces give food a distinct Eastern flavor and Chinatown markets offer an array of sauces for cooking including a selection of soy sauces, oyster sauce, chili sauce, preserved black bean sauce, shrimp paste and fermented bean curd sauce.

Impress guests or spice up a home-cooked meal by cooking with a variety of Asian spices such as five spice powder, star aniseed powder, Szechuan pepper, dried orange peel, black sesame seeds and brown peppercorn.

These Markets, among many others, are a “must” in Chinatown:

- 82 Seafood Corp., 192 Elizabeth Street
- 131 Fish Market Inc., 131 Mott Street
- A-Fei Meat Market, 217 Grand Street
- Asia Market Corp., 71 Mulberry Street
- Deluxe Food Market, 122 Mott Street (entrance also at 79 Elizabeth Street)
- Grand Food Market, Inc., 133 Grand Street
- Hong Kong Supermarket, 109 East Broadway
- New Ao Jang Market, 141 Mott Street
- Pan Orient & Seafood Corp., 124 East Broadway
- W.K. Vegetable Co., 124-126 Mott Street
- Dynasty Supermarket Corp., 68 Elizabeth Street
- Po Wing Hong Food Market, 49-55 Elizabeth Street
- Kam Man Food Products, 200 Canal Street
- Fu Chong Long, 27 Catherine Street

About Chinatown New York City

Chinatown New York City, combines authentic Asian-American culture with the energy and influence of the most exciting city in the world. With over 200 restaurants, numerous Asian bakeries and tea houses, jewelry shops, arts and antique stores, an active nightlife and dozens of cultural attractions and landmarks, Chinatown stands as a world within a city. Whether dining, shopping, or strolling down the charming, narrow streets, visitors to Chinatown New York City, will find virtually limitless opportunities for new experiences and added insight.

Located on the east side of Lower Manhattan, Chinatown New York City, is the largest in the United States. The neighborhood has been growing steadily since the mid-1800s, and today stands as a vibrant community offering the opportunity to enjoy and explore Asian-American culture. Chinatown New York City is easily accessible via many New York City MTA subways and buses, as well as several convenient area parking garages. For more information, visit www.ExploreChinatown.com.

Note to editors: NYC & Company, the city's official tourism marketing organization, is a private, membership-based non-profit dedicated to building New York City's economy and positive image through tourism and convention development, major events and the marketing of the city on a worldwide basis.

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