



12 October 2017

Berlin Food Week at BIKINI BERLIN:

Discover the latest trends from the health food scene at the Good Food Market on 21 October

Under the motto “The taste of Berlin”, the fourth edition of *Berlin Food Week* from 14 – 21 October is presenting Berlin from its most nutritionally-minded side at various hotspots around the city. And while the German capital turns its attention to the hottest new food trends, the BIKINI BERLIN concept shopping mall is also seizing this opportunity to serve up a very special offer to curious foodies: “*Berlin isst fitter*” (Berlin is eating itself fitter) will be the slogan at Berlin’s coolest location for fashion, design, food & drink and lifestyle next to the Bahnhof Zoo railway station, where the *Good Food Market*, the meeting place for anyone interested in healthy living and the latest trends in modern cuisine, will be taking place on 21 October from 10:00 am until 8:00 pm.

30 producers, start-ups and brands will be showcasing their products at the *Good Food Market* and giving visitors insights into their culinary ideas. Basically, you’ll find everything that is currently popular on the food scene, including alternative preparation methods, unusual ingredients and popular food trends. From seaweed to bone broth, down to tea and healthy biscuits or herb shots and sugar-free products – a whole host of wonderfully tasting discoveries await hungry visitors. To name just a few of the exhibitors, enticing names like *Bone Brox*, *Forever Yang*, *Berlin Organics* and *Kinky Kookies* will be making every foodie’s eyes light up and their mouths water.

The revolutionary indoor garden concept by *agrilution* is celebrating its big premiere. Straight after its market launch, the PlantCube developed by *agrilution*, which enables you to grow your own crunchy, fresh lettuce, microgreens and veggies in your own home, will be exclusively on show at the *Good Food Market*. A real food market highlight is the many stalls dishing up an array of fantastic culinary delights: superfood bowls by *Beets & Roots*, poké by *Sons of Mana* and Persian delicacies by *Noush* all represent the modern cuisine currently taking Berlin, and the rest of the world, by storm. And they are also a taster of what’s to come at the opening of BIKINI BERLIN’s KANTINI food market, which will be bringing a street food vibe to the City-West from the beginning of 2018.

There will also be a workshop/tasting area right in front of the panoramic window overlooking the neighbouring zoo’s monkey enclosure. Throughout the entire day there will be various workshops on the topic of food and nutrition taking place here in the open show kitchen equipped with state-of-the-art *Miele* appliances. Register now to take part in the workshops online. Or you can also simply wander over and have a look; you’ll be sure to take all kinds of suggestions and inspiration home with you. On the agenda are new nutritional concepts such as the ketogenic diet and clean eating. Leading figures from the food scene, such as blogger Hannah Frey, will be preparing trendy treats and revealing their cooking tricks and tips. And David Mayer, also known as the “vegetarian butcher”, will be preparing meat-free bites that are sure to impress the non-vegetarians among you too.

Sport and fitness are also an integral part of a healthy lifestyle – which is where the *Good Food Market*’s adjoining Active Area comes in. Instructed by personal trainer Tina Schütze, you can partake

in some spontaneous exercise yourself, or find out how to stay healthy and improve your physical fitness in everyday life.

Register for the workshops and find all details and a list of the exhibitors on: www.berlinfoodweek.de

Good Food Market
Saturday, 21 October 2017
10:00 am – 8:00 pm
BIKINI BERLIN Concept Shopping Mall
Budapester Strasse 42 – 50
10787 Berlin

FOR FURTHER INFORMATION, PLEASE CONTACT:

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