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## STAMFORD DOWNTOWN

**MONTHLY E-NEWSLETTER** 







## **TEFF OPENS AT 84 WEST PARK PLACE**

Adding to the West Park Place block of popular restaurants, is the newly opened <u>TEFF</u> restaurant at 84 West Park Place, serving traditional Eritrean and Ethiopian cuisine.

This family-owned eatery focuses on creating a communal dining experience with its spacious interior. Chef Hadas Mengesha showcases recipes from Northern Ethiopia passed down from generations of talented women. The name TEFF comes from a gluten-free grain grown in Ethiopia and Eritrea which is known as a superfood. Ground into flour and fermented for 48+ hours, the mixture is turned into a spongy bread used to scoop up and soak up food. The menu items are vegan or meat traditionally served on rice or injera (similar to a crepe).

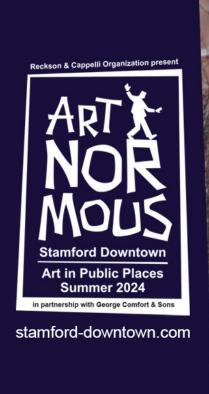
As Elsa Mekonen, owner of the restaurant describes the experience:

"On one shared plate, you'll find delicious eats that accommodates meat eaters, vegans and vegetarians as well as the gluten, dairy, nut and seed intolerant. Our food is for everyone to share a meal together."

Visit <u>teffstamford.com</u> now and see their <u>Instagram page</u> for more information.













Joy Brown - Two Together

## STAMFORD DOWNTOWN SUMMER EVENTS





**SUMMER** 

2024

Through September ArtNORMOUS
Outdoor Sculpture Exhibit

June 15 & September 14 10 AM - 6:30 PM

Arts & Crafts on Bedford Bedford Street

Various Dates through September 6:30 PM

Trivia Night Veterans Memorial Park

Various Dates through September 6 PM Painting with Pinot's Palette Columbus Park

Saturdays Through October 9 AM - 2 PM

Farmers Market Veterans Memorial Park

Thursdays through September 6 PM - 8 PM

Street Beats Various Locations

Through September Free Fitness Classes
Latham Park & Veterans Memorial Park

Saturdays through September 14 1 PM - 3 PM

Open Play Chess Latham Park

July 18 6:30 PM Orchestra Lumos Brass Quintet Veterans Memorial Park

July 25, August 1 & 8 Alive At Five Mill River Park

July 31 & August 7 Stamford Dances Downtown Mill River Park

August 19 -September 2

Summer Restaurant Weeks Participating Restaurants

October 5 3 PM - 5:30 PM WineFest on Bedford Latham Park

MORE INFORMATION

www.stamford-downtown.com

