

# STAMFORD DOWNTOWN

MONTHLY E-NEWSLETTER



TEFF owner Elsa Mekonen and a sampling of Teff's culinary offerings



## TEFF OPENS AT 84 WEST PARK PLACE

Adding to the West Park Place block of popular restaurants, is the newly opened TEFF 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 [teffstamford.com](http://teffstamford.com) now and see their [Instagram page](#) for more information.



2024 Stamford Downtown Presents **ALIVE AT FIVE** In Mill River Park In Partnership With Reckson

21+ Tickets [stamford-downtown.com/events](http://stamford-downtown.com/events)



SPECIAL GUEST  
DJ CLUE

# Juneteenth

Freedom Day  
2024



Mill River Park  
1010 Washington Blvd  
Stamford, CT 06901


2024 Grand Marshal  
John Starks



- Parade
- Music
- Food
- Children's tent
- Special Performances
- Art Show

For more information  
stamfordjuneteenth1865@gmail.com

Reckson & Cappelli Organization present



**ART  
NOR  
MOUS**

Stamford Downtown  
Art in Public Places  
Summer 2024

in partnership with George Comfort & Sons

stamford-downtown.com

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](http://www.stamford-downtown.com)

