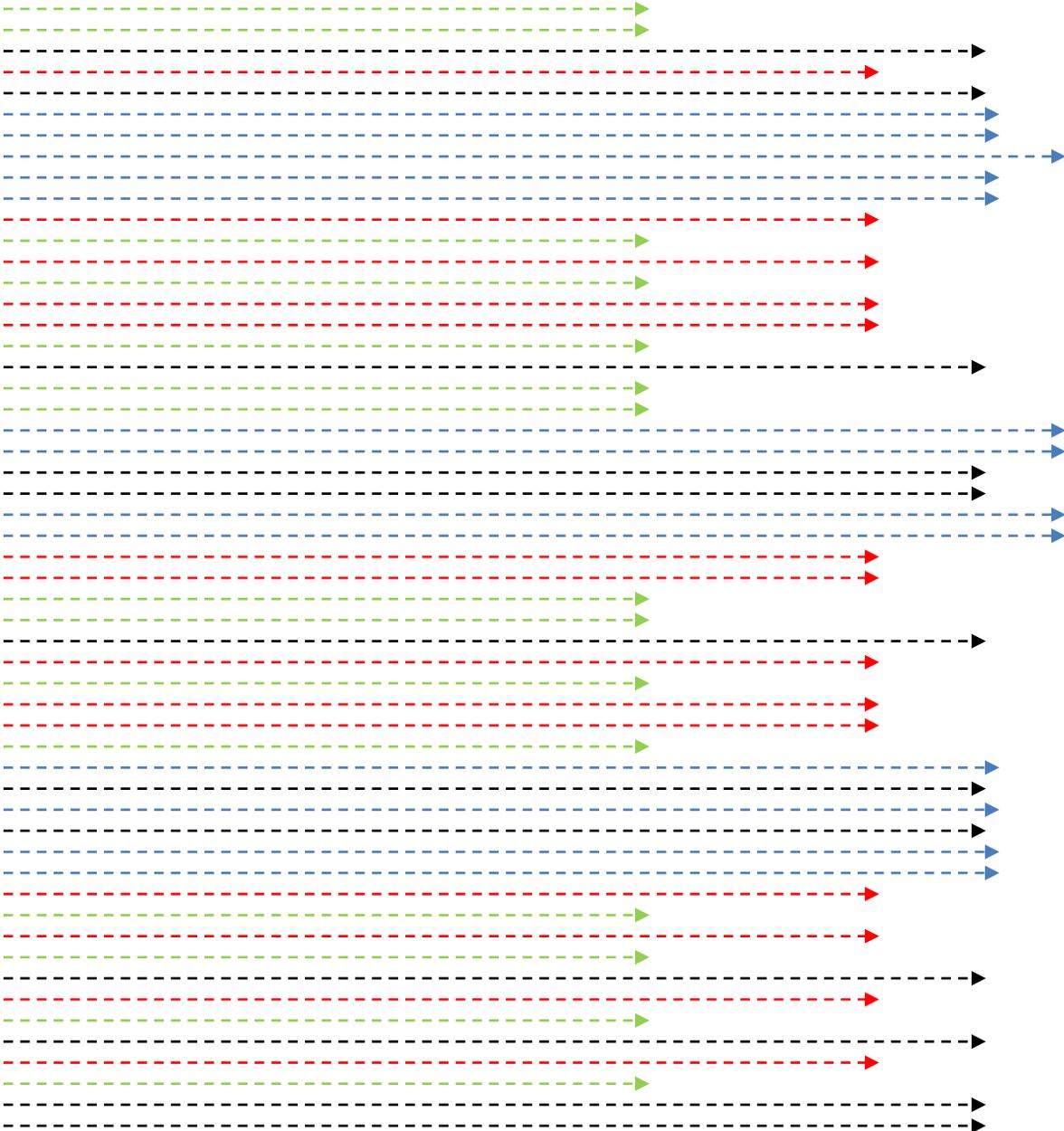


Living Guide for Fellows

NOAA Sea Grant Knauss Fellowship



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Farmers Markets

Eastern Market

225 Seventh Street SE
 Eastern Market metro stop
 Open Tuesday to Sunday, year-round.
 Lots of vendors, flea market, artist displays, great fruits and vegetables are available. <http://www.easternmarket-dc.org/>

Brookland Farmers Market

3420 9th Street NE
 Brookland metro stop
 Sundays 10 AM - 2 PM (June - Oct.)
 Tuesdays 4 - 7 PM

Columbia Heights Community Marketplace

14th and Irving Streets
 Columbia Heights metro stop
 Saturdays 9 AM - 2 PM (June 1 - Oct. 30)

DC Farmers Market

1309 Fifth Street NE
 New York Ave metro stop
 Open year-round Tuesday - Thursday 7 AM - 5:30 PM; Saturday 7 AM - 6:00 PM;
 Sunday 7 AM - 2 PM

Dupont Circle Farmers Market

Regular season (April through Dec. 2010):
 Sundays, 9 am to 1 pm. Winter Hours (Jan. through March 2011): 10 am to 1 pm

Montgomery County Olde Towne Tailgate Farmers Market

Fulks Corner Avenue and Rt. 355
 Gaithersburg MARC stop
 Open Thursdays, June 3 until late October, from 2 to 6 p.m.

Kensington Farmers Market

Train station, Howard Avenue, Kensington
 (301-949-2424)
 Saturdays, 8 AM.-noon (May 4-November)

Bethesda Farm Women's Cooperative Market

71515 Wisconsin Ave., Bethesda
 Bethesda metro stop
 (301-652-2291).
 Wednesdays and Saturdays, 7 AM.-3 PM
 (Year-round)

Bethesda Freshfarm Market

Norfolk Ave., at Veterans Park
 Bethesda metro stop
 Saturday: 9 a.m to 1 p.m. June 19 - October 30
 Contact: Bernadine Prince 202-362-8889

Silver Spring Farmers Market

Ellsworth Drive between Fenton & Cedar,
 Parking lot 3
 Silver Spring metro stop
 (301-590-2823 or www.farmerlink.com).
 Saturdays, 9 AM.-1 PM (April-December)

Takoma Park,

Laurel Ave between Eastern and Carroll
 (301-422-0097)
 Takoma metro stop
 The market is open 10-2 every Sunday
<http://www.takomaparkmarket.com/>

USDA Farmers Market

U.S. Department of Agriculture headquarters
 12th Street and Independence Avenue SW
 Smithsonian metro stop
 (800-384-8704 or www.ams.usda.gov/farmersmarkets).
 Fridays, 10 AM.-2 PM (June 7-Oct. 25)

USDA Farmers Market

U.S. Department of Transportation,
 400 Seventh St. NW
 Archives-Navy Memorial-Penn Quarter Station metro stop
 (202-366-0674).
 Tuesdays, 10 AM.-2 PM (May 21-November)

Fresh Farm Market

20th Street NW between Q and Mass Ave
 Dupont Circle metro stop
 9 AM - 1 PM (March 31 - December 22)

Wheaton Farmers' Market

Reedie Drive between Veirs Mill Rd. and Georgia Ave.
 (Behind Dunkin' Donuts)
 Wheaton metro stop
 Sunday: 8:00 a.m. to 1:00 p.m. June 6 - October 31
 Contact: Margie Satterlee 410-215-7173

Freshfarm Market, near The Mall

810 Vermont Avenue, NW (between H St, NW and I St, NW).
 Nearest Metro stop: McPherson Square (Blue and Orange Lines).
 Open May 6 - Nov. 18, 2010 Thursdays, 3 pm to 7 pm

Favorite Restaurants

Alero

3500 Connecticut Avenue Northwest
Washington, DC
202-966-2530

They offer great Mexican cuisine, and they have a great deck for hanging out on a sunny afternoon.

Banana Cafe

500 Eighth St. SE
Washington, DC 20003
Phone: 202-543-5906

If for nothing else, it's become famous in the neighborhood for its margaritas. Much of the menu is made up of Tex-Mex staples - enchiladas, tacos, tamales, burritos, quesedillas and fajitas. There's a standard seafood section with indifferent paella, zarzuela, salmon and shrimp.

Cactus Cantina

Cleveland Park
3300 Wisconsin Ave., NW
Washington, DC
202-686-7222

For its tamales alone, Cactus Cantina would earn a spot on this list. Stuffed with the diner's choice of either pork or chicken, they are surprisingly light. A couple of spoons of a brick red, gently spicy meat sauce elevates them to the realm of the special. Outstanding mesquite-grilled specialties: deliciously crusty little spareribs, moist shrimp, soy-splashed beef fajitas, and the exquisite quail, its crisp skin glistening like polished mahogany. Great food - and, its cheap!

Café Atlantico (best brunch in town!)

405 8th Street, NW
202-393-0812

Make a reservation for 11:30 and spend

the next three hours with good friends consuming all-you-can-eat Latino Dim Sum (tapas). They bring out half as many plates of each item as there are people - ask for more of everything you like (like two more plates of the guacamole!) Meat eaters will be in heaven, but there are plenty of vegetarian plates to fill up on too. \$20 for 20 different dishes.

Cashions's Eat Place

1819 Columbia Rd
202-797-1819 *make a reservation for this place!
Good eats, reliable, but can be a little pricey.

Georgetown Seafood Grill

19th Street (between M and N)
202-530-4430
\$.50 oysters and clams from the raw bar (or steamed), \$3-5 specials including hamburgers, calamari, and blackened tuna quesedillas, and the second best key lime pie in town.

La Loma Mexican Restaurant

316 Massachusetts Ave. NE.
Washington, DC 20002
Phone: 202-548-2550
This inexpensive place has good food - try the seafood quesedilla with huge scallops. Service is lightning fast.

Lebanese Taverna (Woodley Park)

2641 Connecticut Ave. NW
Washington, DC, 20008
202-265-8681
Good Middle Eastern food and wine list. Outside tables are fun to people watch from. Service can be slow sometimes

Mark's Kitchen

7006 Carroll Avenue
Takoma Park, MD
301-270-1884
American and Asian specialties with a strong vegetarian emphasis: spinach tofu cakes, stuffed acorn squash, ginger-lime soba, and much more. Daily vegetarian specials and fresh fruit and vegetable juices are also available.

Mi Rancho

8701 Ramsey Ave.
Silver Spring, MD 20874
Phone: 301-588-4372
Mi Rancho makes a great combination platters. For vegetarians, there are the fajitas with vegetables, an assortment of grilled onions, peppers, squash and carrots. Rice and beans accompany all entrees. Great lunch specials.

Mr. Chen's Organic Chinese Cuisine

2604 Connecticut Ave (Woodley Park)
Washington DC
202-797-9668
Mr. Chen's is a small, competitively priced Woodley Park dining room with carryout. Try their soups!

This article continues on the next page.

Our Favorite Restaurants

Perry's
1811 Columbia Road
202-234-6218
Great place to eat sushi on the rooftop deck!

Pizzeria Paradiso
2029 P Street (Dupont Circle)
202-223-1245
Great pizza!

Sakana
2026 P Street, Dupont Circle
202-887-0900
Good Japanese food.

Savory Café (Great Sunday brunch too!)
7071 Carroll Ave
Takoma Park, MD
301-270-2233
Dishes are displayed in glass-front cases where diners order, collect utensils and choose bottled beverages from the cooler. The food's as close to homemade as restaurant food gets: great vegetarian dishes and salads, huge sandwiches and really unique (but tasty) soups!

Spices
3333A Connecticut Ave (Cleveland Park)
202-686-3833

Udupi Palace
1329 University Blvd.
East Langley Park, MD
301-434-1531
If you like vegetarian Indian food, this is the place to eat! It's a non-descript setting (no frills, located in strip mall on University Blvd.) but the food is excellent. Their prices are reasonable (dinner from \$8-12) and they have a full selection of naan, roti, chapati, chutneys, masala, curries, paneer, dosa, and, of course, mango lassi.

Performing Arts and Music

930 Club for rock/folk/popular music
<http://930.com>
815 V St. NW
Washington DC
U Street/African-American Civil War Memorial/Cardozo metro stops
(Intersection of 9th, V St. and Vermont)

Birchmere for folk/local vocalists/bluegrass
<http://www.birchmere.com/index.htm>
3701 Mt Vernon Ave.
Alexandria, VA 22305

Madam's Organ in Adam's Morgan has bluegrass night every Wed. with a live band (free cover before 8 pm).
<http://madamsorgan.com>
2461 18th St. NW
Adams Morgan, Washington DC
Woodley Park-Zoo/Adams Morgan Station metro stop
(Intersection of Calvert, Columbia, and 18th St)

Iota has great funky, local folk music.
<http://www.iotaclubandcafe.com/>
2832 Wilson Blvd
Arlington VA 22201
Clarendon/ Court House metro stops
Wolf Trap Performing Arts Center (you can't beat out door events in the summer!)
<http://www.wolftrap.org/>
1624 Trap Rd
Vienna, VA 22182

Steps of the Smithsonian American Art Museum
Smithsonian metro stop
8th and G St NW
Washington DC
Free
Millennium Stage - The John F. Kennedy Center for the Performing Arts
2700 F St. NW

Washington, DC
Foggy Bottom-GWU metro stop
Free classical music 365 evenings of the year. www.kennedy-center.org

Fort Reno Park
Chesapeake Street and Nebraska Avenue NW
Washington, DC 202-673-7647
Tenleytown-AU metro stop
Weekly summer concerts outdoors with rock/punk music. <http://www.fortreno.com/>

Black Cat
1811 14th St. NW
Washington, DC
U Street/African-American Civil War Memorial/Cardozo metro stops
The largest indie rock venue in D.C.
www.blackcatdc.com

Shopping

Consignment Stores

Secondi in Dupont Circle

Great for high-quality, professional consignment clothing.

Drawback: they're not cheap.

Glad Rags in Takoma Park is another good bet for clothes on consignment -- lots of fun stuff, some retro, some wild. Tend to be pretty reasonable.

Takoma Underground in Takoma Park is a basement store with great vintage clothes for costumes and some professional-style clothing

Act II in Bethesda

Vintage to Vogue in Bethesda

Retail/Department Stores

Mezza Galleria in Friendship Heights - lots of department stores, boutiques

Georgetown - lots of fun boutique shops

Pentagon City Mall (take metro directly there)

Tyson's Corner in the McLean area - not metro accessible. Most major department stores, a large variety of boutique shops, and of course, your standard Gap, Limited, Express, and Banana Republic.

Tyson's Corner Galleria - in the McLean area - not metro accessible
Most major upscale department stores - Saks,

Bloomingdale's, Nordstrom's, lots of upscale boutique shops.

Montgomery Mall - north of Bethesda off Democracy Blvd (off Old Georgetown Road headed north)

Rockville Pike area - strip mall central: Ross, Marshall's, TJ Max, and almost every other chain store you can imagine.

Shopping mall guide for Maryland:

<http://www.officialusa.com/state/malls/maryland-shopping.html>

Westfield Wheaton Shopping Center

11160 Veirs Mill Road

Wheaton MD 20902-1094

(301) 942-3200

Wheaton metro stop

City Place Mall

8661 Colesville Rd, Silver Spring, MD 20910

Telephone: (301) 587-0566

Silver spring metro stop

Gourmet foods and grocery stores

Calvert Woodley Market and Cheeserie

Connecticut Ave at the Van Ness/UDC Metro Station

Additional specials on cured meats, other cheeses, and gourmet items such as mustard, coffee, and crackers, and an extensive liquor selection.

Trader Joe's

Locations in MD: Bethesda, Rockville, and Towson. Locations in VA: Alexandria, Reston, Tyson's, and Bailey's Crossroads.

Unique Grocery Store with off-beat sauces, condiments, gourmet frozen foods, wines, unique breads and a great variety of soy products.

Whole Foods

A foods supermarket chain which emphasizes "natural" and organic products.

Locations in Washington, Maryland: Annapolis, Baltimore, Bethesda, Chevy Chase, Gaithersburg, Rockville, Silver Spring, Virginia: Alexandria, Arlington, Charlottesville, Fairfax, Falls Church, Glen Allen, Reston, Springfield and Vienna

<http://www.wholefoodsmarket.com>

Pet Care

Veterinarians and Animal Hospitals

Friendship Animal Hospital near Tenleytown/AU Metro

202-363-7300, Open 24 Hours

Review 1: We took our cat here when he was run over and they did an impressive version of Kitty ER. They took good care of him, and were cautious but recommended allowing his broken pelvis to heal on its own rather than surgically repairing it. Not outrageously priced in comparison to other DC vets, and far more professional than others.

Review 2: Excellent doctors, but a little pricey.

Citypaws

1823 14th Street Northwest, Washington, DC 20009-4425 (202) 232-7297

U Street/African-Amer Civil War Memorial/Cardozo metro stop

citypawsdc.com

Hours: Mon, Tues, Thurs: 7:00am - 7:00pm; Wednesday: 7am - 1pm; Friday: 7:00am - 5:00pm; Sun: Closed; Sat 8:00 am - 12:00 pm

Dupont Veterinary Clinic

2022 P Street Northwest, Washington, DC 20036-5914 (202) 466-2211

Dupont Circle metro stop

Hours: Mon 9am — 5:30pm; Tue 9am — 5:30pm; Wed 9am — 5:30pm; Thu 9am — 5:30pm; Fri 9am — 5:30pm; Sat 10:30pm — 12am; Sun Closed

dupontvetclinic.com

Adams Morgan Animal Hospital

2112 18th Street Northwest, Washington, DC 20009-1817 (202) 638-7470 ()

Hours: Mon 8am — 6pm; Tue 8am — 6pm; Wed 8am — 6pm; Thu 8am — 5pm; Fri 8am — 6pm; Sat 8am — 1pm; Sun Closed

Dupont Circle metro stop

adamsmorganah.com

Georgetown Veterinary Hospital

2916 M Street Northwest, Washington, DC 20007-3767 (202) 333-2140 ()

Foggy Bottom-GWU metro stop

Doctor's Hours are by Appointment Only

Monday through Wednesday 8:00AM — 6:00PM; Thursday 8:00AM — 5:00PM; Friday 8:00AM — 4:00PM; Saturday 9:00AM — 1:00PM;

Closed on Sunday

georgetownvethosp.com

Friendship Hospital for Animals

4105 Brandywine St. N.W.

Washington, DC 20016

Telephone: (202) 363-7300

Tenleytown-AU metro stop

Open 24 hours, 7 days a week

friendshiphospital.com

SouthPaws Veterinary Specialists
& Emergency Center

8500 Arlington Boulevard

Fairfax VA 22031

(703) 752-9100

Open 24 hours, 7 days a week

<http://southpaws.com/>

General veterinary assistance:

<http://washingtondcveterinarianclinics.com>

Dog Parks

Lincoln Park

11th St. & East Capitol St. NE

Washington, DC 20003

Popular from 6-9 am and 5-7 pm.

Congressional Cemetery

1801 E St. SE, Washington, DC 20003

Open anytime. Fenced-in, safe environment for off-lead romps and training.

Marion Park

6th St. and E St. SE Washington, DC 20003

This park, which is run by the National Park Service, is open from 5 a.m. to midnight. The area is fenced in and poop bags are provided.

Guide to dog parks and map: <http://www.washingtonpost.com/wp-srv/metro/interactives/dogparks/>

Weekends Away

Beaches to visit:

Assateague Island, MD

Cape Henlopen State Park, DE

Calvert Cliffs, MD (lots of fossils)

National Wildlife Refuges on the Eastern Shore:
(all these are great for shorebird/waterfowl/marsh birding)

Chincoteague NWR

<http://www.chincoteaguechamber.com/>

<http://chinco.fws.gov/>

Blackwater NWR

<http://www.friendsofblackwater.org/>

Bombay Hook NWR

<http://northeast.fws.gov/de/bmh.htm>

http://gorp.com/gorp/resource/us_nwr/de_bomba.htm

Paddling:

Thompson's Boathouse in Georgetown (kayaks, canoes for \$10/hr)

Patuxent River Park (\$12/day -- great marsh)

www.thompsonboatcenter.com

Funky Small Towns to explore:

Chesterton, MD

St. Michael's, MD

Sperryville, VA (at the base of the Shenandoah mountains -- they have a terrific co-op for before/after hiking)

Harper's Ferry, WV (good hiking nearby, pubs, museums)

Annapolis, MD

Charlottesville, VA (Monticello and UVA)

Cape May, NJ (Delaware Bay and beach)

Mountains to run around in:

Shenandoah National Park (1 hrs drive from DC, lots and lots of trails)

Sugarloaf Mountain (30-40 min from city)

Mt. Catocin (western MD)

Mountain Biking

Gambrill State Park,

off I-270 north of Frederick, MD

Racing course makes obstacles doable and exciting.

Monocacy River

Patuxent

Nice stream to swim in and biker bar at the end of the trail.

Art opportunities in DC

Torpedo Factory

Alexandria VA

<http://www.torpedofactory.org/>

Hinkley Pottery

1707 Kalorama Rd., Adams Morgan

202-745-7055

Glen Echo

Bethesda MD

<http://www.nps.gov/glec/>

Millennium Arts,

Capitol Hill/Waterfront

<http://www.millenniumartscenter.org/>

Third Thursday

<http://www.culturaldc.org/3rdthursday.html>

First Friday

Dupont Circle

<http://www.washingtonprintmakers.com/friday.html>

Useful Websites

<http://eg.washingtonpost.com/>

Has everything you could possibly want about the city - restaurant reviews, movie listings, news, bands, theater, its all here.

<http://www.ontaponline.com/>

On Tap Magazine is a monthly publication in the DC metro area that serves as your entertainment, culture, music and nightlife expert. Perfect for the young or young at heart, we always know the hot spots to be and be seen!

www.wmata.com

Greater Washington D.C. public transportation

<http://loki.stockton.edu/~yeagerc/survive.htm>

Guide to surviving in D.C.

<http://dc.about.com>

Rachel Cooper's online guide to D.C.

<http://mpdc.dc.gov/mpdc/site/default.asp>

D.C. metropolitan police department website

www.nbcwashington.com

www.myfoxdc.com

www.wusa9.com

Washington area local news

www.visitmaryland.org

Maryland Office of Tourism

www.virginia.org

Virginia Office of Tourism

<http://www.groupon.com>

Groupon is a [deal-of-the-day](#) website that is localized to major markets in the [United States](#) and [Canada](#).

<http://livingsocial.com>

LivingSocial, based in Washington D.C., offers one deal every day across the US with discounts at local restaurants, bars, spas, theaters, and more.

www.seagrant.noaa.gov/knauss

Sea Grant Knauss Fellowship website

National Sea Grant Office Contacts

Miguel Lugo, Fellowship Program Manager
NOAA Sea Grant, Silver Spring, MD
Tel: 301.734.1075
E-mail: OAR.SG.fellows@noaa.gov

National Oceanic and Atmospheric Administration
NOAA Sea Grant College Program
1315 East West Highway
Silver Spring, MD 20910
Phone: 301-734-1066
Fax: 301-713-0799

