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FOR IMMEDIATE RELEASE:

THE FRESH MARKET TO OPEN ROCKVILLE, MD STORE JANUARY 25

ROCKVILLE, MD (January 9, 2012) – **The Fresh Market, Inc. (NASDAQ: TFM)** will expand its presence in Maryland this month with a new store in Rockville, marking the company’s fourth store in the state.

At its newest location in Congressional Plaza at 1649 Rockville Pike in Rockville, the specialty grocer’s full-service philosophy will incorporate unparalleled product selection and expert customer service in an inviting atmosphere. The Fresh Market employs a team of friendly, well-trained professionals who pride themselves on providing the highest level of customer service to shoppers. Team members can often be found offering cooking advice or sharing their favorite tips to help customers create the perfect meal.

“We are excited to open our store in Rockville and to expand our reach in Maryland,” said Craig Carlock, the company’s president and chief executive officer. “We look forward to introducing The Fresh Market’s concept of quality perishables, excellent customer service and a unique atmosphere to an expanded customer base, and we look forward to offering neighboring communities a rewarding new food shopping experience.”

Doors will open at **9:00 a.m. on Wednesday, January 25**, and grand opening activities will include chef demonstrations, food sampling throughout the store, and drawings for The Fresh Market gift cards. A reusable shopping bag and sample-sized bag of the company’s gourmet coffee will be free to the first 1,000 customers.

The new Rockville store will house over 26,200 square feet of culinary delights, including a bakery that produces 30 freshly baked breads and 14 different pie varieties daily, a full service meat counter with freshly ground beef, a wide selection of ready-to-serve entrées, fresh seafood delivered to the store several times per week, and more than 200 imported and domestic cheeses, as well as a bountiful produce department with more than 400 items and a large organic selection.

The Fresh Market’s inviting atmosphere is reminiscent of old-world European markets, says Carlock. “Our customers enjoy shopping in an environment that appeals to all the senses. The smell of freshly brewed coffee and bread right out of the oven, the sound of classical music, soft lighting with antique décor in an intimate setting, and the ability to select and taste fresh, high-quality products all work together to create surroundings where customers are encouraged to experience the food.”

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The Fresh Market looks forward to opening its store in the Rockville community while bringing approximately 90 new jobs to the area, most of which are being filled locally. Those interested in learning more about The Fresh Market can visit the company's website at www.thefreshmarket.com and sign up for "Fresh Ideas," the company's weekly e-mail newsletter that includes specials as well as recipes and information about in-store events.

About The Fresh Market, Inc.

Founded in 1982, The Fresh Market, Inc. (NASDAQ: TFM) is a specialty grocery retailer focused on providing high-quality products in a unique and inviting atmosphere with a high level of customer service. The company currently operates 111 stores in 21 states, located in the Southeast, Midwest, Mid-Atlantic, and Northeast, with plans for continued expansion throughout the country. The Fresh Market is an equal opportunity employer. For more information, please visit www.thefreshmarket.com.

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