Ruben Bawden (Panama) was born in Panama, on September 1, 1974. He and his family immigrated to the United States when he was 9 years old.

In his youth, Panama traveled throughout the Middle East and was able to experience new cultures, taste different, delicious cuisines and meet and befriend interesting locals.

He attended Cairo American College and served in the US Navy.

Panama’s work background includes over 20 years in the fast food and transportation industries. He had worked with Jim McWhorter at L&M Produce for over 15 years. Jim was President and owner of L&M Produce and now owns the Market. At L&M Produce, Panama worked his way up from selector to customer service, driver, supervisor and ultimately, manager.

Currently, Panama is an evening supervisor at The Market at River Falls. He deeply cares about the service he provides to our customers and it is crucial to him that they have a pleasant experience when they are at the Market and that they leave happy. He takes extreme pride and joy helping customers’ needs, helping with catering orders and even delivering them to their tables at home.

As Panama says, “I offer my services to all and am always waiting to serve your needs. Hope to see you soon!”

Panama’s favorite sports are volleyball – to play, and baseball – to watch. He enjoys woodworking and carpentry and is a certified residential electrician. Panama has two children, a son and a daughter.