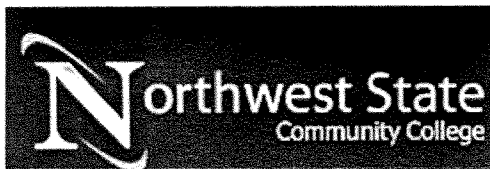


Eating Local Foods (ELF) Network

Is.....

A network of people in the greater Northwest Ohio area promoting local production, consumption and marketing of locally produced foods; creating a sustainable, safe, and healthy food system that supports the economic and environmental well-being of our communities. The network was initiated by Northwest State Community College as part of its Education for Sustainability Program (E4S). For more information visit our website:

www.eatinglocalfoods.org



Join with neighbors and friends to experience the bounty of foods produced in our 6-county region.

Food transformation
(aka catering) will be
accomplished by the
regional restaurant,
Stella Blue
of Archbold, Ohio.

Fine dining on linens, china, and
crystal with a menu including:
appetizers, soups, salads, entrees,
and desserts served buffet style.

Live music by Mitch Owen's
World's Largest Trio

All this for the ticket price of
\$20.00!

Make checks payable to:
Eating Local Foods

Eating Local Foods
www.eatinglocalfoods.org

Banquet Contact:
Monique Tressler
Phone: 419-272-1073

Flavors of the Black Swamp Banquet

**Sept. 11, 2010
5:00 p.m.**

Opdyke Park

Williams Co. Rd. 16 at Co. Rd. J
Montpelier, Ohio 43543

Tickets \$20.00

*Promoting
Regional
Awareness of
Locally
Produced Foods*

Food for this banquet was provided by donations from regional farmers in the Northwest Ohio Foodshed Area.

What is a Foodshed?

A foodshed refers to the interconnected network of farmers, food producers, distributors, and markets who provide food to a specific area. Like a watershed directs water, a foodshed is the most efficient way for food to arrive at its desired destination...your plate.

Taste Slow, Local and Delicious

Slow Food: fresh ingredients, craft, creativity, tradition. Respect for farmers, artisans, the land and the food (not fast food).

All the food we eat has a story. Where does it come from, how is it made, who earns their living from it? Some stories are more delicious than others! Get to know your farmers.

The people who produce this kind of food, eat it too....everyday.

Why Eat Local Food?

Eating local contributes jobs and revenue for the local Agricultural economy.

Locally grown foods are fresher and just plain taste better.

Locally grown fruits and vegetables have longer to ripen making them richer in nutrients and healthier.

Eating local food translates to more variety: red carrots, heirloom tomatoes, green garlic and much, much more.

Eating local food minimizes "food miles"—the distance food travels from production to the consumer.

Eating locally grown food keeps us in touch with the seasons.

Eating locally grown food reduces the opportunity for bioterrorism.

Eating local food increases food security for our region.

What You Can Do:

- Support Local Farmers Markets.
- Join a Community Supported Agriculture (CSA) Program.
- Ask for local produce to be sold in your supermarkets.
- Plant a garden.
- Commit to spending 10% of your monthly food budget on locally produced foods.
- Ask a local farmer if they would grow vegetables for you.
- Support local farm stands
- Support local food events and banquets.

**The Flavors of the Black Swamp Banquet
Sept. 11, 2010 Opdyke Park
Tickets \$20.00**



**Eating Local Foods
www.eatinglocalfoods.org**

Banquet Contact: Monique Tressler
Phone: 419-272-1073
E-mail: mo_tressler@msn.com

260-243-1086