

# Food For Thought Eat Local Week Provides Smorgasbord

by Christopher Key

Not only has the Eat Local movement changed the way people think about purchasing food, it has even come up with a new word to describe those who pursue this philosophy: locavores.

Whatcom County locavores will find there is a lot on their plates during this year's Eat Local Week, September 7-14.

Sustainable Connections' Food and Farming Program organizes the event to focus attention on local food and agriculture during the harvest season.

Nearly two dozen area restaurants will feature all-local specials or even entire all-local menus throughout the week. Among the establishments participating are Big Fat Fish Company, Boundary Bay Brewery, Cuisine by Claire, Flats Tapas Bar, Bellingham Golf and Country Club, La Fiamma, Nimbus, North Fork Brewery, Old Town Café, Panini Grill and Deli, Pizzazza, Pastazza, Prospect Street Café and Sorella's on the Bay.

"Eat Local Week gives locavores an opportunity to celebrate and indulge their local-eating habits," said Shonie Schlotzhauer of the Sustainable Connections Food and Farming Program.

"Meanwhile, it raises the profile of local food and agriculture in Whatcom County, brings new eaters into the locavore fold, and gives food-buying businesses a great reason to expand their local purchasing."

The appetizer for Eat Local Week is the third annual Kindred Spirits Celebration at Boxx Berry Farm on Sunday, September 7, from 1:00 – 6:00 p.m. Family-friendly games such as sack races, duck duck goose, water balloons and more will highlight the afternoon along with bluegrass music. Participants are encouraged to bring Eat Local picnics and bike or carpool.

Boundary Bay Brewery hosts the next course, which, like a well-made salad, is both educational and entertaining. Rosalind Guillen will give a presentation on Fair Trade and a new documentary film called *Good Food* will be shown. Filmmakers Melissa Young and Mark Dworkin will be on hand and there will be some familiar Whatcom County faces appearing on the screen. Festivities get underway at 6:00 p.m., Tuesday, September 9, with an all-local barbecue.

The entrée is a tour of local agricultural facilities including Grace Harbor Farms, Boxx Berry Farm, Bellewood Acres and others. It all happens on Saturday, September 13, and there are three different ways to tour. An organized bicycle ride (suggested donation \$7.00) will depart the Public Market at 9:00 a.m. Bellair Charters will provide transportation for an interpretive tour. Reservations are required and the cost is \$8.00. See [www.airporter.com/events-1/farm-tour-2008](http://www.airporter.com/events-1/farm-tour-2008) to reserve your seats. You can also put together a carpool (suggested donation \$10.00 per car) and navigate to the farms using the Farm Tour Map available on the web site listed below.

Dessert consists of the eighth annual Harvest Dinner



on Sunday, September 14, at Depot Market Square. This will consist of a magnificent multi-course meal prepared by the region's finest chefs. The Harvest Dinner always sells out early, so get your tickets at Village Books, the Community Food Co-op, Ciao Thyme in the Kitchen or online at [www.brownpapertickets.com/event/32731](http://www.brownpapertickets.com/event/32731). Tickets are \$45.00 and proceeds will benefit Nooksack Salmon Enhancement Association, Sustainable Connections Food and Farming Program, Fourth Corner Slow Food and Whatcom Farm Friends.



At press time, participating businesses were still being added along with additional events. For the latest updates, see [www.sustainableconnections.org](http://www.sustainableconnections.org).

The folks at Sustainable Connections will no doubt be most grateful to me for suggesting a new bumper sticker to celebrate Eat Local Week: Be a Locavore, Not a Locabore.

*Christopher Key is an actor and director who lives in Bellingham and writes to help support his theatrical addiction.*

2006 Harvest Dinner photos by Michèle M. Waite.

