

# Sustainable Connections' Food & Farming Program Sponsors



*Buy Fresh, Eat Local Week, September 3–11*

Renew your commitment to good health and to supporting a strong local agricultural economy by pledging for one week to eat only food that has been grown or produced locally. Eat Local Week will allow residents to show their support for local producers, the viability and importance of local agriculture, and the fresher taste and nutritional values of locally produced food.

For this event, Sustainable Connections' Food & Farming program has defined "eating locally" as eating from sources located in Whatcom, Skagit, and Island Counties. This area makes up our regional foodshed—the area from which a community naturally gets its food. Like a watershed, a foodshed is defined as the flow of food from the area where it is grown into the place where it is consumed. The term is often used as a way of looking at and thinking about local, sustainable food systems.

The Food & Farming Program will work with area restaurants, the Com-

munity Food Co-op, Terra Organica, the South Side Food Pavilion, and the Bellingham Farmers Market as well as Whatcom Farm Friends and Fourth Corner Slow Food to promote and support this event. The week will culminate with a celebration of local agriculture on Sunday, September 11, at the 6th Annual Harvest Dinner (see announcement on this page.) Individuals taking the Eat Local pledge will be recognized at the Harvest Dinner.

The Eat Local Pledge Card is available at the Co-op and other sponsors, as well as online at [www.sustainableconnections.org](http://www.sustainableconnections.org). A helpful alternative local shopping list with featured chefs' recipes is also available at the Co-op and on the website.

During Eat Local Week, the Co-op will host product sampling and demonstrations from local producers (see list on this page). Several local restaurants will also sponsor the event by offering a special all-local item on their menus (see list at right).

- **Saturday, September 3—Dinner at State St. Depot**
- **Sunday, September 4—Brunch at the Old Town Café; Dinner at Pepper Sisters**
- **Monday, September 5—Lunch at the Swan Café**
- **Tuesday, September 6—Dinner at Boundary Bay Brewery and Bistro**
- **Wednesday, September 7—Dinner at Nimbus**
- **Thursday, September 8—Dinner at Mannino's**
- **Friday, September 9—Dinner at Flat's Tapas Bar**
- **Saturday, September 10—Lunch at the Mt. Bakery; Dinner at Pastazza**
- **Sunday, September 11—Harvest Dinner at Fairhaven Green**

For more information or to download the Eat Local Pledge Card, visit [www.sustainableconnections.org](http://www.sustainableconnections.org), or contact Max Morange at (360) 647-6902.