

# 2007 Eat Local Week MENU of Events & Specials

See the business listings in following pages for more details about these events & specials--marked with a local Honeycrisp apple--or visit [www.sustainableconnections.org](http://www.sustainableconnections.org).

**☞ Served All Week Long ☜**

- All-Local Restaurant Specials.....**Swan Café & Deli  
 .....Mount Bakery  
 .....Nimbus  
 .....Prospect Street Café  
 .....Festival Espresso  
 .....Du Jour Bistro  
 .....Bellingham Golf & Country Club  
 .....Book Fare  
 .....Bistro Zazou  
 .....Bellingham Public Market

- Retail Demonstrations, Samples & Specials.....**Terra Organica  
 .....Community Food Co-op

- All-local Home Cooking.....**Your Kitchen!  
 Recipes, resources, details about cooking classes,  
 and more at [www.sustainableconnections.org](http://www.sustainableconnections.org)

- The 100-Mile-Diet.....**[www.sustainableconnections.org](http://www.sustainableconnections.org)  
 Join a group of veteran local eaters and the 100-Mile-Diet blog for tips, resources, potlucks, and answers to all your local-eating questions.

- All-local donations & giving.....**Mallard Ice Cream  
 Price of your all-local waffle cone donated to Food To Bank On  
 .....**Festival Espresso**  
 Eat Local Week proceeds benefit Sustainable Connections  
 .....**Kindred Spirits Celebration & .2k Harvest Chase**  
 Eat Local Week's Grand Finale, Sept. 16, benefits Sustainable Connections  
 ....**See Page 19 for more ways to support this work!**

**2007 Eat Local Week**  
**MENU** of Events & Specials

☞ **Appetizers** ☛

- Film: *The Real Dirt on Farmer John*.....Pickford Cinema**  
 Saturday-Monday, September 1-3
- Salmon & Corn Festival.....Bellingham Farmers Market**  
 Saturday, September 8
- Chef in the Market* with Amy Pelham...Bellingham Farmers Market**  
 Saturday, September 8

☞ **Sunday, September 9** ☛

- Lunch.....Swan Café & Deli**
- Dinner.....Boundary Bay Brewery**
- Farm Tour & Slow Food Tasting.....Bow/Edison, Skagit Co.**  
 A self-guided culinary adventure, \$15, 11am-4pm,  
 details at [www.sustainableconnections.org](http://www.sustainableconnections.org)

☞ **Monday, September 10** ☛

- Lunch.....Diego’s Mexican Grill**
- Dinner.....La Fiamma**
- Grand Opening.....Bistro Zazou**
- Latte Art Clinic, 12-1.....Festival Espresso**
- Downtown Carrot Jubilee.....YMCA**  
 Pre-school “Carroteers” on the corner of Holly & State, 11am-1pm

☞ **Tuesday, September 11** ☛

- Lunch.....Juice It**
- Dinner.....Mambo Italiano**

☞ **Wednesday, September 12** ☛

- Lunch.....Panini Grill & Deli**
- Dinner.....Nimbus**
- Eat Local Day*.....Bellingham School District**
- Wednesday Market.....on the Fairhaven Village Green**  
 4 3-7pm: Your mid-Eat-Local-Week pick-me-up!

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☞ **Thursday, September 13** ☛

**Brunch**.....Mount Bakery  
**Dinner**.....Pastazza  
**Cooking Class**.....Cuisine by Claire  
 11am-2pm: Fresh Inspirations, \$35, see page 12  
**Film: *The Power of Community***.....Bellingham Public Market  
 6:30pm, with other film shorts TBA

☞ **Friday, September 14** ☛

**Lunch**.....Book Fare  
**Dinner**.....Fools Onion  
*Grown in Washington Day*.....Mt. Baker School District

☞ **Saturday, September 15** ☛

**Breakfast & Farm Tour**.....Boxx Berry Farm  
 Free blueberry pancakes with wagon rides on the side  
**Brunch**.....Old Town Café  
**Dinner**.....Flats Tapas Bar  
**Cooking Class**.....with Dandelion Organic Delivery at Pacific Chef  
 12pm: Wild Greek Kitchen, \$15, benefiting  
 Sustainable Connections, see page 13  
**Farmers Markets**.....Bellingham and Ferndale Farmers Markets  
*Chef in the Market* with Steve Martin...Bellingham Farmers Market

☞ **DESSERT: Sunday, September 16** ☛

**Kindred Spirits Celebration**.....Sustainable Connections  
 Featuring the .2k Harvest Chase, **Pizzazza, Diego's Mexican Grill, Festival Espresso, Mallard Ice Cream**  
 & much more, 1-6pm at Depot Market Square.  
 A fundraiser for the Food & Farming Program!  
[www.sustainableconnections.org](http://www.sustainableconnections.org) for many more details