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Local group issues 2010 farm guide

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Sustainable Connections recently released their 2010 Whatcom Food & Farm Finder, the region's comprehensive guide to local food and agriculture that helps eaters hungry for where to find fresh greens and good grub.
The Food & Farm Finder was released at a special event at the Bellingham Saturday Farmers' Market on April 17, then distributed to over 200 locations county-wide and regionally. Look for the eye-catching cover featuring a beautiful painting by Bellingham artist Rebecca Meloy.

Inside, and on the handy fold-out map, are 122 local businesses, including 27 brand-new to the Finder this year. Users of the Food & Farm Finder will also discover 16 new farms, eight new restaurants, and a new winery section.
From arugula to pumpkins, flounder to heritage turkeys, fine dining to casual fare and one-stop shopping, the Food & Farm Finder reflects the incredible diversity of locally grown, processed, and prepared food and agricultural products in Whatcom County.

In addition to the comprehensive listings, the Whatcom Food & Farm Finder includes a wealth of information and resources to help shoppers find out how to eat with the seasons, seek u-pick and farm stands, celebrate at local events, find organic farms and Community Supported Agriculture (CSA) projects, source fresh from fishers and ranchers, and learn about the importance of our local food and agriculture.

For every $100 spent at a farmers market, $62 is re-spent locally, for a total impact of $162. Additionally, locally-owned restaurants that use locally grown food create 51 percent more local economic activity per dollar spent than those that don't buy local food.

"The best way to support local farmers and food producers is to eat what grows here seasonally. The Food & Farm Finder helps everyone spend their food dollar wisely and make healthy choices that support our local economy," said Laura Leigh Ridenour, Sustainable Connections' Food and Farming Program Manager.

The free Whatcom Food & Farm Finder is produced and published by Sustainable Connections, with support from Whatcom Farm Friends, and with the vital contributions of lead sponsors Lithtex Northwest and Lesa Boxx & Jamie Imus of Country Financial.

The Food & Farm Finder will be available county-wide, and online at www.SustainableConnections.org. For more information please contact Sustainable Connections at 360-647-7093.

Sustainable Connections is a non-profit membership organization of 600+ business and community