



Celebrating Local Foods

A Lecture and Discussion Series

Co-sponsored by OSU Extension and
Mustard Seed Market & Cafe

Join fellow “Locavores” — lovers of local foods — at this monthly program to learn about the local food movement, and what’s happening in our own backyards. Each session will feature a lecture by a local expert, a book related to the topic, information on growing and finding in-season local food, and time to network and ask questions. Session time is from 7PM to 8:30PM. Cost is \$5 each session, or purchase the series for \$20. Half of all proceeds supports these local organizations. Preregistration recommended.

Thursday, June 25: Cultivating Seeds of Change

Abraham Nabors, 2nd generation owner of Mustard Seed Market and Café

—An introductory lecture about how Mustard Seed has cultivated local food and local economies throughout its history and how the changing dynamics of food and local economies might affect our future.

Thursday, July 23: Fighting Hunger with Local Food

Christopher Norman, Crown Point Ecology Center; L.J. Dalton, Haven of Rest/Harvest Home; Mark Mitchell, Akron-Canton Regional Foodbank, and Barb Sipe, Director of Summit County's WIC program

—Learn how Crown Point, Haven of Rest, WIC and the Akron-Canton Regional Foodbank are using vegetable gardening to fight hunger, and how you can get involved. Panel format.

Thursday, August 27: Building Local Economies, Starting with Local Food

Casey Hoy, OSU Professor of Entomology, OARDC Wooster

—In this session, we'll discuss how rebuilding local food systems can create businesses, jobs and livelihoods, in addition to healthier diets and stronger communities.

Thursday, September 24: Finding Local Foods, Including Farms & Farmers' Markets

—Julie Fox, OSU Centers at Piketon, will share Ohio resources for finding local foods.

Thursday, October 22 : Buying a Share of Something Good —Community Supported Agriculture in Northeast Ohio

Beth Knorr, Countryside Conservancy

—Learn about the growing number of CSAs in our area: what they are, how they work, how to find them and how they can have a positive impact on your eating habits.

Register by phone or in person at the Montrose Mustard Seed Market, (330) 666-7333.
For program questions, contact Denise Ellsworth,
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(330) 928-4769 ext. 21

