

# 2010 Events

*Please register with a cashier or by phone at least 3 days prior for the Community Room events. All Winter Eat Local Challenge Events are free of charge and open to everyone!*

## So What is Permaculture Anyway?

**Monday, March 1, 7-8:30 p.m. in the Just Food Community Room**  
Cost: FREE. Please register by phone or with a cashier.

This class gives you a brief introduction to permaculture: a design approach that uses nature as a model for creating productive and efficient gardens and landscapes. You'll learn some of the important aspects of permaculture design and how people have used those design elements. And you'll get some useful, innovative ideas that you can apply in your own garden right away (after the snow melts)!

Instructor Paul Sebbby is a permaculture enthusiast trained by the Permaculture Research Institute-Cold Climate who designs and works a five-acre piece of land on the edge of Northfield. He is also a member of the Transition Northfield Initiating Group.

## Local Food Potluck

**Thursday, March 4, 5:30-7 p.m. in the Just Food Community Room**  
Cost: FREE. Please bring a dish that is 50% local, & your own plates & utensils for eating.

Join community members for good food and lively discussions on local food. There will also be a recipe exchange. Sponsored by the Northfield Local Food Action Network, Transition Northfield, and Just Food Co-op.

## Local Food, Local Policy in Rice County

**Thursday, March 4, 7-8 p.m. in the Just Food Community Room**  
Cost: FREE. Please register by phone or with a cashier.

Learn about efforts to promote the growth of a sustainable local food system in Rice County through policy changes on a local level. Over the past few months, Carleton MPIRG students and community members have been working to persuade the County Board of Commissioners to adopt policies that would establish a local foods purchasing preference for county institutions and create incentives for farmers to switch from conventional to organic production. They will talk about the progress they have made so far, and how you can get involved!

## CSA Day

**Saturday, March 6, 11 a.m.-2 p.m. in the aisles of Just Food Co-op.**

Stop in at Just Food Co-op and meet the many local community supported agriculture farmers (and turkey farmers too), and learn how you can share in the bounty this year.

Read the blog at

[www.eatlocaljustfood.wordpress.com](http://www.eatlocaljustfood.wordpress.com)

## The Quick and Easy Guide to the

# WINTER EAT LOCAL CHALLENGE

**March 1-7, 2010**

at  
  
just food  
co-op

**The Challenge: Eat 50% of your food from the 5-state area for 1 week.**

Just sign up on the poster at the front of the store or make a mental commitment if you'd like your challenge to be more private. Then try to make sure that half of the foods you eat or ingredients you use are locally-produced. It's that easy!

Because this is YOUR challenge (not ours), we encourage you to make it your own. If 50% seems too intimidating, go for 25%. If you're already eating mostly local foods, perhaps you want to increase your challenge to 75% or make your definition of local a bit closer. Some folks decide that they will include locally-roasted coffee in their definition of local food, and some instead assume their coffee will fall into the non-local category, and are grateful that they've got 50% non-local wiggle-room! The idea here is to set your own challenge, and then try to meet that challenge all week long. Look inside for some easy menu ideas to get you started. And join us for some fun events (see the full listing on the back) to keep you motivated!



# Top 5 reasons to take the Winter Eat Local Challenge:

**1. It's good for the local economy.** When you spend your dollars on locally-grown and locally-produced foods, more of your money stays in the community.

**2. It's good for the local food system.** As the demand for locally grown food increases, more people will see food and farming as viable business opportunities, and the supply will increase.

**3. It's good for the environment.** Locally produced food has less distance to travel. Also, you can usually speak directly with local farmers to learn about their sustainable farming practices.

**4. It's easier than you think.** 50% is a surprisingly easy goal to reach once you try. It's as simple as local milk in your cereal, local bread and cheese on your sandwich, and local popcorn with your can of soup. Just look for the green local labels (like the one above) on the shelf to find our locally-produced choices. And if you're looking for an even easier way to meet the challenge, you can eat at the Just Food Deli, where the hot bar selection, hot soups, and a sandwich option will be at least 50% local all week long.

**5. You might find a new favorite.** Once you begin looking at where your food is coming from, you'll find that there are many, many local choices even in the dead of winter. When you swap out your regular tortilla chip choice for the locally-produced chip, or your normal salsa for a local salsa, you may never go back!

# Easy Menu Ideas

## Breakfast

- Whole Grain Milling Company (WGMC) bulk oatmeal with Cedar Summit milk, Wild Country maple syrup, and SnoPac frozen berries (100% local)
- Your favorite cold cereal with Organic Valley milk and Homestead Apiaries raw honey (66% local)
- Quiche made with local eggs, Valley View Farms milk, and SnoPac frozen spinach and broccoli (100% local)
- Brick Oven Bakery muffins (100% local)

## Lunch

- Grilled cheese sandwich with Brick Oven Bakery bread, local cheese and local butter and your favorite tomato soup (75% local) (or make it 100% with Soluppa soup, found near the butter)
- Holyland hummus and pita with a local apple (100% local)
- WGMC tortilla chips and Firehouse Salsa served with a BLT made from Brick Oven bread, Labore Farms lettuce, Lorentz or Beelers bacon, mayo and a tomato (70% local)

## Dinner

- Gourmet Parlor or One Sun Farms frozen pizza (100% local)
- Dakota Growers or Sunrise pasta with a jar of your favorite pasta sauce, served with a salad of Labore Farms lettuce and Salad Girl salad dressing (75% local)
- Homemade root veggie soup (like bouillon or broth with local potatoes, local radishes or another local root vegetable, carrots and a can of black beans) served with New French Take & Bake bread and Hope Creamery butter (57% local)
- Positively Third Street buns with local meats, ketchup and mustard, a side of SnoPac veggies, and SnoPac fries (found next to the frozen hashbrowns) (66% local)

## Snacks and Treats

- WGMC bulk popcorn or Clem's popcorn with Pastureland butter (100% local)
- Peanut butter on French Meadow bread (50% local)
- Flackers Crackers and local cheese (100% local)
- Cultural Revolution yogurt (100% local)
- Nachos with your favorite refried beans, local cheese, Salsa Lisa salsa, and WGMC tortilla chips (75% local)
- New French Take & Bake breadsticks with Rochdale hand rolled butter (100% local)