



LGG Annual Meeting August 9th

Mark your calendars now to be sure and attend the Local Growers Guild 2009 Annual Meeting on Sunday, August 9th at Maple Valley Farm from 4:00 to 7:00. Come meet our new director and enjoy a relaxed evening of fun and food with fellow members of the LGG! We will have a short business meeting talking about the local food distribution feasibility project and our plans for 2010. There are many cool projects in the works including an exciting local food conference in partnership with the food anthropology department at IU, opportunities for getting local food into the Monroe County school system, grant opportunities with ISDA, a CSA research project being conducted by one of our members, incredible local food events for the public, and the possibility of hiring a local food broker to help connect buyers and growers on a one-on-one basis. The rest of the evening will be for eating, talking, laughing, and touring the farm. Please bring a dish to share and a chair to sit in. (Save paper – bring your own plate and utensils if you can.) All are welcome at this family-friendly event.

Celebration of Hoosier Craft and Culture

Chef Daniel Orr of FARMbloomington Restaurant will be releasing a new cookbook at this special event the evening of Monday, August 3rd at the West Baden Springs Hotel. He is looking for farmers who could provide ingredients for the evening meal and who would be interested in sampling food at the event to promote Indiana farmers. It's a great opportunity to spread the word, sell some product, and see an amazing piece of architecture.

Interested? Please contact Chef Orr through the restaurant at (812) 323-0002.

Institutional Sales Opportunities

Are you ready to try out institutional sales? Bloomington Hospital and the Monroe County Community School Corporation are both interested in trying out small local food pilot programs.

The hospital would like to feature a few different locally grown fruits in their cafeteria this summer and fall. MCCSC is looking for local produce to serve as part of their fruit and vegetable snack program at Templeton Elementary during the next school year. Both groups are very excited about promoting the farms that they buy from and encouraging their patrons (students and patients) to seek out locally grown healthy food. Intrigued? Please contact Maggie Sullivan at 812-345-1592 or localgrowers@localgrowers.org for more information.

Volunteer Spotlight – Jenny Williams

The Local Growers Guild would like to thank our Desktop Publishing Intern, Jenny Williams, for the incredible job that she did designing the Local Growers Guide. Jenny is a Studio Art major specializing in graphic design and photography who graduated from IU in May. She was the Assistant Design Chief for the Indiana Daily Student from August 2007 to December 2008 where she was nominated for Best Graphic Illustration. She is currently designing invitations and announcements for M. Hopple & Co. until she starts graduate school at UC in the fall.

Best of luck, Jenny, and thank you!



Dine Local Week

Our retailer members are stepping up to help raise funds for the Local Growers Guild as part of the Eat Local America Challenge this summer. Several restaurants will be holding Dine Local Night events the week of July 20-26. Look for more information on how to enjoy an evening dining on local ingredients!

LGG Seeks Community Board Member

Are you a community member with a passion for local food? Please consider serving on the LGG board of directors. We need one community member to take over a position that will conclude in March 2010. Meetings are held once a month on Tuesday evenings for two hours. Board members are also expected to spend a few hours per month on committees. Interested? Please submit your name, contact information and a blurb about what experience and skills you can contribute to the Local Growers Guild. Please send submissions as well as questions to Maggie Sullivan at localgrowers@localgrowers.org or call 812-345-1592.

Upcoming Food Conferences 2010

Bloomington and Indiana University will be hosting two national food conferences in June 2010. The Association for the Study of Food and Society (ASFS) and Agriculture, Food, and Human Values (AFHV) will be holding a joint conference preceded directly by the National Cooperative Grocers Association. These folks are excited about local food and are eager to learn all about the farms and food businesses of southern and central Indiana. They will be looking for food suppliers, farms willing to host tours, chefs willing to cook local food dinners, and farmers willing to talk. Look for more details this fall.

Join the National Co-op Eat Local, America! Challenge *by Ellen Michel*



Bloomingfoods is hosting its 2nd Eat Local, America! Challenge this summer, joining other natural food co-ops

who are members of the challenge host, the National Cooperative Grocers Association (NCGA). You can kick-start your own quest to eat more local foods by participating, too. The challenge is designed to help people eat more local food, while celebrating our communities' farmers and other food producers who make it all possible. The Bloomingfoods ELA Challenge runs from Sunday July 19 – Sunday August 23. You'll find sign-up sheets in the three Bloomingfoods stores.

Okay, so just what are you committing to? This is a personal challenge, much like training to reach any other specific goal. You can decide to: 1) Make 4 meals out of 5 with local foods; 2) Make 5 meals a week with local foods; 3) Set your own local food goal (such as, purchase only local salad fixings, and make a local salad every day). There's a poll at the website, and so far, most people (64%) are choosing the flexible option #3. Communities that have held Local Foods Challenges in the past say that it's not about getting hung up on doing everything "right" (and yes, you can still drink coffee and use salt and pepper) – rather, it's about learning about your own local options, and building more of those into your diet.

You'll find resources in the Bloomingfoods stores, at www.bloomingfoods.coop, and at www.eatlocalamerica.coop. Ellen Michel and Katie Zukof, from Bloomingfoods and the Local Growers Guild, will be blogging at the Eat Local America site. There's a great recipe there for the Argentinean dish Garden Chimichurri, which uses parsley,

oregano, cilantro, garlic, jalapeno peppers, and scallions – many of which you might find from local sources (or perhaps you grow your own). Word has it that Chimichurri is the new pesto!

The Bloomingfoods Eat Local, America! Challenge begins on the day after the co-op's annual MAD/CAD Day, Member and Customer Appreciation Day, on Saturday July 19. Many local products will be on sale throughout the stores. Local vendors who want to sample their wares and talk to customers on this biggest shopping day of the year (when everyone receives an additional 5% discount) should contact the store managers to make arrangements: Meg Torrence at Bloomingfoods East (812-336-5400), Jason Hill at Bloomingfoods Near West Side (812-333-7312); and Jacob Goodman at Bloomingfoods Kirkwood (812-336-5300). A percentage of sales on MAD/CAD Day will be donated to the Local Growers Guild to help with their fundraising efforts this summer.



Farmers' Market Salad from Victoria at www.goinglocal-info.com, another great source of delicious local food suggestions.

On Sunday July 26, Bloomingfoods will host a pitch-in local dinner Bryan Park, during a 6:30 – 8 pm concert with Jason Fickel and his band, part of the Bloomington Parks and Recreation

summer concert series. Dinner prep will begin at 5:30 pm at the Henderson Shelter. Please bring a local dish to share, dishware, and a blanket for the lawn. It'll be a great time to exchange ELA stories!

The ELA Challenge will end on Sunday August 23, with another pitch-in local dinner at the Henderson Shelter in Bryan Park, beginning at 5:30 pm. Krista Detor will perform that night in the park, as part of the Bloomington Parks and Recreation Summer Concert Series, again sponsored by Bloomingfoods. Bring a dish with local ingredients to share, dishware, and a blanket, to enjoy an end-of-summer evening. The co-op will acknowledge people at this pot-luck who complete the ELA challenge.

Questions? Please contact Ellen Michel at 812-339-4442x105 or ellen@bloomingfoods.coop

Ellen Michel is marketing manager for Bloomingfoods. She is the retailer representative on the board of the LGG, loves to eat local foods, and is planning to sign up for the ELA Challenge.

PS. Mark your calendars for the 2009 Salsa Contest, a collaborative effort between Bloomingfoods and the City of Bloomington Parks and Recreation. This year's contest will take place from 10am – noon on Saturday August 29, at the Showers Plaza on Morton Street, next to the Bloomington Community Farmers Market. Salsa Contest entrance packets will go on sale for \$5 each at the East and Near West Side Bloomingfoods locations, on August 1st. Individuals may enter in 2 out of 3 categories: Raw, Cooked, and Specialty salsa. For more information, see www.bloomingfoods.coop.

Upcoming Events

LGG BOARD MEETING (JULY)

BLOOMINGTON – CALDWELL CENTER
323 S. WALNUT ST.
TUES, JULY 7, 7-9 PM

Please RSVP to Maggie at 812-345-1592 if you would like to attend. All are welcome.

DINE LOCAL WEEK

BLOOMINGTON – MULTIPLE RESTAURANTS
SAT, JULY 18 - THURS, JULY 23
Visit your favorite LGG member restaurant for a dinner special made with fresh, locally grown ingredients. A percentage of sales will be donated to the Local Growers Guild.

EAT LOCAL, AMERICA! CHALLENGE

SUN, JULY 19 – SUN, AUGUST 23
BLOOMINGTON - BLOOMINGFOODS
Participate in the second annual Eat Local, America! Challenge sponsored by Bloomingfoods. Bloomingfoods will be giving away great prizes to participants who challenge themselves to make four out of five meals with locally grown foods or set their own local foods goal. More info is available at www.bloomingfoods.coop & www.eatlocalamerica.coop.

Homegrown Indiana Summer Tour

Bloomington departure
Sunday, July 19, 1–9 p.m.
\$60/person includes tour, dinner, and transportation.

Tour LIFE Farm, Hunter's Honey and Harvest Moon Flower Farm. In the evening, enjoy the fruits of farmers' labors with dinner made by Gregg "Rags" Rago from Nick's English Hut and Jeff Finch from Finch's Brasserie. Register by 7/13 through the City of Bloomington website.

MHC EVENING FARM TOUR

BLOOMINGTON – DEPARTS FROM MHC
MON, JULY 20, 6PM-7:30 PM
BY DONATION

Join Mother Hubbard's Cupboard for an evening touring Meadlowlark Organic Farm, located in the rolling hills of western Brown County near the north fork of Salt Creek. Meet at MHC parking lot to car-pool - we will depart MHC at

5:25. Donations suggested if possible. To register for this tour contact 812-355-6943 or Stephanie@mhfoodpantry.org.

PITCH-IN LOCAL DINNER

BLOOMINGTON—BRYAN PARK
SUN, JULY 26, 5:30-8 PM

Bloomingfoods will host a local potluck at the Henderson Shelter in Bryan Park during a 6:30-8:00 pm concert with Jason Fickel and his band, part of the Bloomington Parks and Recreation summer concert series. Please bring a local dish to share, dishware, and a blanket for the lawn. It'll be a great time to exchange local foods stories!

LGG ANNUAL MEETING/CELEBRATION

MAPLE VALLEY FARM, BLOOMINGTON
SUN, AUGUST 9, 4-7 PM

Join us for our annual meeting and celebration! This is an informal potluck dinner and great chance to socialize with other farmers and local food enthusiasts. All are welcome! Directions are at <http://maplevalley.howardfamilyenterprise.com/>

MHC URBAN FARM TOUR

BLOOMINGTON—DEPARTS FROM MHC
SAT, AUGUST 22ND 10:30-NOON
BY DONATION.

Join Mother Hubbard's Cupboard for a tour of Grown in Town Farmstead, part of an urban farm in Bloomington that features a mini-orchard, berry patches, and extensive garden beds. Meet at MHC parking lot to carpool - we will depart MHC at 10:15am. Donations suggested if possible. To register for this tour contact Stephanie at Stephanie@mhfoodpantry.org or 355-6843.

PITCH-IN LOCAL DINNER

BLOOMINGTON- BRYAN PARK
SUN, AUGUST 23, 5:30 – 8:00 PM

Bloomingfoods will host a local potluck at the Henderson Shelter in Bryan Park during a 6:30-8:00 pm concert with Krista Detor, part of the Bloomington Parks and Recreation summer concert series. Please bring a local dish to share, dishware, and a

blanket for the lawn. The co-op will acknowledge people who complete the Eat Local, America! Challenge at this time.

SALSA CONTEST

BLOOMINGTON – SHOWERS PLAZA
SATURDAY, AUGUST 29, 10 AM – NOON

The City of Bloomington and Bloomingfoods are co-sponsoring the 2009 salsa contest at Showers Plaza on Morton St. next to the farmers market. Entrance packets will go on sale for \$5 each at the East and Near West Side Bloomingfoods locations on August 1. Individuals may enter in 2 out of 3 categories: Raw, Cooked and Specialty Salsa. For more information, go to www.bloomingfoods.coop.

HOMEGROWN INDIANA FALL TOUR

BLOOMINGTON—DEPARTS FROM CITY HALL
SUN, OCTOBER 4, 1:15–7:30 PM
\$14/PERSON, FREE FOR CHILDREN AGE 2 YRS. AND UNDER

Visit Olde Lane Orchard and Graber's Produce. Enjoy a simple dinner including soup made with local ingredients. Register by 9/28 through the City of Bloomington website.

FUTURE EVENTS

The Local Growers Guild is still in the planning stages for a couple fall food events including a Harvest Dinner at Upland Brewery, a dinner to tie into the Simply Healthy Fair, and possibly a Barn Dance. Please contact any board or staff member if you'd like to help out!

Go Paperless!

In an effort to reduce our environmental impact, the Local Growers Guild would like to allow a paperless newsletter subscription option for our members. If you would like to receive this newsletter as a pdf in the future, please e-mail us at localgrowersguildnews@localgrowers.org and put **paperless** in the subject line.

Classifieds

EQUIPMENT

ORGANIC HAY

We are taking orders for hay from certified organic seed at \$4/bale. Please contact Tom Gallagher at 812 333-5252 or tgallagh52@gmail.com.

SALAD SPINNER FOR SALE

I am selling a trusty, commercial grade, 5 gallon orange salad spinner. In great condition, asking price is \$50.00. Contact Mark Trela @ runesfromthedunes@yahoo.com

WANTED

LAYING HENS

I'm looking to start a small flock of laying hens (6-8), and would like to find a couple of people who would be willing to sell hens 1-2 years old, brown or colored egg-layers. Please contact Louise Miracle at rlou99@hotmail.com.

ANNOUNCEMENTS

GREENE COUNTY FARMERS MARKET

The Eastern Greene County Chamber of Commerce is holding a Farmers Market in Solsberry, every other Saturday. We are still seeking vendors. Please contact our office manager, Monica, at: chamber@easterngreene.org

SPROUTS GARDEN

SPROUTS Garden, at the intersection of 8th Street and Fess Avenue is now hosting Work Days on Wednesdays and Sundays from 7:00 pm until dark and Play Days on Saturdays from noon until 4 pm. Please contact Benji Fraser, bfraser@indiana.edu.

GLYNWOOD CENTER HARVEST AWARDS

Glynwood is calling for nominations for its seventh annual Harvest Awards. The Awards recognizes farmers, organizations, and businesses across the United States that demonstrates innovation and leadership in support of regional agriculture and sustainable food systems. Please visit www.glynwood.org for nomination details, information on past winners, and to make an electronic submission. Nominations must be postmarked or e-mailed no later than **July 20, 2009**.

DOME GROWN FARM CAMP

A one-week sustainable life skills summer camp at Dome Grown Farm (2129 S. High Street, Bloomington)
Monday 7/13 to Saturday 7/18, \$305
Monday 7/27 to Saturday 08/01, \$305
Please contact Nathan Harman at 812-345-0963 or 812-336-6295 for an application.

VOLUNTEERS

HOOSIER HILLS FOOD BANK

Volunteers needed to help glean excess produce not harvested from the fields and to grow crops on land set aside by Stranger's Hill Organic Farm. Contact Kim at volunteer@hhfoodbank.org to receive updates on Gleaning Project opportunities and volunteer call-outs.

LOCAL GROWERS GUILD

Would you like to help the Local Growers Guild spread the word about local food? We are looking for volunteers to help table at events around the Bloomington Area including the Community Farmers' Market (Saturdays), the Member Appreciation Day at Bloomingfoods (Saturday, July 18th), and Green Drinks events at Upland Brewery (fourth Wednesday evening of each month). We are also forming a small group to help fold and label newsletters every other month. Interested? Please contact Katie Zukof at Katie@localgrowers.org or by phone at 812-339-8198.

Classified ads are free to members and \$5 for non-members with a 30-word maximum. Entries can be sent by e-mail to katie@localgrowers.org or contact Katie Zukof by phone at 812-339-8198 by August 5.

Local Growers Guide

The 2009 Local Growers Guide is now available! This free publication, detailing how, where and why to buy local foods, is available at all of our retailer member locations and several other places around town. As a member of the LGG, you should have received a copy in the mail or at the farmers' market. If you would like additional copies, please contact Katie Zukof at katie@localgrowers.org

LOCAL GROWERS GUILD

P.O. Box 2553
Bloomington, IN 47402
www.localgrowers.org

About this Newsletter & Our Organization

This newsletter is a publication of the Local Growers Guild, a cooperative of farms, retailers and community members dedicated to strengthening the local food economy in southern Indiana through education, direct support and market connections.