

# NEW HAMPSHIRE EAT LOCAL WEEK AUGUST 3-9, 2008

Celebrate the bounty of New Hampshire grown food! Mix and match challenges from any of the columns and see what a difference you can make for your local economy, your health, your community, and your environment.

## Sprout

- Visit and buy food at a new to you farmers' market or farm stand
- Cook and eat two meals from NH grown foods\*
- Replace an out of season food you normally buy with a locally grown in season food
- Share NH grown food with a friend (fruits, cheeses, fresh vegetables or a meal)
- Eat out at a restaurant that supports local agriculture and order the most local menu item

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\* exemptions for spices, salt, and small amounts of other ingredients are allowed

## Seedling

- Try a new to you vegetable from a farmers' market or farm stand
- Find and buy a NH grown foodstuff that will be available year-round (maple syrup, honey, cheese, milk, butter, meat, etc.)
- Cook and eat 6 meals from NH grown foods\*
- Bring a friend who's never been to a farmers' market or farm stand
- Eat out at a restaurant that supports local agriculture—let your waiter know that is why you chose to dine at that restaurant

## Perennial

- Buy an in-season food in bulk and can, freeze or dry some for the winter
- Cook and eat 12 meals from NH grown foods (bonus points for inviting friends or neighbors over for one of these meals)\*
- Replace a purchased foodstuff with one you've made yourself with mostly local ingredients: ex: ketchup, salad dressing, pickles
- Teach a friend or family member to cook a new recipe based on local food
- Encourage a local restaurant to increase their support for local agriculture—talk to the manager, chef or owner or provide information about local farms

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Tell us about your NH Eat Local Week at  
**[www.nheatlocalweek.org](http://www.nheatlocalweek.org)**

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