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FOR IMMEDIATE RELEASE

## **Agriculture Director Challenges Ohioans to Eat Local**

*Eat Local Challenge to take place Sept. 13 – 19*

REYNOLDSBURG, Ohio (Sept. 11, 2009) – Ohio Agriculture Director Robert Boggs is extending a challenge to all Ohioans to consume local foods during the week of Sept. 13 – 19.

“When we as Ohioans purchase our food locally, our actions not only benefit the local economy and the environment, but we also enhance the quality of life for our farmers and our society as a whole,” said Boggs. “That is why I challenge all Ohioans this week to plan and prepare one meal every day using fresh, nutritious foods that are made, grown, or raised here in our state.”

From dairy products to meats to fruits and vegetables, Ohio is home to a large variety of products and produce, all of which are available in grocery stores and at the more than 800 farm and farmers’ markets located across the state. Consumers can visit the Ohio proud Web site, [www.ohioproud.org](http://www.ohioproud.org), to search for market locations by county or by a specific product. Also available on the site is an Ohio Product Availability Chart, which outlines the seasons for Ohio produce. For those Ohioans who need help with recipe ideas during the challenge, the Web site also features a recipe index that is searchable by commodity.

In celebration of the challenge, Director Boggs and the Ohio Proud traveling kitchen will be at the Pearl Market on Sept. 15 at 12 p.m., where Keith Adams, kitchen manager and chef at Tip Top Kitchen and Cocktails, will shop at the market for fresh, Ohio ingredients, and then prepare a meal in the kitchen. Samples will be provided.

For more information or to accept the Eat Local Challenge, visit the department’s Web site at [www.agri.ohio.gov](http://www.agri.ohio.gov).

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