

Channing Green Congregation
Local Foods Harvest Dinner

Sunday, October 21, at 5 PM

It's estimated that our foods travel an average of 1500 miles before they enter our kitchens and bodies. All that travel burns fuel! Cheap food is not that cheap, if you count all the costs. Meanwhile, local (and proven highly efficient!) small-scale and family farming is struggling to survive. Growers' markets are among the fastest growing economic sectors, but they're still a tiny percentage of food we choose to buy.

So bring a dish:

- **made from food grown in Southern New England (RI, MA, CT)
(Co-op or Fair Trade ingredients can come from anywhere.)**
- **menu: appetizers, main dishes, salads, bread, beverages and desserts
(How about Newport or Sakonnet Vineyards wines and Newport Storm beer?)**
- **ingredients listed on an index card with the origin of each ingredient, if possible.
(Seasonings exempted from geographical limits, but please try to list their origin.)**
- **servings for eight**
**A brief program on local farming and Community Support Agriculture (CSA)
will follow the dinner.**

We CAN make a difference!