

www.buylocalvirginia.org/challenge

Or submit online at
Phone: 434-977-2033 Fax: 434-977-6306
Charlottesville, VA 22902
410 East Water Street, Suite 700
Piedmont Environmental Council
Mail Completed Cards by October 18th:



Name of School _____

Check box if under 18 years old

Phone: _____

Email: _____

Address: _____

Name: _____

Fill out your contact information below and mail completed cards to PEC 18th, 2009. Prize winners will be notified by October 31st. Or submit online at www.buylocalvirginia.org/challenge by October 18th, 2009.



The Charlottesville Cooking School

A Special Thanks to Our Sponsors

- You'll Get Exceptional Taste and Freshness
- You'll Strengthen Your Local Economy
- You'll Support Endangered Family Farms
- You'll Safeguard Your Family's Health
- You'll Protect the Environment

Why Eat Local?

eat local challenge

21 local foods in 21 days

Sept. 21st - Oct. 11th, 2009



Charlottesville Area





- **Grand Prize**
- A series of 3 seasonal cooking classes from the Charlottesville Cooking School
- Other Great Prizes
 - A "day with a cheesemaker" with Gail Hobbs-Page at **Caromont Farm**
 - A \$50 gift certificate to **C&O Restaurant**
 - A \$50 gift certificate to **Dr. Ho's Humble Pie**
 - A \$50 gift certificate from **Integral Yoga**
 - A family day at **Layz S Ranch** with hayrides, corn maze and a pumpkin
 - A \$25 gift certificate to **Blue Ridge Eco Shop**
 - A \$25 gift certificate from **Revolutionary Soup**
 - Gift cards, t-shirts and a growler from **Blue Mountain Brewery**
 - "Eat Local" or "Local Food Tastes Better" t-shirts from **Feast!**
 - A family farm tour and "egg hunt" from **Open Gate Farm**
 - A "MasLocavore" recycled bag from **Mas Tapas**

Eat Local and You Could Win!
 Submit your scorecard to be entered into a random drawing to win one of these prizes

Scorecard	Food Item: ex. Tomato	Source: ex. The Farm at Sunnyside
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		
16.		
17.		
18.		
19.		
20.		
21.		

Local Foods Available for Fall*

- Vegetables**
 - Artichokes
 - Asparagus
 - Beets
 - Belgian Endives
 - Bok Choy
 - Broccoli
 - Broccoli Rabe
 - Brussels Sprouts
 - Butternut Squash
 - Cabbage
 - Carrots
 - Cauliflower
 - Celery
 - Celery Root
 - Chicory Greens
 - Cucumbers
 - Daikon Radish
 - Eggplant
 - Fennel
 - Garlic
 - Green Beans
 - Green Bell Pepper
 - Green Onions
 - Green Pepper
 - Kale
 - Kohlrabi
 - Leeks
 - Lettuce
 - Mescun Mix
- Herbs/Flowers**
 - Chervil
 - Dill
 - Oregano
 - Rosemary
 - Tarragon
- Meats**
 - Bacon
 - Bison
 - Chicken
 - Goat
 - Ham
 - Lamb
 - Pork
 - Turkey
- Dairy/Eggs**
 - Butter
 - Cheeses
 - Cream
 - Eggs
 - Milk
 - Yogurt
- Fruits**
 - Apples
 - Pears
 - *adapted from freshfarmmarket.org
- Mushrooms**
 - Mustard Greens
 - Onions
 - Potatoes
 - Pumpkins
 - Radishes
 - Red Cabbage
 - Rutabagas
 - Salad Greens
 - Scallions
 - Shallots
 - Spaghetti Squash
 - Spring Onions
 - Sunchokes
 - Sweet Corn
 - Sweet Peppers
 - Sweet Potatoes
 - Swiss Chard
 - Tomatoes
 - Turnips
 - Winter Squash
 - Zucchini!



Set goals. Learn about local foods. Make a change. This is your opportunity to think about what you eat and where it comes from. See how many local foods you can incorporate into a meal. Try a local food you've never tasted before. Plan a local foods potluck. Use the seasonal availability guide on this scorecard and see how fun it can be!

1 Take the challenge. Eat 21 local foods anytime between September 21–October 11th. Items should be grown and sourced within 100 miles of your home and should represent a wide variety of foods. Products from backyard gardens count too!

2 Fill out the scorecard. List the local food item and its source on the scorecard to the right. If you buy local foods at restaurants or retailers, ask where it was sourced and include both the retailer and farm on your scorecard. Example:
 Food item: Salsa Source: Integral Yoga/Farm at Red Hill
 Food item: Carrot Source: My garden

3 Submit your scorecard. Send completed cards to the FEC or enter your information online at www.buylocalvirginia.org/challenge by October 18th to be entered in a random drawing for great prizes.

Visit www.buylocalvirginia.org/challenge

