



**Lots of Great Events to  
Keep You Eating  
Locally!  
Come join in the fun!**

**Sign up for workshops at  
[WasatchGardens.org](http://WasatchGardens.org)**

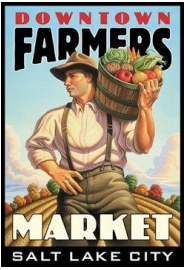
- ◆ **Pasta Party and Sassy Sauce Swap at Viking Cooking School**  
**Wednesday, Sept. 5, 6pm-8pm**  
Come learn how to make your own pasta from local ingredients! Bring a container of your favorite homemade pasta sauce to swap with others! (Ingredients for pasta provided)  
**\$10 per person – registration required**
- ◆ **Kick-Off Event at Grateful Tomato Garden (800 S. 600 E.)**  
**Saturday, Sept. 8, 11am-2pm**  
Start off your Challenge with this celebration. Enjoy heirloom tomato sandwiches made fresh, live music, fun kids' activities, and a Fall Plant Sale! Sign up with your pledge to Eat Local! **Free**
- ◆ **Quick Pickles at Downtown Tuesday Harvest Market**  
**Tuesday, Sept. 11, 4:30pm-7pm**  
Come make a quick batch of pickles that will taste like summer in a jar! We'll help you make your creation at our booth after you've chosen your ingredients from the market. Jars and supplies provided.  
**\$10 suggested donation. Space is limited, preregistration is encouraged!**
- ◆ **Grand One-Week Celebration at Grateful Tomato Garden**  
**Saturday, Sept. 15, 6:30pm**  
Celebrate the first week of the Challenge with this grand potluck dinner! Bring one of your favorite dishes and enjoy others! Share your ELC stories, challenges and fun. Prizes! **Free**
- ◆ **One-Month Challenge Grand Finale! – Private Tour of Beehive Cheese and Pot Luck Dinner**  
**Saturday, Oct. 6, 6:30pm**  
Let's celebrate a month of eating locally! Join us for a private tour and tasting at Beehive Cheese in Uintah. Bring one of your favorite dishes to share. Carpooling is suggested! **\$10 suggested donation. Space is limited! Sign up early!**



## The Challenge begins September 8!

Choose your own challenge from the ideas below, then join in the fun of learning all about eating locally!

# How Local Can You Go?



- ◆ **Choose your distance** – eat food from within a 250-mile radius, or go really hard-core with a 100-mile radius!
- ◆ **Choose your time** – eat locally for one week, one month, or somewhere in between!
- ◆ **Choose how local you want to go** – make your challenge personal. Choose one food group, one type of meal, or go all the way and eat ONLY local foods!

*The whole idea is to make it a challenge – extend yourself, learn about what is available locally, what substitutes you can make for products you currently use, try new things, EXPLORE our local food landscape! We'll help you by providing information, ideas, recipes, and tips to keep you on that local path!*

**Go to WasatchGardens.org**  
**to sign up with your pledge**  
**to Eat Local!**

