

FOR IMMEDIATE RELEASE

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Local Food Week – Fresh Food from Oklahoma Family Farms

Sustainable Green Country and a host of other organizations are encouraging their fellow Oklahomans to join them in celebrating the second annual “**Local Food Week**” during the week of June 13-20, 2010, pronouncing that local food is a valuable economic asset for the state of Oklahoma. Last year launched the first week of events following proclamations from Gov. Brad Henry and former Tulsa Mayor Kathy Taylor.

Started through the **Buy Fresh Buy Local** initiatives in Oklahoma, Local Food Week festivities will highlight local family farms and farmers’ markets hosting a wide variety of activities including cooking demonstrations, a salsa making contest, community garden tours, a farm table dinner, hands-on learning for children, and much more.

The farms and farmers’ markets featuring special events during Local Food Week include: (see schedule on the website at www.localfoodweek.org)

To make it easier for citizens in Northeast Oklahoma to find local foods, *Buy Fresh Buy Local – Green Country* has produced three farmers’ market guides and is printing it’s third local food guide, along with helping assist in the development of farmers’ markets throughout Green Country. Copies of the food guides and farmers’ market guides are available at www.BuyFreshBuyLocalOK.com.

All Oklahomans are encouraged to celebrate Local Food Week in some simple way – by shopping at a farmers’ market or including locally grown food in the family’s meals during the week. A menu of other ideas for celebrating local foods is also available at www.BuyFreshBuyLocalOK.com.

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