



## MEDIA RELEASE

DATE: Friday March 14, 2008

### FOR IMMEDIATE RELEASE

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### WORKSHOP PROMOTES THE IMPORTANCE OF EATING WISELY BY EATING LOCALLY

Cambridge, ON: City Green will be hosting their 15<sup>th</sup> annual workshop on March 27<sup>th</sup> from 6:30 – 9:30 pm at the newly opened gold-LEED-candidate Cambridge City Hall. The focus of this workshop is food and the environment, specifically the importance of eating locally. An informative panel has been assembled including **Anita Stewart**, author, gastronome and culinary activist, **Steve Martin**, part owner/operator of Martin's Family Fruit Farm, and **Peter Katona**, Executive Director of Foodlink Waterloo Region.

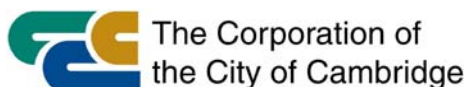
**Anita Stewart** ([www.anitastewart.com](http://www.anitastewart.com)) will take workshop participants on a journey through "Canadian cuisine," its web of eco-systems and edible landscapes. **Steve Martin**, Martin's Family Fruit Farm ([www.martinsapples.com](http://www.martinsapples.com)), a local producer and entertaining advocate of agricultural reality will give a farmer's perspective. **Peter Katona**, Executive Director, Foodlink ([www.foodlink.ca](http://www.foodlink.ca)) will demonstrate how to make the local food connection and how Foodlink has been connecting people with their food and the great farms and food businesses in our community.

*"Eating Wisely is about experience and relationships with local producers. City Green believes that becoming a "locavore" is not only good for our environment but also builds a sense of community,"* says **Jeff Leader**, Chair of City Green. *"We live in an area that is rich in farm fresh products and it is very possible to plan menus that draw from the region's bounty. By sourcing and celebrating ingredients and their local producers, we can reduce our carbon footprint, develop relationships with the people and communities that create our food, and support our local economy,"* says **Fred Oliff**, long-standing City Green volunteer and member of the Cambridge Environmental Advisory Committee.

Reconnecting with the production of our food is an inevitable step in living a healthy and sustainable lifestyle. By understanding where our food comes from, we know how the crops and animals have been treated, what we are putting into our bodies, and who produced our food.

Please join us for a night of enlightened presentations, discussions, and displays. The event also showcases a number of local environmental projects and organizations. This is a free event but you do need to register as seating is limited, and bring a cash or can donation for the Cambridge Self Help Food Bank.

Cambridge City Green Strategy is a group of dedicated volunteers, and a subcommittee of the Cambridge Environmental Advisory Committee, that is interested in environmental action projects, community development, and sustainable lifestyles. City Green volunteers would like to thank the City of Cambridge for hosting and sponsoring the workshop, community organizations and exhibitors for their displays, the fantastic speakers, and organizers of environmental projects for seeking their volunteers at this event.



The Corporation of  
the City of Cambridge

To learn more about Cambridge City Green Strategy or to register for the workshop, please visit [www.cambridgecitygreen.ca](http://www.cambridgecitygreen.ca) or contact **Paul Willms** at 519.740.4650 ext. 4559 or [willmsp@cambridge.ca](mailto:willmsp@cambridge.ca).