



University of California

Agriculture and Natural Resources ■ Master Gardener Program

In Our Own Backyard: Celebrating Fresh & Sustainable Local Foods

“The first supermarket supposedly appeared on the American landscape in 1946. That is not very long ago. Until then, where was all the food? Dear folks, the food was in homes, gardens, local fields, and forests. It was near kitchens, near tables, near bedsides. It was in the pantry, the cellar, the backyard.”

Joel Salatin

On Saturday, January 26, 2013, the Contra Costa Master Gardeners will sponsor an event that will explore the growing of fresh and local food. A panel of farmers from East County farms will discuss the history, present state of agriculture and future trends. The panel discussion will be moderated by Joan Morris of the *Contra Costa Times*.

Terry Lippert, a certified Master Gardener, will do a Container Gardening presentation. Terry will share her secrets so that homeowners can successfully grow vegetables at in their own backyard gardens.

Local vendors will showcase products made from the bounty of local farms. Honey, preserves, olive oil and nuts are some of the products will be offered. A nutritionist from UC Davis will lead a discussion in the afternoon about the benefits of eating whole foods. Dr. Sheri Zidenberg-Cherr will highlight the study – *Food As Medicine* – and explore ways that diet factors can ease disease and build a healthier California.

Lunch is included in the ticket price, which will be catered by Nature’s Bounty. Whole, organic and seasonal foods will be used in food preparation and there will be both vegan and gluten-free items for those who need them.

The doors open at 8:30 a.m. for registration and closing time is 3:30. In addition to the above-mentioned features, Hannah Nicole Winery will sponsor a tasting of their local wines.

Tickets are \$35 and are non-refundable. **See the registration form (next page)** for specific information, such as mailing instructions and location. Seats are limited, so get your tickets now and join us for an informative day as we celebrate the many advantages of eating local foods!



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Contra Costa Master Gardeners Fundraiser

Registration Form

The Contra Costa Master Gardeners are hosting an educational fundraiser to celebrate our agricultural community. A panel of local farmers will share the history of agriculture in the county as well as address future agricultural issues. Local vendors, such as Bella D'Olio, Continente Nuts and Hoggan's Honey, will be selling products made from the fruits of our agricultural bounty. A nutritionist from UC Davis will speak about Food as Medicine and the studies she has conducted regarding the bio factors in our food.

Tickets are on sale from **November 19th until all tickets are sold out**. Space is limited, so purchase your tickets early. Lunch is included in the price of the ticket. **Tickets are non-refundable** and will be held at the Registration Desk the day of the event.

Saturday, January 26, 2013, 8:30-3:30 p.m.

Summerset Orchards Lodge

770 Centennial Place, Brentwood

*Directions will be emailed to you in January prior to the event.

To attend, please complete this registration form and mail it with your check (payable to **UC Regents**) for \$35.00 per ticket to:

Jill Bryans, CCMG Treasurer

c/o UC Cooperative Extension

75 Santa Barbara Road, Pleasant Hill, CA 94523-4215

If you have questions about this event, please direct them to: Imbray@pacbell.net

Detach here: _____

Name: _____

Address: _____

Email address: _____

Phone: _____

Number of tickets: _____