



100-A South West Boulevard  
Newton, North Carolina 28658-0389  
Telephone: 828-465-8201  
Fax: 828-465-8392

### **Eat Drink and Be Local Week is June 15-20**

Enjoying local food is good for our community in a number of ways. Money spent on local produce stays in our area and has a multiplier effect that boosts local economic impact. Asking for locally produced food keeps local farmers in business and protects Catawba County farmland. Locally produced food doesn't have to travel very far and is often fresher. Best of all, buying and consuming locally produced food connects us to our food and the farmers that work so hard to produce it. Catawba County is blessed with a vibrant local food community. Join us in celebrating this local pride during Eat Drink and Be Local week.

Eat Drink and Be Local is an annual week-long celebration of local food in Catawba County happening the third week of June. You can join in by enjoying a meal featuring local foods at one of the participating restaurants, shopping at the farmers market and trying a new recipe at home, or attending one of the many events throughout the week. Some of the activities include a farm tour, gardening and cooking classes, a BBQ and beer social, a film screening and much more. For a full schedule of events and list of participating restaurants, visit our website at <http://catawba.ces.ncsu.edu/site-catawba/eat-drink-and-be-local/>. You can also like the EDBL Facebook page to stay connected throughout the year: <https://www.facebook.com/EatDrinkandBeLocal>.

#### **Contact:**

Kellyn Montgomery, Local Foods Agent, North Carolina Cooperative Extension – Catawba County  
828.465.8243, [kellyn\\_montgomery@ncsu.edu](mailto:kellyn_montgomery@ncsu.edu)

