

EAT HERE AGAIN!

LOCAL FOOD POTLUCK AND CORN BOIL

Sunday, September 16th
Alton Baker Park, Shelter #2
4 - 7 PM

Free



How LOCAL Can You Go?

- Prepare and Share a local food dish w/:

- Ingredients list; what is local/organic
- Copies of your recipe

- Enjoy

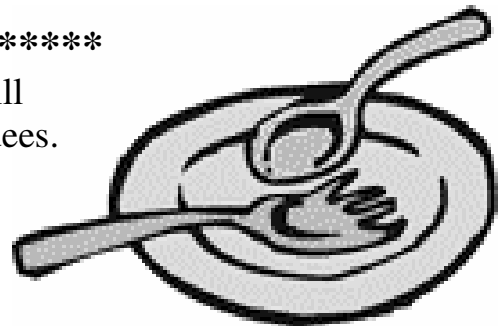
- An old-fashioned Sweet Corn-Boil
- Local Food Dishes - Please bring your own service
- Old-time String Band
- Project highlights from local food organizations
- Tips on Food Preservation – Lane County Extension Service



Please contact us if you plan on attending. This will help us coordinate food dishes and estimate attendees.

Helios Resource Network

helios@heliosnetwork.org or 284-7020



Co-sponsors of this event:

Willamette Farm and Food Coalition, School Garden Project,
EWEB's Healthy Farms Program, Food for Lane County,
Eugene Permaculture Guild, Lost Valley Education Center