

## Local Foods at Meetings and Events

Serving local products at workplace events and meetings is a way to provide great tasting food while supporting the local economy. Local foods give a health boost by using fresh taste to satisfy your cravings, without added sugars, fats and salt. Local items can fit easily into standard snacks and meals. Consider these common foods that are readily available from local sources:

- Milk
- Cider
- Cream for Coffee
- Yogurt
- Cheese
- Fresh Vegetables & Dip (in season)
- Garden Salad (in season)
- Fresh Fruit (in season – apples most of the year)
- Granola (maple sweetened)
- Local lunchmeat
- Honey (as tea sweetener & spread) & Maple Syrup
- Butter
- Herbs (garnish, salad, seasoning)

Find out what's available near you by visiting a farmers' market or farmstand in season. See listings at [www.vermontagriculture.com/buylocal](http://www.vermontagriculture.com/buylocal)

You can also check if pre-prepared foods include (or could include) local ingredients. Local eggs, milk, maple syrup, and whole wheat flour, for example, offer year-round baking options.

For special events, groups often work with farmers and local food organizations to plan a menu featuring local items. Chefs who are part of the **Vermont Fresh Network** (<http://www.vermontfresh.net>) have access to resources that help them put together menus and are required to have established partnerships with local food producers. *Everyone can search for VFN chefs online - you can access additional VFN materials on planning a local menu by becoming an Eating Member.*

There are many events that already feature local foods. Seeing what other people have done can make your planning easier. Below are some sample menus.

### **SUMMER**

In August, 2007, Montpelier area chefs gathered on the State House lawn to show off what they could create using *only* local ingredients. Dishes included:

- Rosemary leg of lamb
- Summer wheat berry salad with a whole wheat chèvre crisp and maple cider syrup
- Chicken stuffed with spicy sausage over grilled greens and goat cheese & reduced cider dressing
- Blackberry & ale cheesecake
- Rolled pot pie with chutney
- Beet greens, bacon and goat cheese tart with a whole wheat crust
- Salad of baby leaf lettuce, roasted beets and sugar snap peas with a honey cider vinaigrette

## **FALL**

Harwood Union High School celebrated local foods with an all-local lunch in September, 2007, that featured:

- Three Squash Bisque
  - Roasted Chicken
  - Red Cranberry and Rose Gold Potatoes
  - Roasted Carrots
  - Homemade Apple Crisp
  - Milk from Monument Farms
  - Localvore Loaf from Red Hen Bakery
- (Menu from [www.vermontlocalvore.org](http://www.vermontlocalvore.org))

The Hunger Mountain Co-op treated its members to local dishes in its annual meeting in mid-October:

- Misty Knoll Turkey
- Winding Brook Farm Ham
- Rhapsody Café BBQ Tempeh
- Bread from Red Hen bakery
- Butter from VT Butter and Cheese
- Apple Pie from Champlain Orchards
- Ice Cream from Strafford Organic Creamery
- Local Heirloom Apple Tasting

## **WINTER**

Throughout the state, citizen “localvore” groups encourage experimenting with 100% local dishes. Regional summits are a chance to share recipes with a lunch potluck. Recent wintertime gatherings have featured:

- Chili & cheddar cheese
- Turkey roasted with root vegetables
- Cornbread, honey & butter
- Potato rolls
- Kale sautéed with apples & bacon
- Braised red cabbage with blue cheese dressing
- Baked squash
- Quiche
- Tortillas & refried beans
- Baked tofu with sunflower oil & maple vinaigrette
- Kim chi & sauerkraut
- Edamame with sea salt
- Gingerbread

## **SPRING**

Spring is most famous for Vermont maple syrup, but it can be a time to celebrate other Vermont products. Vital Communities’ Valley Food & Farm Initiative hosts a springtime Flavors of the Valley event that, in 2007, featured:

- Salad of spring lettuces, salad mix, tomatoes, radishes, pea shoots, & edible flowers
- Potato-cheddar soup
- Chili
- Cornbread with cider jelly
- Emu summer sausage & meatballs
- Venison Jerky
- Sandwiches of bread made with local grains, cheese, and meat
- Water buffalo yogurt
- Applesauce
- Carrot juice, milk and cider
- Ice cream & maple syrup (including fruit flavored and infused syrups)

Still looking for more information? Visit the Agency of Agriculture’s Resource Links at: <http://www.vermontagriculture.com/buylocal>



