



Local foods, wine & beer celebration
Tuesday, October 5th 5:30 – 9:00 PM
Binghamton Regency Hotel, 225 Water Street

**The October 5th Growing Health Local Foods Festival
is a delicious celebration of the region's bounty during the "heart of the harvest".**

- ✓ Savor healthy and scrumptious food grown and produced in the region and prepared by some of the area's finest chefs. Enjoy a bounty of enticing entrees, appetizers & desserts. Quench your thirst with samples from the state's finest orchards, wineries & breweries.
- ✓ Hosted by the non-profit Rural Health Network of South Central New York, *Growing Health* is a fund raising event to support valuable prevention initiatives in high need rural communities.
- ✓ Come join us for an evening of fine food, wine & beer pairings. Tickets for this evening event are \$30 with the early bird discount if purchased by September 15th, and \$35 after September 15 and at the door.
- ✓ Visit the farmers who produced the food and chefs who prepared it. Learn about the connections and benefits between restaurants and family-owned farms, food processors and purveyors of regional, wholesome and artisanal foods.
- ✓ Socialize with friends, neighbors and colleagues and enjoy live music
- ✓ Find useful information about where to buy locally grown food and other relevant topics at education tables staffed our Cornell Cooperative Extension partners from several counties.
- ✓ This local foods tasting follows the Rural Health Network's *Common Ground: Farms, Food & Health* Conference that is also being held at the Binghamton Regency from 8:30 AM – 5:30 PM on October 5th. Please join us for either or both events. You can register for either or both events on line at www.RuralHealthNetwork.org

All ticket holders will receive:

- ✓ A \$5 coupon to a NYS Farmers' Market
- ✓ A re-usable tote bag with *Growing Health* logo
- ✓ A complementary *Growing Health* wine or beer glass
- ✓ Information on local food sources

In preparation for the *Growing Health* local foods festival, the Rural Health Network supplies restaurants with the main ingredients from farms in the region, and asks chefs to prepare a nutritious and delicious dish. A variety of seasonal vegetables, fruits, artisanal cheeses, as well as meats ranging from grass-fed certified organic beef, pork, farm raised elk and venison, and humanely raised, hormone & antibiotic free duck and chicken are featured.

We are excited by the number of fine restaurants, farms, New York State orchards, wineries and breweries participating in the evening celebration. Here is the list so far. Please check the web site again for updates, or call the Rural Health Network toll free at (888) 603-5973, because the list is growing!

Savor Enticing Entrees, Tantalizing Appetizers, Soups & Sides from the Following Participating Restaurants, Caterers & Food Purveyors

Artisanal Cheeses from creameries around the region who are clients of the Center for Agricultural Development and Entrepreneurship

Bohemian Moon Restaurant, Norwich, NY www.BohemianMoonNorwich.com

Endwell Greens Golf Club, Endwell New York www.EndwellGreens.com

The Cellar Restaurant, Owego, NY www.thecellarrestaurant.net

Down to Earth Whole Foods, Endicott, NY www.DowntoEarthWholeFoods.com

Fruits from Cornell Orchards, Ithaca, NY

http://hort.cals.cornell.edu/cals/hort/about/cornell_orchards.cfm

Lampy's Mediterranean Grill, Endicott, NY <http://www.number5restaurant.com/lampys.html>

Lost Dog Café, Binghamton, NY www.lostdogcafe.net

Marilu's Catering, Binghamton, NY www.mariluscatering.net

P.S. Restaurant, Vestal www.psrestaurant.com

Regional Access, Ithaca, NY www.RegionalAccess.net

Sam A. Lupo & Sons, Endicott, NY www.spiedies.com

Yaleville Inn, Bainbridge, NY www.YalevilleInn.com

Sample Delectable Desserts!

Ice Cream from Cayuga Lake Creamery, Interlaken, NY www.cayugalakecreamery.com

Tropezian from La Maison Blanche Bakery Café, Norwich NY

Blueberry & Raspberry Tarts, Rolling Hills Bakery, Bainbridge, NY www.YalevilleInn.com

Joy's Apple Crisp, The Apple Dumpling Café, Apple Hills, Binghamton, www.applehills.com

Quench your thirst with samplings from NYS orchards, dairies, wineries & breweries

Black Bear Winery, Chenango Forks, NY
Glenora Wine Cellars Dundee, NY
Knapp Vineyards, Romulus, NY
Organic Valley, Farmer Owned Cooperative
Red Jacket Orchards, Geneva, NY
Red Tail Ridge Winery, Penn Yan, NY
Standing Stone Vineyards, Hector, NY

Brewery Ommegang, Cooperstown, NY
Butternuts Beer & Ale, Garrattsville, NY
Cooperstown Brewery, Milford, NY
Ithaca Brewing Company, Ithaca, NY
Please note that these 4 breweries have been invited. While we have not yet received final confirmation, they were all participants in similar Growing Health events in 2006 & 2008

Appreciate a bounty of fruits, vegetables, eggs, dairy products, meats and poultry produced on farms in the region. Participating farms include:

Apple Hills, Binghamton, NY www.AppleHills.com

Cherry Knoll Farm, Marathon, NY www.CherryKnollFarm.com

Engelbert Farm, Nichols, NY www.EngelbertFarms.com

Evans Farmhouse Creamery, Norwich, NY

Fallow Hollow Deer Farm, Candor, NY

Iron Hoof Farm, Norwich www.IronHooffarm.com

Jurgielwicz Duck Farm, Moriches, NY www.Jurgielwiczduckfarm.com

Lone Maple Farm, Binghamton, NY www.LoneMapleFarm.com

Maple Valley Farm Lowman, NY www.Horseheads.com/mvalley

Meadowood Farms, Cazenovia, NY, www.MeadowoodFarms.com

Murray's Chickens, locally raised in the NY tri-state area, www.MurraysChickens.com

Wild West Elk Ranch, West Edmeston, NY www.WildWestTrophyHunts.com

A sampling of photos from past Growing Health events



Join us on October 5th!
Celebrate our common ground: Healthy farms, healthy food, healthy people.



Proudly hosted by the



of South Central New York, Inc.

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