

## Rancher/Farmer, and Market Gardener Workshop

For immediate release.

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or via email at ds920@att.net

February 23, 2013

The Cherokee County Food Policy Council invites you to attend the second in their "Growing Our Own" series of educational workshops. On February 23, Saturday, there will be a free Rancher/Farmer, and Market Gardener workshop focused session held at the Tahlequah Community at 908 S. Choctaw Street.

Beginning at 9:00 a.m., we will meet for an all day session focused for the market producer and larger farmers. We will hear from a panel of Regional Chef's discussing their needs and desires for sourcing local foods - Chef Guy Romo, along with Chef Eli Huff, from Tulsa Union Schools, and Chef Darren Ross from Doc's Restaurant in Tulsa, are seeking sources for local meat, cheese, grains and produce to purchase for the 2013 season. We will also be joined by some agencies partners sharing their resources, such as Micah Anderson, the market development coordinator at the Oklahoma Department of Agriculture, Food and Forestry.

9:00 a.m. Registration

9:15 FPC update and invitation 9:30 Sourcing Local Ingredients; A Panel of Regional Chefs - Chef Guy Romo, Chef Eli Huff, from Tulsa Union Schools, and Chef Darren Ross from Doc's Restaurant in Tulsa

11:30 Lunch together

(bring a dish to share if you can, but there will be local and healthy foods available for everyone. Bring your own silverware and be eligible for a special door prize!)

1:00 p.m. Food Safety - Josh Daily, Health Department Inspector Mayes County

2:00 p.m. Value Added Products- Erin Johnson, Marketing Coordinator, FAPC OSU

3:00 p.m. Soil Health: Minerals - Tiffany Maher PhD, Northeastern State University

4:00 p.m. Profitability - Coleen Thornton, Heaven Sent Food and Fiber

5:00 p.m. Evaluate and close the day

There will be Vendor tables available for a door prize donation or gift certificate. Vendors may contact Dana Smith at 918-678-333-9685 or via email at ds920@att.net, for more information. Networking and options for additional sales will be available for producers and vendors alike.

The mission of the Cherokee County Food Policy Council is to promote the supply and benefits of a healthy, robust, local food system". The two primary goals of the Cherokee County Food Policy Council are to understand and support the development of the five sectors of the food system (production, processing, distribution, consumption and composting/ recycling; And to Support the Creation of a Cherokee County and Regional Food Hub in Northeast Oklahoma.

This FREE event is sponsored by Celeste Looney Insurance - American Farmer's and Rancher's Insurance program - let them know how much you appreciate their support of a fresh and healthy local foods system!

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