

**Appalachian Sustainable Agriculture Project  
306 West Haywood Street  
Asheville, NC 28801  
(828) 236-1282  
www.asapconnections.org**

**FOR IMMEDIATE RELEASE**

**MEDIA CONTACTS: Emily Jackson at (828) 236-1282 or [emily@asapconnections.org](mailto:emily@asapconnections.org)**

**Molly Nicholie at (828) 236-1282 or [molly@asapconnections.org](mailto:molly@asapconnections.org)**

**Available in May:  
Kid's Editions of Popular Local Food Guide and Bumper Sticker**

**ASHEVILLE, NC (April 26, 2010)** – Which farms in Buncombe County offer special activities for kids? Where are the farmers markets and restaurants serving local food in your community? Where can a kid grow her own garden? Appalachian Sustainable Agriculture Project (ASAP) answers these questions with the Local Food Guide for Kids—a special edition of the popular guide designed just for children. In May, the free Local Food Guide for Kids will be available from ASAP, in elementary schools in Asheville City and Buncombe County school systems, and through other venues that provide services to Buncombe County children and families.

In addition to listings of farms, farmers markets, grocers, restaurants, school gardens, and schools serving local food, the Local Food Guide for Kids answers questions such as, “How do you make maple butter carrots?” and “Why are farms important?” Look for special features including kid-friendly recipes, activities such as farmers market scavenger hunts and bingo, jokes, fun facts, and profiles of children who help out on farms and enjoy local food. A kid sized version of the well-known Local Food Thousands of Miles Fresher bumper sticker, sized to fit on a bike, will also be tucked in the guide.

Elijah, a first grader, explains in his interview on the pages of the guide, “Why are farms important? Because that’s where you get your food, so you can grow strong. See my muscles? I’m a good cooker.” ASAP created the Local Food Guide for Kids to give kids like Elijah fun experiences and positive associations related to food.

Olson Huff, Chair of the NC Health and Wellness Trust Fund, applauds ASAP’s efforts to highlight the resources in Buncombe County that can provide good food environments for kids. “The choices made available to children should be healthy ones. Then they can’t fail (and we don’t fail them).”

To help teachers use information about local food and farms in the classroom, ASAP will offer free lesson plans to complement the guide. ASAP also provides many other curriculum materials; guidance on how to serve local food in cafeterias and establish school gardens; and cooking kits, seeds, and other resources.

ASAP’s Farm to School Program will be in action on May 5 at Hall Fletcher Elementary School, hosting an event to celebrate the publication of the Local Food Guide for Kids. The nonprofit is organizing a cooking demonstration for children, given by chef Rosetta Star of Rosetta’s Kitchen restaurant. Star will use ingredients grown by the students to raise awareness of the school’s garden.

For information about the Local Food Guide or starting a Farm to School program at your school, visit [www.growing-minds.org](http://www.growing-minds.org) or contact ASAP staff person Molly Nicholie at [molly@asapconnections.org](mailto:molly@asapconnections.org) or 828-236-1282.

Publication of the local food bumper sticker and Local Food Guide for kids is made possible by funding from the Community Benefits Program of Mission Hospital.

ASAP is the Southeast regional lead agency for the National Farm to School Network ([www.farmtoschool.org](http://www.farmtoschool.org)).

**ABOUT THE APPALACHIAN SUSTAINABLE AGRICULTURE PROJECT**

ASAP is helping to rebuild the local economy, preserve rural land and heritage, encourage sustainable agricultural practices, and increase access to fresher, healthier foods. We work to keep farmers farming and to reconnect people with their food. We involve businesses, shoppers, chefs, children, seniors, healthcare providers, teachers, and all community members in the local food movement.

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