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FOR IMMEDIATE RELEASE

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**2009 *Local Food Guide* Published:
Find Hundreds of Sources of Local Food in the New Edition**

ASHEVILLE, NC (May 4, 2009) – The 2009 *Local Food Guide* is now available throughout Western North Carolina. The guide, published by the nonprofit organization Appalachian Sustainable Agriculture Project (ASAP), is one the largest and most comprehensive guides of its kind anywhere in the United States. The *Local Food Guide* lists almost 300 farms, as well as farmers tailgate markets, wineries, grocers, restaurants, caterers and bakers, farm stores and stands, farms to visit, B&Bs and farm lodging, apple farms, u-pick farms, CSAs, and distributors.

The *Local Food Guide* is in its eighth year of publication. Over 90,000 copies will be distributed in 2009. Free copies are available at more than 400 area locations including grocers, bookstores, libraries, welcome centers, tailgate markets, doctor's offices, and other newsstands throughout the region. Additionally, a searchable guide is online at www.buyappalachian.org.

Included in the guide are farms and businesses in the mountain counties within 100 miles of Asheville. The focus is on Western North Carolina, and the guide includes some farms and markets in the neighboring mountain counties of Georgia, Tennessee, South Carolina, and Virginia.

The *Local Food Guide* is a well recognized resource for residents and tourists. Some use the guide to find the tailgate markets, farm stands, and grocers offering local food closest to their homes. Some search the online guide at www.buyappalachian.org for specific seasonal ingredients. Others use it as an introduction to the area. The guide is a resource for everything from planning a meal to planning a vacation.

ASAP works to keep farmers farming and reconnect people with their food. This guide, says Charlie Jackson, Executive Director of ASAP, is a great representation of the wealth of agricultural resources the organization promotes. "ASAP's *Local Food Guide* puts access to hundreds and hundreds of local sources of fresher, better tasting food in consumers' hands."

Funding for this project is provided by local sponsors and by the USDA Risk Management Agency (RMA).

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; 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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