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Local foods showcased in Pride of the Prairie Fall Feast

Summary: Learn about local foods, purchase local produce, and enjoy a fall feast of local foods.

(October 18, 2011)-On Tuesday, October 25, 2011, the University of Minnesota, Morris will host the annual Pride of the Prairie Farmers Market and Fall Feast. Both events are open to the campus and community and highlight local foods and regional producers.

The Farmers Market, held in the Student Center's Oyate Hall from 1 until 5 p.m., will provide an opportunity to purchase produce supplied by farmers from the surrounding area. Following the market will be the Pride of the Prairie Fall Feast from 4:45 until 8 p.m. in the Dining Hall. The feast will also include "home grown" musical entertainment by Baby Loves Head Rub, Homemade Jam, and Kordal Kombat.

The fall feast allows students and community members to come together in an autumn celebration, eating side by side with some of the providers of the meal's ingredients.

The menu, designed by Dining Services and Sodexo, includes Asian cabbage slaw garbanzo bean salad baked squash quarters wild rice and vegetable casserole chicken fajitas roasted pork loin with raspberry sauce whole grain bread with honey apple crisp, raspberry crisp and raspberry compote with sugar biscuits apple cider and milk.

Foods and ingredients for the meal will be supplied by Minnesota farmers and food producers including Bushel Boy, Catallia Tortillas, Ewing Farms, Honey & Herbs, Kadejan Markets, Organic Prairie, Pepin Heights Orchards, Pride of Main Street Dairy, Red Lake Nation, Riverside Farm, Svihel Farms, Swany White Flour Mill, University of Minnesota West Central Research and Outreach Center, USDA Soils Lab-Morris, and Zywiec Farm.

Events coordinated by Pride of the Prairie, one of the longest running local foods programs in Minnesota higher education, exhibit system change efforts and capacity building work needed for a sustainable local foods system. The initiative complements and reflects the Morris campus's goals of greater community partnerships and a reduced carbon footprint. The campus is working to source half of its foods from area Buy Fresh Buy Local farmer partners and Minnesota farmers, adding \$250,000 a year to the local and regional economy. A study by Crossroads Research showed that if area residents purchased just 15 percent of their foods directly from west central Minnesota farmers, it would add \$28 million in new revenues to the local economy.

Tickets to the Pride of the Prairie Fall Feast are \$12 for adults and \$6 for children age six and over and students who live off campus. On-campus students may use their meal plans. Tickets can be purchased either in advance at the Student Center Information Desk or at the door.

Dining Hall is located on East Second Street, across from the Regional Fitness Center. Parking is free in all campus lots. For more information, call 320-589-6013.

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