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**MORRIS**

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**Pride of the Prairie Farmer's Market and Meal is today!**

*Summary: The Fifth Annual Pride of the Prairie Local Foods Farmers' Market and Meal will offer information about and an opportunity to purchase locally grown food and hear performances by local musicians on Tuesday, Nov. 6. The public is invited to attend.*

(October 19, 2007)-The Fifth Annual Pride of the Prairie Local Foods Farmers' Market and Meal will offer information about and an opportunity to purchase locally grown food and hear performances by local musicians on Tuesday, Nov. 6. The public is invited to attend.

The Farmers' Market will be held from 1-4 p.m. in Oyate Hall of the UMM Student Center. Come purchase locally grown food, chat with local farmers, and see some of the organizations that help to improve the availability of local foods in this community. The first 200 shoppers will receive a free University of Minnesota Farmers' Market canvas bag. Fill your new canvas bag with carrots, squash, onions, corn chips, wild rice, steak and much more!

Confirmed Farmers' Market participants to date include Moonstone Farm, Honey & Herbs, Ron's Veggies and Cacti, Pomme de Terre Food Co-op, American Farm and Garden, Noordman Farm and Pastures A'Plenty.

After the Farmers' Market, all are welcome to enjoy a wonderful fall feast created by Sodexo Campus Services' Executive Chef Chris Serio. Dinner will be served from 4:45 to 7 p.m. The menu, which will feature apple walnut wild rice salad, honey cornbread, autumn buffalo and native harvest stews, pork roast, apple split bar and other locally produced foods, will be served in the campus Food Services building. Local music by Homemade Jam, Eagan Heath and Brittany Stone will be performed during the meal.

Tickets are available at the door or in the UMM Student Center from November 1- 6 (10 a.m. – 2 p.m. daily, except weekends). Ticket costs are: general \$10, UMM students who live off campus, general admission students and children six and older \$6, children under five eat free.

The event will also include introductions to some of the farmers who bring food from their farms to your plate. Farmers supplying food for the Pride of the Prairie Local Foods Meal include Honey & Herbs, White Earth Land Recovery Project, Bushel Boy, Life Design Organics, Dry Weather Creek Farms, Glacier Ridge Dairy, J & L Bison, Moonstone Farm, Wingard Farms, Pastures A'Plenty, Pepin Height Orchard and Swenson Orchard.

The event is co-sponsored by the Circle of Nations Indian Association in celebration of American Indian Heritage Month and is made possible thanks to the University of Minnesota, Morris Foodies, UMM's Service Learning Program, MPIRG (Minnesota Public Interest Research Group), Pomme de Terre Foods, Prairie Renaissance Cultural Alliance, West Central Regional Sustainable Development Partnership, Land Stewardship Project, Sustainable Farming Association and Minnesota's farmers.

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