

CHICAGO, IL, September 22, 2013 **/24-7PressRelease/** -- "Our hope is that leading chefs across the country can work together to raise awareness of the importance of supporting our local sustainable farms. We hope to increase the flow of local sustainable food to the restaurant tables across the country in order to protect our farm lands and to ensure their success so future generations have access, said Stegner.

Joining the two in their efforts are chefs Alice Waters and Jérôme Waag at Chez Panisse (Berkeley, CA), Alison Price Becker (Alison Eighteen, New York City), Stephanie Pearl Kimmel (Marche, Eugene OR), Francois de Melogue (Figue Mediterranean, La Quinta CA), Mark Grosz (Oceanique, Evanston IL), Paul Fehribach (Big Jones, Chicago IL), Jamie Leeds (Hank's Oyster Bar and Lounge, Washington DC), Nora Pouillon (Restaurant Nora, Washington DC), Norman Van Aken (Tuyo, Miami, FL) and Sarah Stegner and George Bumbaris (Prairie Grass Cafe, Northbrook, IL) and Rick Bayless (Frontera Grill and Topolobampo). The list will continue to grow.

For more information about National Eat Local Day, please visit the website at <http://www.nationaleatlocalday.com>.

Restaurants participating in National Eat Local Day, along with their featured menus for the day, are listed by state:

California

Chez Panisse Restaurant - Celebrating National Eat Local Day on Saturday, September 21
Alice Waters
Chef Jérôme Waag
1517 Shattuck Ave.
Berkeley, CA
94709
510-548-5525
<http://www.chezpanisse.com>

Prix Fixe Menu
*Sheep's-milk ricotta ravioli with basil and squash blossom
Grilled pastured duck breast with red wine sauce, fried sage, Chino Ranch green beans, and onion rings
Plum sherbet and raspberry ice cream meringata
(Prix fixe, \$100 per person not including tax, service and beverage)

*Chez Panisse's full menu is 100% locally sourced

Why is it important to offer locally sourced foods?"Chez Panisse and I are convinced that the best-tasting food is organically and locally grown and harvested in ways that are ecologically sound by people who are taking care of the land for future generations," said Alice Waters.

List of local ingredients and sources:Green Beans - Chino Ranch, Rancho Santa Fe, CASquash Blossoms - Star Route Farms, Bolinas, CADuck - Salmon Creek Ranch, Bodega, CASheep's-milk ricotta - Bellwether Farms, Petaluma, CASage and onions - Bob Cannard Farm, Sonoma, CAPlums - Frog Hallow Farm, Brentwood, CA

Figue Mediterranean - Celebrating National Eat Local Day on Sunday, September 22Chef François de Melogue47474 Washington St.La Quinta, CA 92253<http://www.eatfigue.com>760-698-9040

Menu*Diver Scallops, Piquillo Pepper Granite and Lime CrudoMexican Diver Scallops drizzled with Kaffir Lime Ginger vinaigrette, Chocolate Pepper Granite, and Bautista Creek Finger Limes (\$16)

*Figue Mediterranean's full menu is primarily locally sourced

Why is it important to offer locally sourced foods?"Growing up with French parents, I was instilled with the value of using local - whatever is the best - for ingredients in our meals. We were farm-to-table long before it became a cliché," says François de Melogue of Figue Mediterranean in La Quinta, CA.

List of local ingredients and sources:Mexican Diver Scallops - MexicoKaffir Lime - Bautista Creek FarmChocolate Peppers - Jaime FarmsFinger Limes - Bautista Creek Farms_____

Florida

Tuyo - Celebrating National Eat Local Day on Saturday, September 21
Chef Norman Van Aken
At the rooftop of Miami Culinary Institute
Miami Dade College
415 NE Second Ave. Miami, FL 305-237-3200
<http://tuyomiami.com>

Menu

First Plate
Locally Giggled Hogfish Ceviche with Salsa of Life (\$16)

Main Plate
Pan-Cooked Fillet of Key West Yellowtail on a "Belly" of Mashed Potatoes with Citrus Butter and Paradise Farm's Malabar Spinach (\$32)

Sweet Plate
Homestead Grown Guava Stuffed Donut Bites with Housemade Cajeta and Cream Cheese Ice Cream (\$10)

□ Why is it important to offer locally sourced foods? My son had me read a book that answers these questions in a wonderfully informed and poetic way. It is titled *Animal, Vegetable, Miracle* and written by the well-known author Barbara Kingsolver. But in a nutshell it is community building, health insuring, flavor giving and...very valuable. It keeps the texture, language, idiosyncrasies and PERSONALITY of our nations distinct and ever intriguing!

List of local ingredients and sources:
Trigger Fish Co. - fish
Verde Farms - Malabar spinach
Paradise Farms or Teena Borek Farms - tomatoes
Robert is Here - guava_____

Illinois

Big Jones - Celebrating National Eat Local Day on Sunday, September 22
Chef Paul Fehribach
5347 N. Clark Street Chicago, IL 60640
773-275-5725 <http://www.bigjoneschicago.com>

Menu

Fried green tomatoes with baby lettuces, aioli and deviled egg puree (\$12)

Why is it important to offer locally sourced foods? Buying locally sourced products is important as it's more sustainable and tastes better.

List of local ingredients and sources:
Spence Farm, Livingston County, IL - Green tomatoes
Green Acres, North Judson, IN - Baby Lettuce
Little Farm on the Prairie, Saunemin, IL - Eggs
Three Sisters Garden, Kankakee, IL - Corn meal

Oceanique - Celebrating National Eat Local Day on Monday, September 23
Chef Mark Grosz
505 Main St. Evanston, IL 60202
847-864-3435 <http://www.oceanique.com>

Menu - A La Carte

Eggplant, Heirloom carrots and tomatoes, seasonal mushrooms, Tropea onions and a leek-basil broth (\$23)
Fennel, Arugula, Tropea Onion and Peach Salad (\$12)

Why is it important to offer locally sourced foods?" Buying local is important because to use what's in season provides the freshest and best flavors. It's also important to support the local economy. We utilize local farmers markets and farms and plan our menus around what's available. We don't use produce out of season because the quality isn't there and prices are

higher," says Mark Grosz, Oceanique in Evanston, IL

List of local ingredients and sources: First Orchards - Eggplant, tomatoes and peaches
Nichols Farms - Heirloom carrots, mushrooms, Tropea onions, leeks and basil

Frontera Grill and Topolobampo - Celebrating National Eat Local Day on Saturday, September 21
445 N. Clark St. Chicago, IL 60654
312-661-1434 <http://www.fronteragrill.com>

Menu - A La Carte

Frontera Grill:

Grill-Roasted Corn: From Three Sisters Garden & Nichols Farmstand. Homemade sour cream, Anejo cheese & chile OR Serrano mayo, cilantro & fresh cheese. \$5

Chicken in Oaxacan Green Mole: Smoked Gunthorp chicken breast, Oaxacan green mole, local vegetables (chayote, tatume, corn), masa dumplings (chochoyotes), hoja santa. \$11

Topolobampo:

Ensalada Clasica: Bayless Garden greens, La Nogalera walnut oil, fresh lime, toasted walnuts & chile threads. \$11

Borrego en Salsa Borracha : Crawford lamb three ways (grilled leg, slow-cooked shoulder

Barbacoa, smoked sausage), Borracha salsa (pasilla, roasted garlic, pulque), dry-grilled oyster mushrooms, Crowder peas, fresh garnishes. \$35 Why is it important to offer locally sourced foods? Investing in our community, our staff, our customers, and the local family farmers who grow for us. Without these people we cannot be sustainable; we are not viable. Sustainability begins with the relationships we have developed with members of our community and it is fueled by their creativity and energy.

Living in balance with our environment and the seasons. We all live off the land, even if we are not farmers or growers. It is essential for us to respect our relationships not only with the people who grow our food, but with the soil that nurtures it. Our aim is to serve flavorful, artisanal food grown responsibly by people we know.

Running our restaurant in a financially responsible way. Without a commitment to our economic underpinnings we cannot continue to support local agriculture, nor maintain and grow our staff. In our restaurant, managers are committed stewards of their budgets. Together we work from month to month, and year to year, to sustain healthy, manageable growth.

List of local ingredients and sources: Three Sisters Garden and Nichols Farmstand - corn, cheese, chile, Serrano, cilantro Gunthrop - chicken Bayless Garden - greens Crawford - lamb Crowder - peas _____

Prairie Grass Cafe - Celebrating National Eat Local Day on Sunday, September 22
Chef Sarah Stegner and Chef George Bumbaris
601 Skokie Blvd. Northbrook, IL
60062 847-205-4433 <http://www.prairiegrasscafe.com>

Menu - A La Carte

First Course (choice of) "Nichols Farm and Orchard" Heirloom Cherry Tomato and Bread Salad with Sweet Peppers, Cucumbers and Basil (\$10) Salad of Green and Wax Beans with "Three Sisters Garden" Pea Shoots, Pleasant Ridge Reserve Cheese and Fried Crispy Onions (\$9)

Entrees: (choice of) Homemade Lamb Sausage with Grilled Honey Glazed "Three Sister's

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Written by Australian Business

Garden" Heirloom Luxury Pumpkins and Crumbled "Capriole Farm" Goat Cheese, Sauteed Greens (\$19) Lake Superior Whitefish with Sauteed Local Potatoes and Heirloom Tomatoes Coulis (\$21)

Dessert: Warm Plum Crumbles with "Three Sisters Garden" Oats and Crème Anglaise Sauce (\$8.50)

Why is it important to offer locally sourced foods? "We want to make sure that we have access to local food for future generations. It makes our restaurant that much better by offering the best tasting products that we could find," said Sarah Stegner, Prairie Grass Cafe

List of local ingredients and sources: Nichol's Farm and Orchard - Tomatoes, Green and Wax Beans, Potatoes, Heirloom Tomatoes Genesis Growers - Kale Three Sisters Garden - Pea shoots and pumpkin Mint Creek Farm - Lamb Maple Creek Farm - Pork Mick Klug Farm - Plums Homestead Dairy - Dairy Capriole Farm - Goat cheese Uplands Cheese Company - Pleasant Ridge Reserve Bill Kurtis and Donna LaPietra "Mattewa Prairie" - Honey

New York Alison Eighteen - Celebrating National Eat Local Day on Saturday, September 21
Alison Price Becker Chef Roxanne Spruance 15 W. 18th Street New York, NY 10011 212.366.1818
Reservations: <http://www.alisoneighteen.com>

Menu To be posted shortly; check the National Eat Local Day website at <http://www.nationaleatlocalday.com>

Oregon

Marche - Celebrating National Eat Local Day on Sunday, September 22
Chef Stephanie Pearl Kimmel 296 E. 5th Ave. Eugene, OR 97401 541.342.3612 <http://www.marcherestaurant.com>

Menu - A la carte*

Roasted Chicken Breast lobster mushroom & tomato confit, savory beurre blanc & toasted farro (\$29) Wood Oven Roasted Salmon chanterelle, bacon, tomato, roasted potatoes, verjus & smoked salmon croûte (\$29) Seared Albacore Tuna blistered green beans, black garlic, rice cakes, sesame-scallion vinaigrette (\$28) Corn & Basil Souffle roasted summer vegetables, braised greens & balsamic reduction (\$23) Smoked Pork Chop grilled peach, buttermilk-corn mashed potatoes & garlic chives (\$28) Lamb Duo grilled leg & sausage, ratatouille, demi-glace & cherry tomato chutney (\$30) Grilled Beef Tenderloin buttermilk fried onion, roasted vegetables & sherry-shallot demi-glace (\$33)

*Marche's full menu is essentially locally sourced with the exception of lemons and olive oil which are not available in the region.

Why is it important to offer locally sourced foods? "Local food is the foundation of what we do. Marche is about celebrating life and the bountiful Pacific Northwest with locally grown and gathered food, prepared with care and served in a lively and elegant atmosphere.

We take our name for the French word for market - a word that describes not only our location in Eugene, Oregon's bustling 5th Street Market, but also our philosophy of cooking. The menu is based on the foods you would find at a farmers market - fresh, seasonal and regional," says Stephanie Pearl Kimmel, Marche in Eugene, OR.

List of local sources: Laughing Stock Farm and the "fabulous" Paul Atkinson, Groundwork Organics, Lively Organics, Horton Road, Sweetleaf, Lively Organics and more

Washington DC

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Hank's Oyster Bar and Lounge - Celebrating National Eat Local Day on Sunday, September 22
Chef Jamie Leeds <http://www.hanksoysterbar.com>

Dupont Circle 1624 Q St. NW Washington, DC 20009 202.462.HANK (4265)

Old Town 1026 King Street Alexandria VA 22314 703.739.HANK (4265)

Capitol Hill 633 Pennsylvania Ave. SE Washington DC 20003 202.733.1971
Hanks Oyster Bar now accepts reservations for parties of six or more in the Yacht Room at our Dupont Circle location. You can also call ahead to have your name added to our waitlist 30 minutes before you arrive.
Menu

Grilled Chesapeake Rockfish with peach/heirloom tomato relish on a bed of sauteed greens (\$28). Produce is from the Dupont Circle Farmer's Market. \$28

Restaurant Nora - Celebrating National Eat Local Day on Saturday, September 21
Chef Nora Pouillon
Chef Todd Woods
2132 Florida Avenue NW Washington, DC
20008 202.462.5143 <http://www.noras.com>

Menu \$69 for vegetarian option, \$79 for meat option

1st Course New Morning Farm Corn and Squash Bisque with Next Step Okra Relish, Cherry Tomato Confit
Lone Willow Farm Heirloom Tomatoes and Lakewood Farm Watermelon with Firefly Bûche Noire Cheese, Baby Arugula, Sherry Shallot Vinaigrette

2nd Course Maine Peekytoe Crab and Avocado Salad with Cilantro and Red Onion, Ancho Chili

Emulsion, Crispy Tortillas or Sunnyside Poblano Pepper Stuffed With Cherry Glen Goat Cheese, Tomatillo Salsa Verde, Almond Crème Fraîche □ 3rd Course Ayrshire Farm Grassfed Filet Mignon with Tree and Leaf Farm Fingerling Potatoes, Grilled Sunnyside Patty Pan Squash, Pickled Tuscarora Shallots, Red Wine Jus or Next Step Produce Buckwheat Crepes and Locally Foraged Mushrooms with New Morning Farm Corn Soubise, Tuscarora Cherry Tomatoes, Basil from Our Garden, Shaved Pecorino Fiorno

4th Course Roasted Toigo Peaches with Lancaster Honey Lavender Mascarpone, Rosemary Brittle or Sunnyside Blackberry Crustada with Nature By Nature Buttermilk Ice Cream

Why is it important to offer locally sourced foods? "I'm committed to local certified organic food because I believe in having a healthy choice - where fruits and vegetables are grown without the use of herbicides and pesticides and animals are raised without the use of hormones and antibiotics."

List of local sources: New Morning Farm - corn, squash, buckwheat Next Step - okra Lone Willow Farm - Heirloom tomatoes Lakewood Farm - Watermelon Firefly - Cheese, arugula, shallot Maine - Peekytoe crab Sunnyside - Poblano pepper Ayrshire Farm - Grassfed beef Tree and Leaf Farm - Fingerling potatoes Toigo - peaches Lancaster - honey, mascarpone Tuscarora - Cherry tomatoes Restaurant Nora Garden - basil, rosemary