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**PRESS RELEASE**

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## **WHY EAT LOCAL? FIND OUT AT THE 1<sup>st</sup> HARVEST FEST IN KAMAS SATURDAY OCTOBER 9TH**

**- Sponsored by Recycle Utah and Uinta Headwaters Council**

**PARK CITY, UTAH** - Locavores are people who pay attention to where their food comes from and commit to eating local food as much as possible. The great thing about eating local is that it's not an all-or-nothing venture. Any small step you take helps the environment, protects your family's health and supports small farmers in your area.

Recycle Utah and Uinta Headwaters Council have teamed up to show you how to "Go Local" during the 1<sup>st</sup> Annual Harvest Festival at High Star Ranch in Kamas - Saturday October 9th from 2 until 7 pm. Learn where your food comes from, how it is produced and just how abundant and diverse Summit County is are some of the important aspects of the Harvest Festival.

"Understanding the importance of growing and buying local is something that is crucial in creating more sustainable and profitable communities." says Insa Riepen, Executive Director of Recycle Utah who created the event in conjunction with Michelle Devaney, Coordinator of the Uinta Headwaters RC&D Council.

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“Going local is as easy as supporting your community Farmer’s Markets. But learning about the various aspects of what it takes to bring the produce and other food products to the table is an experience that’s not always available. This Harvest Fest is a perfect opportunity for all citizens of Summit County to see things in action,” commented USU Cooperative Extension Agent Sterling Banks.

Admission to the Festival is free. It starts at 2 pm at High Star Ranch in Kamas, off Route 32. Fun and challenging kids activities are planned along with farm animal displays from FFA “Future Farmers of America.” Two Bluegrass bands will provide entertainment, a chance to dance and learn how to clog. Expect to see lots of local food vendors introducing their products from cheese to bread to meat. Kids activities include potato sack races, egg toss races, hula hoop competitions, line dancing and more. Local restaurants like Gateway Grill and Done to Your Taste Catering will provide tasty local foods. Locally brewed beer and locally roasted coffee will be served.

Special thanks to the High Star Ranch, Gateway Grill, Park City Chamber, Deer Valley, Royal Restrooms and Summit County for their generous support.

For more information about this free event on Saturday October 9th, please visit [www.recycleutah.org](http://www.recycleutah.org) or contact the Center at 435-649-9698.

Recycle Utah is Park City’s only non-profit community recycling center providing resource re-allocation for more than 40 different items and a variety of conservation and educational programs for Summit and Wasatch Counties.

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