



Extension Service
West Virginia University

We are proud that for the first time ever, all meals at our WVU Extension Service Annual Meeting have been prepared from locally produced foods.

Tribute to Local Food Producers 2009

List of Local Producers

<i>Food</i>	<i>Producer</i>	<i>Producer Location*</i>
Salad/Greens, Potatoes, Squash, Carrots, Peppers	WVU Extension Market Garden	WVU Jackson's Mill, Weston
Turkeys	White Oak Ridge Farm	Philippi
Beets	Ordinary Evelyn's	Clay
Green Beans	Paul Petersheim Processing: Gourmet Central	Oakland, Md. Romney
Peaches	V & G Orchards	Martinsburg
Flour	Homer Kinsinger	Garrett County, Md.
Eggs	Preston County Farmers	Preston County
Milk	United Dairy Benedict & Perkins Farms	Greenbrier County
Butter	Trickling Springs Creamery	Chambersburg, Pa.
Onions	Ruffis Yoder	Garrett County, Md.
Honey	Mountain State Honey Company	Parsons
Apples	Mount Levels Orchard	Romney
Pears	Orr's Farm Market	Martinsburg
Popcorn	Town & Country Nursery	Kearneysville
Fish	WVU Aquaculture Research at Reymann Memorial Farm Processing: Trout Lodge & Angler Resort	Wardensville Lindside
Tomato Bisque	Albert & Moses Yoder	Preston County & Garrett County, Md.
Cornmeal	Blakers Mill	WVU Jackson's Mill, Weston
Apple Cider	Orr's Farm Market	Martinsburg
Bacon, Sausage	White Oak Ridge Farm	Philippi
Summer Sausage, Ground Beef	Mountain Diamond Longhorns, LLC	Tunnelton
Buckwheat	Mac McConnell Processing: Stanley Jennings	Preston County Evansville
Noodles	Puglioni's Restaurant	Morgantown
Pasta Sauce	WVU Extension Market Garden Paul Petersheim Processing: Gourmet Central	WVU Jackson's Mill, Weston Oakland, Md. Romney

*All locations in West Virginia unless otherwise indicated.

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It's all about

The Food



Did You Know?

- The less distance food has to travel from the producer to your plate, the fresher, more wholesome, and more nutritious the food will be.
- The average distance the meal ingredients listed on page 1 have traveled is about 70 miles. In fact, the salad ingredients, cornmeal, squash, and peppers have come from our own backyard – courtesy of “Air Strip Acres” or our WVU Jackson’s Mill Extension Service Market Garden (about one-third mile).
- Local produce can be a great source of appealing, tasty, nutritious meals. Our conference menu (below) is a great example of the fine dining anyone can enjoy by feasting on local fare.

2009 WVU-ES Annual Meeting Menu

Tuesday, November 3, 2009

Lunch

Salad Greens	Green Beans
Roast Turkey	Peach Cobbler
Mashed Potatoes w/Turkey Gravy	Rolls
Beets	Honey Butter

Afternoon Break

Whole-wheat Muffin
Popcorn
Fruit

Dinner

Mixed Greens	Cornbread
Fish	Honey Butter
Tomato Pepper Bisque	Whole-wheat Cookie
Squash	

Wednesday, November 4, 2009

Breakfast

Whole-wheat Pancakes	Sausage
Eggs	Fruit
Bacon	

Morning Break

Summer Sausage
Fruit
Cheese
Bread

Lunch

Stuffed Peppers
Puglioni’s Noodles and Pasta Sauce
Fresh Greens
French Bread w/ Garlic and Honey Butter
Cornmeal Cookie

Happy Dining!

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