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98B Outer Drive, Silver Bay, MN 55614

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Christine Mallory, Editor

Local Food Sources Growing

by Kitty Mayo



Photo Above: Brooke Joyce and her daughter Cecilia. Photo Below: Leah Bott and Cree Bradley

Locavores have in-creasing options on the northshore, as evidenced by the turnout at "Grown by Your Own" event at the Two Harbors Community Center last Tuesday evening. Residents of the area visited vendors who shared information about their wares from organic-fed poultry, to goat's milk, and garden vegetables.

Cree and Jason Bradley were there with information about Chelsea Morning Farm. Located in Silver Creek, their farm is run through Community Supported Agriculture that operates like a cooperative, giving each member a share of the produce during the growing season. Just fresh out of the sugarbush (maple syrup camp), Cree reported that they do still have shares available for this year coming up.



Tom Hanson, owner and operator of the Duluth Grill, presented on his experience of working in the restaurant business his whole life. Through a self-education process, Hanson has become interested in feeding people because he cares about food as a business, not a business that happens to serve food. "Some restaurants seem to care just about their bottom line, they don't care if they are selling widgets or food," he stated. Hanson related how buying ingredients from local

sources has not only resulted in quality food, but also has built economic relationships with his neighbors.

Describing how his kitchen works, it sounds a lot like how our grandmother's cooked: lard, garden vegetables, farm eggs, whole hogs, stock from bones all go into one dish on the Duluth Grill menu they call "The Wrenshall Pasty", because those ingredients are sourced from a variety of growers near Wrenshall. Simplicity that results in food

tasting "more like it-self", and buying ingredients from people they know personally is maybe less new age, and more like things used to be. Besides getting tastier, healthier, safer food, Hanson says his method of using local food for his restaurant also reduces waste, and "builds unity in the community".

Sponsored by the Two Harbors Farmers Market, Two Harbors Community Radio, and Mocha Moose, the event has been held for three years.