



## Earth Day Fair puts focus on fresh foods

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April 24, 2009 09:38 am

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The Green Sanctuary Committee at Universalist Unitarian Church in Haverhill hosted its third annual Earth Day fair on Sunday, April 19.

The event featured local farmers, informational packets, books, demonstrations, a vegetarian cafe and more.

Committee member Richard Smyth said the group decided to focus on the benefits of buying and eating locally after reading the "Omnivore's Dilemma."

"It really motivated us to look at where our food comes from. Buying locally makes a big difference in many aspects, especially in fossil fuels," Smyth said.

Committee member DeAnna Tashjian said the committee was proud to have so many local farmers represented at the fair.

"We really wanted to promote our local farmers and the growing process as well, especially when everything is organic. It is so much healthier for everyone," Tashjian said.

Committee member Delight Reese agrees.

Rowan Van Ness of Groundwork Lawrence CSA represented local farmers markets at a booth inside the church.

Community sponsored agriculture, or CSA, is a way for people to create a relationship with a farm and to receive a weekly basket of produce. Participants receive high-quality, fresh, locally grown produce that offers better health and nutrition.

The Groundwork Lawrence CSA is committed to making fresh food available to everyone. Through its Share-a-Share program, the CSA collects tax-deductible donations and provide subsidies for those in need. Unclaimed shares are donated each week to local food pantries through Neighbors in Need.

"It's great to be able to put food into people's mouths who don't think they can afford fresh vegetables," Van Ness said.

Kari Allard, owner of Tulip Tree Farm in Hampstead, N.H., offered organically grown plants and herbs such as parsley, peppermint and lemon thyme. Everything on the farm is grown organically including vegetables, eggs and their own lamb.

"When you support local farms you're supporting the open space that many love about New Hampshire. When you support your local farmer, you're supporting the environment as well," Allard said.

Sarah Bohorquez of Black Sheep Farm in Hampstead, N.H., demonstrated how to spin wool into yarn.

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