



Sign the Food Independence Day Petition

Sign up today to help celebrate local food this July 4 by joining the Kitchen Gardeners International campaign for local food and local ingredients.

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You know it's not as hard as you think to eat local! (Check out Lisa Kivirist's ideas in "The Community Table.")

This July 4, you can even declare your food independence.

Kitchen Gardeners International is running a campaign to help people declare their food independence by eating meals made from local ingredients.

They're calling July 4: Food Independence Day.

Everyone's invited to sign the petition available through the Kitchen Gardeners International's website--and on the Food Independence Day Facebook page.

First-family Local-food Leadership

Kitchen Gardeners International is trying, in particular to spur on America's 50 governors and first families to show leadership by demonstrating their commitment to local food and local ingredients by "sourcing the ingredients of their holiday meals as locally, deliciously and sustainably as possible."

As part of Food Independence Day, Kitchen Gardeners International is asking the first families (and anyone else who wants to join in) to: Share a planned menu in advance of the holiday.

Share recipes and the names of the local farmers, fisherfolk, and food producers whose ingredients you'll be using.

Compete to see who can serve the meal that inspires the most while traveling the least.

To help, Kitchen Gardeners International has made the campaign "social." The organization has widgets you can add to your blog or social network or e-mail to your e-mail contacts (hotmail, gmail, yahoo, aol, etc.)

Will you help rally the cause by eating healthy and delicious foods from our own local farms, gardens, and communities?

Kitchen Gardeners International is a nonprofit organization that empowers individuals, families, and communities to achieve greater levels of food self-reliance through the promotion of kitchen gardening, home-cooking, and sustainable local food systems.