



## CALVERT COUNTY DEPARTMENT OF ECONOMIC DEVELOPMENT

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# News Release

### FOR IMMEDIATE RELEASE

**Date:** | July 16, 2008  
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### **Take the “Buy Local Challenge” Initiative Highlights Foods Grown Locally**

**PRINCE FREDERICK, Md. – July 16, 2008** – Calvert County residents are encouraged to "eat local, eat fresh" during Buy Local Week, July 19 – 27, 2008. The challenge is simple: Pledge to eat at least one item from a local farm every day during Buy Local Week.

The initiative is one of several programs developed by the Southern Maryland Agriculture Development Commission to highlight the benefits of local products and boost the local farm economy.

Whether buying directly from farms or frequenting stores and restaurants that feature locally grown foods, residents can enjoy the great taste and robust nutritional value of the region's rich offerings. Buying local also helps support the area's agricultural community, ensuring that family farms will thrive and that healthy food will be available for future generations.

During the Buy Local Challenge, three Calvert County restaurants will feature dishes using locally grown foods. Mom's in the Kitchen, a Prince Frederick café, will offer a local broccoli salad. Saphron Restaurant in Prince Frederick comes to the table with pan-fried grit cakes with shrimp and a sweet biscuit dessert with local peaches. The Westlawn Inn of North Beach brings the bay's bounty with a crab cake and soft shell duo.

For more information on the Buy Local Challenge, visit <http://www.buy-local-challenge.com/>, or go to <http://www.somarylandsogood.com/> for information on the Southern Maryland Agriculture Development Commission. For information on Mom's in the Kitchen, go to [www.momsinthekitchen.com](http://www.momsinthekitchen.com), or call 410-535-4355. For more information on The Westlawn Inn, visit <http://www.westlawninn.com/> or call 410-257-0001. For information on Saphron Restaurant, call 410-414-9903.

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For more information on Calvert County’s agricultural community, visit [www.calvertag.com](http://www.calvertag.com), or contact the Calvert County Department of Economic Development at 410-535-4583, 800-331-9771 or 301-855-1880, via e-mail at [info@ecalvert.com](mailto:info@ecalvert.com), or on the Web at [www.ecalvert.com](http://www.ecalvert.com).

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