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Diversity of Local Food & Foodmakers take 'Center Plate' at LB Fresh's Foodways Summit

Welcome back to **Long Beach Fresh's Foodways Summit**: from growing local food to cooking, eating and sharing it – join us for a full week of talks, tastes and tours of good food practices in Long Beach, California.

This year's week of events are produced by **Long Beach Fresh** and are sponsored by **Primal Alchemy Catering**, Long Beach's chef-driven catering company specializing in organic, seasonal, locally sourced ingredients. Chef Paul and Dana Buchanana of Primal Alchemy Catering have been long-time pioneers of the Long Beach food movement and continue to lead the way by sponsoring LB Fresh's multi-day event series showcasing urban farmers and the local food scene, with the goal of expanding healthy food access, education, and opportunities for all.

The week kicks off on Saturday June 1st with **THE COLOR OF FOOD**, a celebration of plant-based foods and Afroculinaria in North Long Beach with a keynote by Kawani Brown (Long Beach Vegan Festival), and food by Chef Rodd Dodd (Organic Harvest Gardens), Chef Kyle Johnson (MarktLvr) and Osunkoya Chavon (Sunbelly Foods).

[The Color of Food is sponsored by the Long Beach Grocery Co-Operative]

On Sunday, June 2nd, we'll delve deep into **THE HEART OF LONG BEACH** to visit bustling markets, community healing centers and an urban farm to taste and appreciate Cambodiatown's earthly delights. Tastes include bites from Chef Chad Phuong, Monorom Cambodian Restaurant, Navy's Cambodian Kitchen and Chef Ollie Cigliano.

[The Heart of Long Beach is sponsored by the Midtown BID]

On Monday, June 3rd, **SEEDS OF OUR FUTURE** assembles a cross-section of urban ag pioneers who are teaching the next generations ways to access land and grow food. Spend time eating and learning from Joe Corso (Long Beach Organic), Kathleen Blakistone (Moonwater Farms), David Hedden (Our Foods) and Sheila G (Adventures to Dreams).

On Wednesday, June 5th, **EMPOWERED KITCHENS** is a meet-and-eat with an astounding collaborative of chefs and cooks who have grown healthy food businesses from small and home kitchens including Khahn Hoang (Company of Khahn), Kat McIver and Angie Evans (Wide Eyes Open Palms), Dina Feldman (Feel Good Salsas and kitchen) and Arturo Enciso (Gusto Bread).

[Empowered Kitchens is sponsored by Noël Aguirre, Principal, Lee & Associates]

On Thursday, June 6th, we're going to be **SCHOOLED** in ways good food makes its way into our local schools. Get hands-on experience and school garden tours while we also tackle how our schools can purchase good food for Long Beach students.

On Friday, June 7th, we'll come together in a theatre setting and hear an impressive array of **FOODWAYS STORIES** in a fast-paced presentation format with lots of pictures called a "PechaKucha."

[Foodways Stories is sponsored by the Harbor Area Farmer's Markets]

The purpose of the Foodways Summit is to gather and connect the local food movement together and with new partners, storytellers, farmers, gardeners, helpers, leaders, investors, chefs, food brands, educators, food buyers & distributors, health professionals, residents, seniors, youth, organizations, students, newbies, partners and supporters.

At each Foodways Summit event, you can expect to taste something, visit somewhere, meet somebody, learn something and share something.

Long Beach Foodways Summit is brought to you by **Long Beach Fresh**, dedicated to expanding Long Beach's local food economy and infrastructure in ways that benefit local communities. This year's event series was made possible by **Primal Alchemy Catering** and individual events have been supported by the **Midtown BID**, **Harbor Area Farmer's Markets**, Commercial Broker **Noël Aguirre** and the **Long Beach Grocery Co-Operative**.

Media Attendance

*Media can attend events for free and are encouraged to attend the Opening and Closing Receptions.
Contact Media Contact, Tony Damico at (562) 346-4617 or tonylbfresh@gmail.com*

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