



**FOR IMMEDIATE RELEASE**

## **Long Beach Fresh Invites You to the Annual Long Beach Foodways Summit: A Celebration of Sustainability, Education, and Local Flavors**

**Long Beach, Calif., March 21, 2024** – Long Beach Fresh, the city's pioneering food policy nonprofit, is thrilled to announce the return of the Long Beach Foodways Summit this spring. This year's summit, running from April 4th to April 7th, promises an enriching schedule of events designed to connect the community with the roots of local food culture, sustainability, and education within California's vibrant seventh-largest city.

This year's events are brought to you by Primal Alchemy, an award-winning chef-owned, food-forward catering firm focused on seasonal, locally sourced, hand-crafted foods while utilizing sustainable practices.

### **Engage, Learn, and Taste: The 2024 Summit Highlights**

**Farm to School Luncheon at Sowing Seeds of Change Urban Farm** (April 4th, 11:30am-1pm): Kickstart the summit with a celebration of the farm's mission to provide an alternative learning environment for neurodiverse students. Enjoy demonstrations of garden-friendly kid treats by local chefs and hear from the California Department of Food and Agriculture's Farm to School Network and Ground Education.

**Food Policy Meetup at Moonwater Farm** (April 5th, 2pm-4pm): Dive into discussions on local and state food policy with local, regional and state leaders, exploring the future of food policy initiatives.

**LB County Fair & Blue Ribbon Urban Ag Contest at EXPO Arts Building** (April 5th, 6:30pm-8:30pm): Experience a variety show of local food, art, and education. Participate in flower crown-making and enjoy chef bites from local food luminaries like Primal Alchemy's Chef Paul Buchanan.

**Crop Swap, Farm Stand & Food Fair at The Growing Experience Urban Farm** (April 6th, 10am-11:30am): Join the monthly backyard produce exchange and learn from Chef Dina Feldman on maximizing farm bounty. Discover the secrets to longevity with insights from the Blue Zones representative.

**Food Waste & Recovery Discussion at Long Beach Organic - Zaferia Garden** (April 6th, 12pm-1pm): Engage in crucial conversations about food waste prevention, food recovery, and sustainable urban agriculture practices amidst a festive plant sale.

**Food Mural Kick-Off at A&F Market** (April 6th, 3pm-4:30pm): Witness the beginning of a cultural food mural by artist Amy Tanaka, celebrating the community's rich food culture and the Produce 2 Market program's impact.

**Primal Alchemy Farmers' Market Table** (April 7th, 11am-1:30pm): A Long Beach first! Primal Alchemy will be setting up a farm-to-table brunch at the Sunday Marina Farmers Market. Tickets to be released soon by Primal Alchemy.

**Veggie Cooking Demo** (April 7th, 2:30pm-3:30pm): Learn about the creation of the Santa Fe Community Learning and Teaching Garden and enjoy a veggie cooking demo inspired by Southeast Asian culinary traditions.

**Herbalism Walk with Julie James** (April 7th, 4pm-5:30pm): Explore Long Beach's natural flora on an exclusive walk with renowned herbalist Julie James. Learn about the uses of local plants in a setting that promises connection and discovery.

## **A Summit with Purpose**

The Long Beach Foodways Summit is more than just an event; it's a movement towards creating a more sustainable, equitable, and healthy food system in Long Beach. "Each year, we aim to deepen our community's connection to the land, our food, and each other," says Ryan Smolar, Co-Director of Long Beach Fresh. "This year's summit not only celebrates our local food heroes but also educates and inspires action towards a more resilient food future."

## **Join Us in Celebrating Long Beach's Culinary Diversity and Sustainability**

Don't miss this opportunity to be part of a transformative experience that celebrates the best of Long Beach's food scene, from farm to table. The Long Beach Foodways Summit is a testament to the power of community, education, and sustainability in shaping a healthier, more vibrant future for all.

## **About Long Beach Fresh**

Long Beach Fresh is dedicated to expanding Long Beach's local food economy and infrastructure to benefit the city's diverse communities. Through community events, consulting, and advocacy, Long Beach Fresh strives for a food system that is equitable, sustainable, and thriving. Learn more at [LBFresh.org](http://LBFresh.org).

### **About Primal Alchemy**

Founded in 2001, Primal Alchemy is an award-winning chef-owned, food-forward catering firm focused on seasonal, locally sourced, hand-crafted foods while utilizing sustainable practices. With a thorough background in traditional culinary preparation, and a progressive approach that incorporates the increasingly popular Farm To-Table Philosophy, Primal Alchemy collaborates with local producers to provide a diverse array of food that is extremely fresh, simply seasoned, and prepared in the most straightforward manner.

### **Media Contact:**

Ryan Smolar, Co-Director, Long Beach Fresh  
(213) 268-4924 | [ryan@smolarcorp.com](mailto:ryan@smolarcorp.com)

...