

Greetings!

On behalf of Honest Weight Food Co-op, Inc, Metroland, ecolocal living and All Over Albany, I would like to invite you to be a vendor at our upcoming 2nd Annual Local Harvest Festival to be held on **September 19th, 2010 from 1-6pm** at Washington Park Lake House in Albany. Last year's event was a huge success with over 800 attendees. We hope this event will help increase awareness of the local delicacies that our region has to offer and encourage the community to support our local farmers, restaurants and purveyors.

This event will celebrate the finale of our three week EAT LOCAL FOOD CHALLENGE. This is a nationwide competition, sponsored by the National Cooperative Grocers Association, in which we challenge ourselves to eat as much locally produced food as possible. Our customers are encouraged to set their own goals. Some examples are:

- Spend at least 10% of their weekly food budget on local foods and make five meals each week from locally grown and produced foods.
- Buy directly from a local farm or farmers' market as often as possible.
- Choose local foods whenever possible & request local where they shop and dine.
- Patronize local grocers, retailers & restaurants that feature local food.
- Preserve fresh and seasonal foods to enjoy later in the year (freeze, can, dehydrate).

What we are asking of you? Participate and promote your business to your community!

**Food Vendor:**

As a vendor, the idea is to prepare a dish made from at least 60% local ingredients. Local can be defined many ways. For some local means fresh from the garden. Others define local as food grown within a certain mileage distance from home. One definition used at the co-op is a location within the distance of a day's trip. The staff at Honest Weight Food Co-op is more than happy to assist you in finding local ingredients to meet your recipe needs. As a vendor, we ask that you offer free samples, and give the opportunity for the attendee to purchase a larger plate/portion from you.

**Farm/Other Vendor:**

As a farm, crafts person or other vendor, we invite you to bring your local produce and/or goods to sell. We encourage you to offer a sample to engage the crowd. Note: If you are not serving prepared food, you do not need a food permit.

We will be arranging live music, to be provided by local musicians, and a local celebrity chef will be doing live cooking demos with fresh local ingredients.

If you are interested in participating, please send to me your completed 2010 Local Harvest Festival Application (enclosed) with your vendor fee of \$25 payable to Honest Weight Food Coop. An insurance liability/workers' comp certificate, a high-resolution logo, and a full ingredient list must be provided to me by August 19, 2010.

Once you have registered we will send you further information regarding the event, set up, etc.

Together we can show how local foods can build and sustain healthier communities and stronger local economies!

If you have any questions in regards to this letter please contact Mariah Dahl (518) 482-3312 EXT 120  
Sincerely,

\_\_\_\_\_  
Mariah Dahl

---

**2010 Local Harvest Festival**  
**Washington Park Play House, Albany NY**

---

Application deadline: **August 19th, 2010**

Name: \_\_\_\_\_

Last

First

Business Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Sales tax I.D. # \_\_\_\_\_

Phone: ( ) \_\_\_\_\_ Email: \_\_\_\_\_

Booth Space:

Please check the utilities you will need:

Refrigeration    electricity    other

Please send application and booth fee of \$25 to:

ATTN: Mariah Dahl  
Honest Weight Food Co-op  
484 Central Ave  
Albany NY 12206

Email high-resolution images to: [jennifer@honestweight.coop](mailto:jennifer@honestweight.coop)

---