



Local restaurants now offering a Farmers' Market Menu

Date: June 21, 2010

Contact: Melinda Shaffer, RD, 225-5351 or
Karrie Isaacson, RD 245-6456

Shasta County, CA – Starting this month, Leatherby's Family Creamery and Angelo's Pizza Parlor will offer a Farmers' Market Menu. The items on the menu will be made from produce purchased from local farmers markets. It will change weekly based on what is in season and available at the market that week.

Some examples of what you might find on Leatherby's menu include fresh garden salads, grilled peaches topped with vanilla ice cream, and fresh salsa. Angelo's Pizza Parlor plans to offer a Farmers' Market Pizza topped with seasonal produce. This weeks special includes certified organic zucchini, sweet red onion, sliced tomato and feta cheese pizza.

"Incorporating fresh, local produce not only tastes great, but supports a healthy lifestyle, local farmers, and the local economy" said Melinda Shaffer, Healthy Shasta Nutritionist.

Leatherby's Farmers' Market Menu will also be available each Thursday night at Marketfest.

For more information, contact Melinda Shaffer at 225-5351 or Karrie Isaacson at 245-6456. For local farmers markets locations go to www.healthyshasta.org.

Anderson Partnership for
Healthy Children/South
County HEAC

City of Anderson

City of Redding

City of Shasta Lake

County of Shasta

First 5 Shasta

Mercy Medical
Center

Redding Rancheria

Redding School District

Shasta College

Shasta County Office of
Education

Shasta County RTPA

Shasta Family
YMCA

Shasta Head Start

Simpson University

The McConnell
Foundation

Turtle Bay Exploration
Park

University of California
Cooperative Extension

Viva Downtown

Whiskeytown National
Recreation Area