

Good Food

Promoting Sustainable Farming, Urban Gardening & Healthy Eating on the Central Coast



SAMPLE OF POSSIBLE TITLES, WRITERS AND ADVERTISERS

Food Forests on the Central Coast • Replacing your lawn with gardens

Neighborhood CSAs are here in Santa Barbara and SLO • What is a locavore?

Why the infighting with raw foodists, vegetarians, omnivores, carnivores?

Will there be any peace among our eaters where food is supposed to unite us?

Menus, recipes, columns, organic vs local, trends, book reviews, film reviews, workshops, conferences

Does your farmer's market tell you the truth when you ask the farmers if they spray?

What about trusting yourself as to what foods you need?

How to make money while growing food? Examples and stories

What about raw dairy and who is doing what? PLUS much more....

Cathe Olson, Anasthasia Killiam, Larry Santoyo, Debra Garrison, Eric Michielssen, Liana Forest,

Hunter Francis, Michael Ableman, Wendell Berry, Cory Brennan, Patricia Dines, Melanie Blankenship,

Bill Spencer, Tom Neuhaus, Ryan Rich and mucho more...

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SANTA BARBARA, VENTURA & SAN LUIS OBISPO COUNTIES

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New Frontiers, Natural Cafe, Natures Touch, Natures Harvest, CCAN, Central Coast Grown, Big Sky, CSAs, Joebella's Cafe, Sojourners, Lazy Acres, House of Bread, Natural Food Coop, Island Seed & Feed, Isla Vista Food Coop, Linnaeas Cafe, Cafe Vio, Local pesticide-free Farms, Caterers who deal with at least 50% local and seasonal produce, Lavender Farm, Clark Valley Organic Farm, Huasna CSA, Cal Poly CSA, American Flatbread Pizza, Pizza Fusion, Eco Fast Foods, SLOW Food chapters, Food Not Lawn chapters, Four Elements Organic Farm, Mesa Exchange and mucho more...

This is a teaser. A rough draft. This is to give you an imaginary sneak preview of what COULD happen.

This is NOT going to be an "EDIBLE CENTRAL COAST" where we spend oodles of money.

This will be a grassroots effort to strengthen the sustainable food industry on the central coast.

*If you wish to participate in some way, in any way, please let me know soon. I would LOVE to come out with a 16 page sneak preview of **GOOD FOOD** this March / April, 2009 but I need your input.*

Thanks,

Bob Banner
Publisher of HopeDance Media
805-369-0203 / info@hopedance.org