

# From Farm to Plate: How We Sustain Local Farms



**Saturday, March 1st**

**2:00 to 4:00pm**



We know that eating local food sustains our local farms, but what more should we be doing? What are the issues facing the farmers in Essex County? And how can consumers ensure that local food remains a viable option? A trio of local farmers will talk about how food and farming affect us all, from animal welfare to energy efficiency to farmland preservation to immigration reform.

**Lisa Colby**—Colby Farm, Newburyport

**Glenn Cook** - Cider Hill Farm, Amesbury

**Rich Bonanno**, Pleasant Valley Gardens, Methuen

Join us to find out more.



**Memorial Hall Library**

2 North Main St.

Andover, MA 01810

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