

## Restaurant Resources

There are many great resources available for ideas on how to start sourcing *San Diego Grown 365* (365) local food in your establishment and reap the economic, environmental, and health benefits of choosing *San Diego Born & Raised*.



### San Diego Grown 365 Exchange



This San Diego County Farm Bureau tool is designed to help connect farmers with retail stores, restaurants, distributors, and institutional buyers interested in sourcing locally grown products.

<http://sandiegogrown.com/>

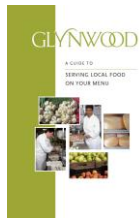
### Harvest of the Month



Harvest of the Month features a widely available, locally grown fruit and vegetable each month. Designed to increase consumption of fruits and vegetables, it's the perfect way to kick off or supplement 365.

<http://www.harvestofthemonth.cdph.ca.gov/index.asp>

### Glynwood – A Guide to Serving Local Food on Your Menu



This practical guide is designed to help restaurants consider creative ways to incorporate fresh, local products into almost any setting. It includes succinct tips and tricks, as well as examples for using local produce from Kaiser Permanente, The Culinary Institute, and Sysco Corporation.

<http://www.glynwood.org/files/previous/pdfs/ReportsandGuides/GuideLocalMenu.pdf>

### National Restaurant Association's Conserve Program: Serving up Sustainability



The National Restaurant Association has put together a comprehensive, self-paced program for restaurants ready to embrace the concept of sustainability. Their tips on saving energy and reducing waste closely link to sourcing local food.

<http://conserve.restaurant.org/Learn-New/Getting-Started>

### San Diego County Farmers' Markets



The San Diego County Farm Bureau has a comprehensive list of all the farmers' markets in the county, with contact information for the market managers.

<http://sdfarmbureau.org/BuyLocal/Farmers-Markets.php>

## Quick Links & Articles

There are many articles with new and different ideas for how to source locally, and valuable information about what sourcing locally means and why it is important.

### *FORAGING FOR LOCAL SOURCES*

<http://www.restaurant.org/News-Research/News/Foraging-for-local-sources>

### *THE BENEFITS OF LOCAL SOURCING*

<http://www.retail-week.com/in-business/supply-chain/the-benefits-of-local-sourcing/5010688.article>

### *HOW TO FIND YOUR LOCAL FOOD SOURCES*

<http://www.organicauthority.com/sanctuary/how-to-find-local-food-sources-farmers-markets.html>

### *LOCAL & REGIONAL FOOD SYSTEMS*

<http://www.sustainabletable.org/254/local-regional-food-systems>

### *LOCAL FOOD SOURCING FOR RESTAURANTS*

<http://www.glospitality.com/local-food-sourcing-for-restaurants/>

### *THE BIG TREND: LOCAL SOURCING IN RESTAURANT MENUS*

<http://restaurantschools.com/resources/the-big-trend-local-sourcing-in-restaurant-menus>

### *HOW CHAIN OPERATORS CAN SOURCE FOOD LOCALLY*

<http://www.fsrmagazine.com/kitchen-sink/how-chain-operators-can-source-food-locally>

### *10 WAYS TO USE LOCAL FOODS AT YOUR RESTAURANT*

<http://restaurants.about.com/od/menu/a/10-Ways-To-Use-Local-Foods-At-Your-Restaurant.htm>



For more information on *San Diego Grown 365*, visit:

<http://www.sdfarmbureau.org/BuyLocal/SD-Grown365.php>

