



Slow Food San Diego is a non-profit educational organization dedicated to celebrating the food traditions of San Diego through programs and activities about Taste, Education, the Defense of Biodiversity and the Building of Food communities.

- We believe in school gardens, farmers markets, the home cook and garden.
- We support local artisan food producers, chefs & restaurants, farmers & farms.
- Slow food is simply about taking time to slow down and to enjoy life with family and friends.

Join the
Delicious
Revolution!



Slow Food®
San Diego

www.slowfoodsandiego.org

Edible SAN DIEGO is proud to be a media sponsor for San Diego Roots Sustainable Food Project

Vote With Your Fork

You are not just a consumer, you are a citizen and the choices you make every day create the world in which you live.

By eating, you vote at least three times a day. What are you voting for—food manufactured with cheap oil, third world wages and toxic chemicals?

Or a community-based food network that supports everyone with healthier food, a clean environment and fair wages?

Put your money where your mouth is...

Eat Where You Live



San Diego Roots Sustainable Food Project

For lists of local farmers markets, CSAs, restaurants, wholesalers and farmstands that feature locally-grown food:

www.sandiegoroots.org

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East County:
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Lakeside
619 562-3276

SAN DIEGO ROOTS SUSTAINABLE FOOD PROJECT

A non-profit network of citizens, farmers, chefs, gardeners, teachers, and students working to encourage the growth and consumption of regional food.
www.sandiegoroots.org

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SLOW FOOD SAN DIEGO

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www.slowfoodsandiego.org

SUB-ZERO/WOLF

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