



Harvest Fest Olde World Foods from New World Farms

Hosted by Kravitz Delicatessen and Grow Youngstown
to celebrate Food Day

Event features food made from produce locally-grown in Youngstown, Ohio, including beets grown at the Fairgreen Neighborhood Garden, brussel sprouts grown at Jubilee Gardens, and locally produced beer.

**Sunday, October 23, from 2 to 9 p.m. at
Kravitz Delicatessen
3135 Belmont Avenue, Youngstown, Ohio 44505**

**County Mayo will be on stage from 2 to 5 p.m. and
the Guilty Pleasures will play from 6 to 9 p.m.**

General Admission is \$5.00

Kravitz's Chef Debbie Mirkin will prepare this menu of traditional foods using produce from local urban gardens and rural farms:

**Stuffed cabbages
Corned beef and cabbage
Potato pancakes with homemade applesauce
Squash and apple soup**

**Pumpkin pierogies
Stout beef stew
Beet Borscht
Corn Chowder**

Food Day was created by the Center for Science in the Public Interest and supports six goals for an “Eat Real” agenda. The **Harvest Fest** embodies three of the six “Eat Real” goals:

- Reduction of diet-related diseases by promoting safe, healthy foods. The menu is full of fresh local produce and well as locally raised beef, which is fed a combination of grass and grain that are not amended with antibiotics.
- Support of sustainable farms and practices – Grow Youngstown is sourcing food for this event from local small farms and gardens and farmers that use organic growing methods.
- Expand Access to Food and Alleviate Hunger – The Fairgreen Neighborhood Garden a community gardens in a neighborhood with little access to fresh produce has grown beets that will be sold to Kravitz Delicatessen. The garden and this sale exemplify self-sufficiency and economic opportunity alleviating food access and hunger issues by providing food and income.

Jack Kravitz explains that he became involved with Grow Youngstown when he started using locally grown, organic brown eggs in the omelets at the Deli. “The yolks had this orange-gold color and made such a gorgeous omelet that we just had to start using them.” Every week Grow Youngstown delivers Kravitz a case of eggs.

Grow Youngstown is a non profit 501(c)3 organization with a mission to create a socially just and economically viable local food system, while increasing the agricultural skills and resources of Youngstown and neighboring communities. Details on Community Supported Agriculture (CSA) and the **Harvest Fest** are available at their web site <<http://www.growyoungstown.org>> .