

Hello friends,

Lisa Amstutz and I are excited to announce the September 17, 2010 release of our book, *Local Choices*, from Carlisle Press. *Local Choices* provides a friendly introduction to the local foods scene through stories, practical advice, farmers market shopping savvy, recipes, gardening tips and more. We invite you to visit us at our book signing events at Lehmans in Kidron on Sat, Sept 18 from 10:00 to 3:00 and at the Local Roots Market in Wooster on Sat, Sept 25 from 10:00 to noon. More events and additional information can be found on our new blog, <http://localchoices.wordpress.com/>.

Copies of *Local Choices* (180pgs, soft cover) can be pre-ordered from Karen for \$11.99 plus \$0.75 sales tax and \$3.00 postage, if applicable. Books will also be available at Local Roots Market in Wooster starting Sept 25. If you are interested in books for your farm customers, store or holiday gifts, contact Karen for quantity discounts.

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