

Township of  
Langley



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## NEWS RELEASE

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### **FREE EVENT AND DELICIOUS CHALLENGE ENCOURAGE LANGLEY TO EAT LOCAL**

While it is called a 'challenge,' when the task at hand includes seeking out seasonal salad ingredients, finding freshly-baked breads and treats, and buying beverages made in our own backyard, its terms are deliciously easy to accept, especially when they can all be found in one enticing place.

The Langley Eats Local event returns this summer, along with the Eat Local Challenge.

Showcasing the diversity and availability of food grown or produced in the region, Langley Eats Local is a free annual event presented by the Langley Environmental Partners Society (LEPS) and the Langley Community Farmers Market. The Market, which is regularly supported by the Township of Langley, is held every Wednesday from May to October in the Kwantlen Polytechnic University parking lot at 20901 Langley Bypass.

This year, Langley Eats Local will take place Wednesday, August 8 from 12:00 to 4:30pm. The event will feature more than 50 local vendors offering a variety of fresh and ready foods, demonstrations, activities, and prizes for children and adults. As well, Langley's own farm and food advocate Chef Adrian Beaty returns to offer up five hand-crafted, locally-sourced appetizers for tasting.

While there is no charge to attend Langley Eats Local, tickets for the appetizer sampling are \$5. Tickets can be purchased in advance at the Farmers Market, from the LEPS office at #201 4839 - 221 Street in Murrayville, or online at [langleyeatslocalsampling2018.eventbrite.ca](http://langleyeatslocalsampling2018.eventbrite.ca).

The Eat Local Challenge also begins on August 8. Residents can sign up for free by pledging to source as much of their week's food as possible from local producers and farmers, from August 8 to 15. To take part and receive advice, information, and ideas for defining and meeting your Eat Local goals, visit [lcfm.ca/langley-eats-local](http://lcfm.ca/langley-eats-local).

“With so many food-producing farms located in Langley Township and businesses recognizing people’s interest in farm to table eating, it is easy to make a feast out of eating locally,” said Ava Reeve, Agriculture Program Coordinator for LEPS. “From berries, fresh produce, jam, cheese, meat, and baked goods, to wine, beer, and cider, there is a lot to choose from, and much of it is available at the Langley Community Farmers Market. In just one week of the Challenge, participants can discover just how much of their food needs can be easily and affordably acquired locally.”

“Getting to eat fantastic food from local farms for an entire week is rewarding on its own, but Challenge participants also get a thank you goodie bag full of local coupons and treats at the end, plus chances to win more tasty prizes,” Reeve noted.

“Exploring our local Farmers Market is a fun and valuable way to discover Langley and support farmers, artists, food and beverage producers, florists, and all that our local tourism scene has to offer,” said Val Gafka, the Township’s Senior Manager of Economic Investment and Development. “In doing so, customers shift their purchasing power, which in turn improves our local food system and supports local jobs and our local economy. And at the core of it all is community pride: that is pretty compelling.”

**Doing Business: Farm to Table**, a video outlining the success of some of Langley’s unique farms and food producers is available at <https://www.youtube.com/watch?v=Lh3-EIMaUuw>

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