



the Silvertown Grange presents
**The 100-Mile
Breakfast**

a meal from Silvertown's backyard!

**A breakfast made from scratch
with ingredients grown or produced
within 100 miles of Silvertown**

Hazelnut Pancakes • Scones • Egg Frittata • Fruit
Fruit Compotes • Sausages • Beverages and more!

September 30, 2006

menu

Hazelnut Pancakes

flour from **Bob's Red Mill Natural Foods**, eggs from **Willamette Egg Farms**, milk from **Mallorie's Dairy**, butter from **Farmers Cooperative Creamery**, hazelnuts (99% of hazelnuts grown in the U.S. are from the Willamette Valley!), syrup from **Fresh to You**

Scones

flour from **Bob's Red Mill Natural Foods**, milk from **Mallorie's Dairy**, butter from **Farmers Cooperative Creamery**, honey from **HaHa Family Farm**

Egg Frittata

eggs from **Willamette Egg Farms**, vegetables from **Fresh to You**, chevre cheese from **Silver Falls Creamery**

Fruit

apples from **Bauman Farms**, seuri & shin li Asian pears and marquis grapes from **One Green World Nursery**

Fruit Compotes

fruit from **Fresh to You**, apples from **Austin Farms**

Pork Sausage Patties

meat from **Carlton Farms**

Beverages

coffee from **Governors Cup Coffee Roasters**, apple cider from **Bauman Farms**

growers & producers

Austin Farms (Silverton)

503.873.7931

Bauman Farms (Gervais)

www.baumanfarms.com

Bob's Red Mill Natural Foods (Milwaukie). Available at Roth's and elsewhere.

www.bobsredmill.com

Carlton Farms (Carlton). Available at Roth's.

www.carltonfarms.com

Farmers Cooperative Creamery (McMinnville)

www.farmerscoop.org

Mallorie's Dairy (Silverton)

www.malloriesdairy.com

Fresh to You (Stayton)

www.freshtoyouproduce.info

Governors Cup Coffee Roasters (Salem)

471 Court St., 503.581.9675

One Green World Nursery (Molalla)

www.onegreenworld.com

HaHa Family Farm (Molalla)

www.molalla.net/~haha

Silver Falls Creamery (Aumsville). Available at EZ Orchards, Life Source,

Fitts Seafood, Fresh To You, and Roths.

silverfallscreamery@comcast.net

Willamette Egg Farms (Canby)

www.willamette-egg.com

food facts

Minimum distance that North American produce typically travels from farm to plate, in miles: **1,500**

Number of Planet Earths' worth of resources that would be needed if every person worldwide lived like the average North American: **8**

Ratio of minutes spent preparing food by English consumers who buy ready-made foods versus traditional home-cooking: **1:1**

Estimated number of plant species worldwide with edible parts: **30,000**

Number of species that currently provide 90 percent of the world's food: **20**

Share of each U.S. consumer food dollar that returned to the farmer in 1910, in cents: **40**

Share that returned to the farmer in 1997, in cents: **7**

Ratio of prisoners to farmers in the U.S. population: **5:2**

Percentage of fresh vegetables eaten in Hanoi, Vietnam, that are grown in the city: **80**

Percentage of all tomatoes in U.S. that are harvested while green : **80**

Major river dams constructed to irrigate California, now the world's number-five agricultural producer: **1,200**

learn more about eating local

100-Mile Diet

Promotes the idea of eating locally.

www.100milediet.org

Ecotrust

Fosters a regional food system in the Pacific Northwest.

www.ecotrust.org/foodfarms/

about the Silvertown Grange

Founded in 1867, the Grange is the nation's oldest farm organization and supports community, agriculture, and education. The Silvertown Grange is bringing these ideals into the 21st century by being relevant to today's families and today's issues. We are especially concerned with promoting a sustainable community and local economy, and we believe local farmers and food producers are critical to that goal.

The Silvertown Grange Hall is located at 201 Division Street, off of South Water Street, in Silvertown. For more information about the Silvertown Grange, visit www.silvertongrango.org, email info@silvertongrango.org, or call 503.515.6441.