

Tickets on sale for Farm to Fork Dinner

Astoria Co-op, CMH put on tasty educational event

ASTORIA — The freshest local food of the season will highlight an upcoming Spring Farm to Fork Dinner. Astoria Co-op Grocery, Columbia Memorial Hospital's nutrition department and chef Marco Davis are joining forces again in an effort to inspire people to eat fresh and healthy foods.

The dinner will take place 6 p.m. June 2 at the Columbia Center Coho Room, located at 2021 Marine Drive. Tickets are on sale now.

The menu will include four courses with vegetables

and fish. Davis creates the menu just before the dinner in order to capture the freshness, most local food around.

"I like having relationships with people I'm getting food from," Davis said. "I know they're putting the same love into farming as I do cooking. It tastes so much better, and it makes me happy."

In addition to a meal, there are elements of entertainment and education involved in the event. Many of the local farmers will attend the dinner and take turns speaking about how they grew the food. The setting is in a gourmet demonstration kitchen so attendees will be able to watch and learn

as their dinner is prepared before their eyes.

"Educating people about health and nutrition is important to the co-op, and a really fun way to learn is while eating amazing food and drinking wine with friends," Astoria Co-op Grocery Marketing Director Zetty Nemlowill said.

CMH got involved in the Farm to Fork event because food is the foundation of health in a community.

"As a Planetree-designed hospital, we recognize nutrition and the nurturing aspect of food as a component of the care that we provide both to our patients and to our caregivers," said Van Lovett, the nutrition

services manager at CMH. "The Farm to Fork dinners provide education about healthy cooking and eating but also about where to find fresh, healthy food in our community."

The event is volunteer-run, and any proceeds beyond the cost of ingredients go to North Coast Food Web's Project Fruit Box, which provides organic fruit to local schools.

Tickets are \$40 and include a four-course dinner and wine. Space is limited; organizers encourage those interested to purchase tickets early. Tickets are available online via Eventbrite, at <http://tinyurl.com/springfarmtofork>



SUBMITTED PHOTO

For the Farm to Fork Dinner, chef Marco Davis, left, will cook food from local farms like 46 North, owned by Teresa Retzlaff.

coast weekend

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Rita Paich is the assistant manager at Deja Vu Thrift Store & Boutique in downtown Astoria. Revenue from the thrift store supports The Harbor, a community agency that provides support to survivors of domestic violence, sexual assault and stalking. Deja Vu accepts donations of items for resale. Photo by Joshua Bessex

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