

# The Fairfield Green Food Guide

## *Fairfield County's Destination for Sourcing Fresh, Local, and Sustainably Grown Food*

The **Fairfield Green Food Guide** was founded in January, 2009 to provide Fairfield County consumers with an online resource for **finding fresh, local, and sustainably grown food plus a unique forum for connecting with the local green food community.**

### The Fairfield Green Food Guide Offers Consumers:

1. **The Buying Guide, a searchable database of Fairfield County green food resources.**
2. **A blog to not only stay hyper-current on breaking green food news but also join the conversation by commenting and networking with other readers.** Readers may register to automatically receive new blog posts.
3. **An e-mail subscription to News Flashes and regular e-Newsletters.**
4. **A calendar of green food events.**

### **What is green food?**

Green food is grown/produced/harvested/traded locally, responsibly, fairly or sustainably. Locally-grown, organic, grass-fed, pasture-raised, cage-free, free-range, hormone free, antibiotic free, no GMO and Fair Trade foods all fall under the definition.

**Our goal is to become the #1 destination for Fairfield County consumers interested in finding ways to participate in the local and sustainable food movement. The Buying Guide** helps consumers discover exciting green food resources right in their neighborhoods. The continuously updated database includes farmers' markets, CSAs (shares in a farm's spring/summer crops), farm stands, pick your own farms, vineyards, specialty stores, gourmet and traditional grocers, and wine shops. **The Dining Guide** is under development and will include restaurants, inns, hotels, B&Bs, and other providers of eat-in, take-out and catered food including caterers, gourmet grocers, and specialty stores. Future offerings include the **Cooking and Growing Your Own Guides.**

### About Analiese Paik:

Analiese holds a Master of Business Administration degree and worked in marketing management positions in various sectors of the financial services industry before starting her career as an independent marketing consultant. She received her Bachelor of Arts degree in foreign languages and has lived in Madrid, Spain and Buenos Aires, Argentina. Analiese is a graduate of the Institute of Culinary Education in New York City. She studied wine at the International Wine Center in New York City and holds a certificate in wine from the UK's Wine and Spirit Education Trust. Analiese is an avid organic gardener and home cook. Recognizing an opportunity to marry her love of food, wine and gardening with her marketing expertise, Analiese launched the Fairfield Green Food Guide in 2009.

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[www.fairfieldgreenfoodguide.com](http://www.fairfieldgreenfoodguide.com)

