



Calvert County NEWS

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FOR IMMEDIATE RELEASE

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Take the Pledge to Eat Fresh Every Day During Buy Local Week July 22-30

PRINCE FREDERICK, Md. – July 19, 2017 – In conjunction with the state of Maryland, Calvert County will celebrate the bounty of local agricultural products July 22-30 by highlighting the benefits of buying local products from area farms, farmers markets, farm stands and watermen.

The Calvert County Board of County Commissioners will officially proclaim July 22-30 “Buy Local Week” during its meeting Tuesday, July 18, and will encourage county residents to take the pledge to eat at least one item every day from a local farm during the week. There are endless ways to participate in the 10th annual statewide “Buy Local Challenge.” Add one or two local items a day to your meals – perhaps fresh eggs and bacon with breakfast, a snack of local fruit or veggies, a glass of local wine or some Chesapeake Bay blue crabs caught by a local waterman.

You may even consider extending your personal challenge throughout the whole summer. Consider the impact you can have in your own backyard by shopping and visiting with neighborhood farmers and watermen while helping to stimulate Calvert County’s economy.

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July 19, 2017

Page 2

Residents are encouraged to visit the county's many [roadside stands](#) as well as the farmers markets during this week and throughout the summer. Stop by one of the following markets:

- **Tuesdays** in Prince Frederick in the Calvert Memorial Hospital parking lot 3-7 p.m., through Nov. 21
- **Thursdays** in Solomons at the Riverwalk north of Solomons Pavilion, 3-6:30 p.m., through Nov. 16
- **Fridays** in North Beach between 5th and 7th Streets and Bay Avenue 6-9 p.m., through Oct. 6
- **Saturdays** in Prince Frederick at the Calvert County Fairgrounds on Route 231 7:30 a.m.-noon, through Nov. 18

The Calvert County Agriculture Commission offers a wealth of information about Calvert County's farms, including when and where to buy local produce and meats and the location of local farm stands. For more information, visit www.calvertag.com. For more information on Maryland's Buy Local Challenge and to get recipes, visit www.buylocalchallenge.com.

For more information about the Calvert County Department of Economic Development, our visitor sites and attractions and the services available to assist county businesses, call 410-535-4583 or 301-855-1880, send an email to info@ecalvert.com or visit online at www.ecalvert.com. Like Calvert County Government on [Facebook](#).

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Calvert County is Maryland's smallest county in land area with 213 square miles. It is home to more than 91,000 people and has one of the highest standards of living in Maryland. Major industries include defense contracting, information technology, tourism, energy, advanced manufacturing and administrative services. (LL)