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## Eat Well tour coming to Muncie

The cross-country bus tour is celebrating locally grown, sustainable food.

By SETH SLABAUGH  
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MUNCIE -- Sarah Warnes, a retired church secretary, will be baking pies for the Eat Well Guided Tour of America when it rolls into Muncie this week.

The cross-county bus tour -- starting Aug. 2 in West Hollywood, Calif., and ending Sept. 9 at the Farm Aid 2007 Homegrown Festival in New York City -- is making one of its 29 stops at Ring Family Farm, 12660 E. Eaton-Albany Pike, at 6 p.m. on Friday.

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"I'm thinking of making a tomato pie with fresh basil, onion, mozzarella, Asiago and other cheese and all different colors of heirloom tomatoes," Warnes said. "It'll be fun and challenging."

Sponsored by Sustainable Table, the bus tour is traveling across the country to celebrate local, sustainable food and the people who produce, distribute,

promote and eat it. Other stops include Portland, Ore., Lincoln, Neb., Minneapolis, Iowa City and Chicago.

Warnes will pick up ingredients for her pies at the Minnetrista Farmers Market.

"They asked me to make non-fruit pies -- savory pies -- and I have not decided yet what I will come up with beyond a tomato pie, but one will possibly have zucchini," said Warnes, who is assisted in the kitchen by her husband, Carl, retired chairman of the biology department at Ball State University.

The couple cook in the College Avenue United Methodist Church, which has a kitchen approved by the county health department.

Vera Mae's Bistro in Muncie also will be cooking pies and quiches made from locally grown food at Friday's event.

One of the highlights of the Eat Well tour is "Pie Across America," which honors pie-making traditions. Pies from other stops include an "apple" pie made with zucchini, peach lemonade pie made with fresh sliced peaches and lemonade, and a huckleberry pie.

Sustainable Table was created in 2003 by the non-profit Global Resource Action Center for the Environment (GRACE), which opposes industrial farming, including concentrated animal feeding operations (CAFOs); synthetic fertilizers and pesticides; food that travels thousands of miles; genetically engineered organisms; and the use of antibiotics and growth hormones.

"The idea of the tour is to spread awareness of local, sustainable food systems and to bring attention to those people working hard to build those

### Eat Well Guided Tour of America

- **WHAT:** Festival celebrating locally grown food.
- **WHEN:** Friday at 6 p.m.
- **WHERE:** Ring Family Farm, 12660 E. Eaton-Albany Pike.
- **ENTERTAINMENT:** Pray for Mojo bluegrass band.
- **FOOD:** Pies and quiches.
- **COST:** \$5 in advance at Downtown Farm Stand, Mulberry and Main streets.
- **RSVP:** If you plan to pay at the gate (\$10), RSVP [dbring88@sbcglobal.net](mailto:dbring88@sbcglobal.net) or 789-4489.
- **ON THE WEB:** [www.sustainabletable.org](http://www.sustainabletable.org).

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systems," said Dave Ring of Ring Family Farm.


Instead of animal manure, Ring primarily uses "green manure" -- organic matter like wood chips, leaves, alfalfa and clover -- to fertilize his vegetable crops. He also produces eggs from pastured chickens.

"We've made a lot of progress in four years," Ring said. "We've got the store now."

For three years, Ring, a Certified Naturally Grown farmer, operated the Natural Heritage Farmers Market out of the backs of vehicles and under tents in downtown Muncie.

This year, he and Tom Gordy, a retired biology teacher, opened their Downtown Farm Stand in the former Cade florist storefront at Main and Mulberry streets.

- **Contact senior reporter Seth Slabaugh at 213-5834.**

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