FARMENT LOCAL FOOD HERO

Working for the Cooperative Extension Service, or CES, is like working in an encyclopedia. We have the answer to almost any question you can imagine!



The blueberries that grow in Alaska have higher antioxidant levels than blueberries grown anywhere else in the world. Now that's a healthy berry!



The CES works with the Kodiak Seafood and Marine Science Center to figure out how to safely preserve interesting Alaska foods like seaweed and walrus.



The CES has LOTS of 'how-to' publications on almost every topic from gardening, building energy efficient structures, canning, forestry, etc. You can find these online at <u>www.uaf.edu/ces</u> under "publications".

The CES itself has a state office in Fairbanks as well as 9 district offices in locations throughout the state. "I want everyone in Alaska to be able to eat Alaska made foods!" *Kate Idzorek - Cooperative Extension Service*