



The Fairfield Green Food Guide

Fairfield County's Destination for Green Food Resources, News & Events



The **Fairfield Green Food Guide** was founded by Analiese Paik in January 2009 to provide Fairfield County consumers with an online resource for **finding fresh, local, and sustainably grown food and connecting with the green food community**. **Fairfield Green Food Guide is the award-winning destination for Fairfield County consumers searching for local and sustainable food resources** including organic and farm-to-table restaurants, farmers' markets, CSAs (shares in a farm's seasonal harvest), farm stands, pick your own farms, vineyards, specialty stores and delivery services, gourmet and traditional grocers, and wine shops.

The Fairfield Green Food Guide Offers Consumers:

- 1) Year-round guides to farmers' markets and CSAs (Community Supported Agriculture)
- 2) Blog articles about farm-to-table restaurants, green food events and resources, and advocacy opportunities
- 3) Calendar of green food events
- 4) Full site search for green food resources
- 5) Guide to "Who's Who in Sustainable Food" (John Turenne's profile won CT Press Club award for best web feature)
- 6) Free, award-winning, e-mail newsletter
- 7) Engagement with the green food community both online and in person at our 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, hormone-free, antibiotic-free, non-GMO, Certified Humane, Equal Exchange and Fair Trade foods all fall under the definition.

About Analiese Paik:

Analiese Paik is a local-sustainable food advocate who embraced new media as the solution for sharing green food news and resources with the greater Fairfield County community, and beyond. **FairfieldGreenFoodGuide.com** is an online magazine optimized for sharing on popular social networks. Readers enjoy a unique blend of local-seasonal food guides, in-depth features stories, news about green food resources, advocacy opportunities and a green food events calendar.

Analiese worked in marketing management positions in various sectors of the financial services industry before starting her career as an independent marketing consultant. She holds a Master of Business Administration degree, is a graduate of the Institute of Culinary Education in New York City, and studied wine at the International Wine Center in New York City where she received a certificate in wine from the UK's Wine and Spirit Education Trust. Paik is an avid organic gardener and home cook and delights in teaching these skills to her two sons.

Analiese has been a columnist for Venu magazine and a regular monthly guest on News Channel 8's Good Morning Connecticut show. She has been featured in Every Day with Rachael Ray magazine, The Connecticut Post, Stamford Advocate, Greenwich Time, Connecticut Cottages and Gardens magazine, Westport Magazine, Fairfield Magazine, Fairfield County Life magazine and various online media.

Analiese is an auxiliary board member of Slow Food Metro North, a member of Slow Food USA, , Northeast Organic Farming Association of Connecticut (NOFA), Aspetuck Land Trust, Friends of Ambler Farm, and is a registered American Farmland Trust and Seafood Watch Advocate.

www.fairfieldgreenfoodguide.com