

# LOCAL THIRTY

EATING WITHIN 200 MILES FOR 30 DAYS

## 10 CHEAT ITEMS:

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- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

## SEASONALLY ACCESSIBLE

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**LEARN TO MAKE**

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**SOURCE LIST**

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**FAVORITE RECIPES**

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