



newsletter

April 2009
Issue 7



Alta Ski Lifts Company
Employee Spring Party
Thursday, April 16th, 2009
6 pm - 9 pm



Location:

Lone Peak Park- 10100 South 700 East
Outdoor Games, Skateboard Park,
Bring the Family!
Gorgeous pavillion for rain or shine fun!

Menu:

Teriyaki Chicken Breast, Bratwurst, Cheese Burgers, Hot Dogs
Shrimp Pasta Salad, Fruit, All American Potato Salad, Boston Baked Beans, Brownies and Ice Cream
(Food provided by the best BBQ specialists, Meier's Catering!)

Lone Peak Park is a non-alcoholic beverages park.
Non Alcoholic Drinks provided

Gardening

Growing your own vegetables and herbs is a great way to reduce your carbon footprint and eat healthier. While it still may be snowing in Alta, now is the time to sow your cold weather crops if you live in the valley. The following vegetables can be planted by seed outside in the ground or in a container:

- Arugula
- Lettuces
- Spinach
- Chard
- Kale
- Peas
- Radishes
- Cabbage
- Onions



You should wait to plant other, warmer weather vegetables (i.e. tomatoes and peppers) until around Mother's Day.

Some good places to buy seeds and starts are:

Trace's

1432 South 1100 East

Western Gardens

- 550 South 600 East
- 9201 South 1300 East
- 4050 West 4100 South

More information about gardening can be found at:

www.wasatchgardens.org



Buy Local

The buy-local movement isn't new. For the past decade, independent businesses have banded together to urge local consumers to spend more of their dollars closer to home. Proponents say doing so helps build vibrant local economies by keeping money circulating in the area rather than elsewhere, while detractors say the economic benefits are negligible. Now, amid the sinking national economy, some small-business owners are saying buy-local efforts have helped insulate them from the worst of the downturn. (*BusinessWeek*)



Some local favorites:

- Aquarius Fish Company
- The Store
- Snider's Brothers Meats
- Liberty Heights Fresh
- Rich's Bagel

And don't forget about all the locally owned businesses up here in Alta!

Check out www.localfirst.org for more info on which businesses are locally owned.