

FOR IMMEDIATE RELEASE

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Path to Freedom Presents a Screening of *Eating Alaska*

On March 29, Path to Freedom – Urban Homestead will host a vegetarian potluck followed by a screening of the documentary *Eating Alaska*.

This event will be held 5:30-9:00 PM at 626 Cypress Ave. in Pasadena. Cost is \$10. Space is limited so reservations are necessary. To reserve, please call (626) 844-4586 or register online at www.pathtofreedom.com/form/eventregistration.htm.

About the Film:

Eating Alaska (2008, 56 min.) is a serious and humorous film about connecting to where you live and eating locally. It is about trying to break away from the industrial food system when that means not only buying fresh seasonal food from local farmers, but taking part in a world of hunting and gathering. Made by a former city dweller now living on an island in Alaska and married to fisherman and deer hunter, it is a journey into regional food traditions, our connection to the wilderness and to what we put into our mouths.

The film portrays a wry quest for safe, healthy, meaningful, and sustainable food that leads to climbing mountains with women hunters, scrutinizing food labels with kids, talking moose meat with teens in a small village public school, and exploring how others in the last frontier, Alaska Natives and non-Natives, are eating.

Eating Alaska takes viewers from a lower 48 farmer's market to the tundra to look for caribou, from fishing for wild salmon to visiting a vegan cooking class in Wasilla. This is a story about connecting to where we live, urban or far from it, and coming to terms with what we eat and how we come by it.

About the Potluck:

For the vegetarian potluck, attendees are encouraged to contribute food produced within a 100-mile radius of their homes (Santa Barbara to San Diego). If that's not possible, then strive to purchase organic foods grown within the closest distance.

About Path to Freedom:

Sponsoring organization Path to Freedom is a family-operated, viable urban homestead project established by Jules Dervaes in 2001 to promote a simpler and more fulfilling lifestyle and to sow a "homegrown revolution" against the corporate powers that control the food supply.

Since the mid-1980s, members of the Dervaes family have steadily worked at transforming their ordinary city lot in Pasadena into a thriving organic micro farm that supplies them with food all year round. The family also runs a successful home business providing their surplus produce to local restaurants. Through their adventures in growing and preserving their own food, installing a solar power system, home-brewing biodiesel for fuel, raising backyard farm animals, and learning back-to-basics skills, these modern-day pioneers have revived the old-fashioned spirit of self-reliance and resourcefulness. Since 2001, their website, www.PathtoFreedom.com, has inspired hundreds of thousands to take steps towards a sustainable future and has generated a 21st century urban homestead movement.

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