



MEDIA RELEASE

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**EAT FESTIVAL BURSTS WITH LOCAL FLAVOURS ON THE SHORES OF
THE NSW SAPPHIRE COAST**

Eat Festival is back for 2024, and will showcase the Sapphire Coast's local produce, producers and chefs from 7th – 10th March 2024. It's the best foodie festival for Canberrans seeking to escape the Capital for the South Coast on the Canberra Day long weekend.

"This is the best chance for visitors to the NSW Sapphire Coast to enjoy local flavours, creations by some of the region's most talented chefs, and unique dining experiences all against the backdrop of our pristine surrounds," said EAT Festival organiser, Natalie Godward.

"From Cobargo in the north to Eden in the south, this region is brimming with culinary delights including, of course, delicious fresh seafood and the famed Sydney rock oysters that are indigenous to the Sapphire Coast. Over the four festival days, locals and visitors can indulge in a series of paddock to plate and tide to table experiences that celebrate the food, the heritage and the stunning natural wilderness of the Sapphire Coast," Natalie continued.

The main festival event, EAT Merimbula, takes place on the foreshore of Merimbula's lake on Sunday 10th March. This is the best place to find all the local foodies in one gorgeous location for visitors to meet, browse, taste and buy stunning and creative dishes created with the best of local produce. And visitors can't miss the second ever running of the 'oyster and spoon' race where six of the region's finest chefs, producers and foodie legends compete to determine who's the fastest foodie of them all.

In addition, the 2024 EAT Festival program will feature many partner events across 7th – 9th March such as a small batch dinner at TOAST, Merimbula Wharf

Chefs Experience, Oyster Shucking School at Broadwater Oysters on Pambula Lake, a Long Table Lunch at Wheelers, and a six course degustation with paired Canberra Region grown wines at Mimosa Wines.

“Lovers of good brew will really love what’s in store this year with the South Coast Ale Trail Hopfest at the famed Longstocking Brewery in Pambula where they can meet local brewers, hear what goes into the beer, learn about local ingredients and taste their way through the many brews on offer.

“We’re all ready to welcome visitors to EAT Festival Sapphire Coast in 2024 and our local foodies are most excited to share the tastes of the region,” concluded Natalie.

EAT Merimbula main event takes place Sunday 10th March from 10am – 2pm, Fishpen Merimbula. There is no need to book. Partner events take place 7th – 9th March at various locations and are ticketed events, numbers are limited. For more information and to book for partner events, visit www.eatfestival.com.au

MEDIA CONTACT: For more information, images or to arrange an interview or a possible visit to EAT Festival Sapphire Coast, please contact Lauren Griffiths, Threesides Marketing, on 0417 409 264 or lauren.griffiths@threesides.com.au