



10 Reasons to Buy Local Food

"The most political act we do on a daily basis is to eat, as our actions affect farms, landscapes and food businesses." – Professor Jules Pretty, University of Essex, UK

1. Locally grown food tastes better. Food grown in your own community was probably picked within the past day or two. It is crisp and loaded with flavor. Several studies have shown that the average distance food travels from farm to plate is 1,500 miles. In a weeklong (or more) delay from harvest to dinner table, sugars turn to starches, plant cells shrink, and produce loses its vitality.

2. Local produce is better for you. A recent study showed that fresh produce loses nutrients quickly. Food that is frozen or canned soon after harvest is actually more nutritious than some "fresh" produce that has been on the truck or in storage for weeks.

3. Local food preserves genetic diversity. In the modern industrial agricultural system, varieties are chosen for their ability to ripen simultaneously and withstand harvesting equipment; for a tough skin that can survive packing and shipping; and for an ability to have a long shelf life in the store. Only a handful of hybrid varieties of each fruit and vegetable meet those rigorous demands, and hybrids rarely produce viable seeds, which is only beneficial for seed companies. Local farms, in contrast, grow a large number of varieties to provide a long season of harvest, an array of eye-catching colors, and the best flavors. And if they grow

heirlooms that have been passed down from generation to generation, they represent true genetic diversity. These old varieties may someday provide the genes needed for agriculture to thrive in a changing climate.

4. Local food is GMO-free. Although biotechnology companies have been trying to commercialize genetically modified fruits and vegetables, they are currently licensing them only to large factory-style farms. Local farmers do not have access to genetically modified seed, and most of them would not use it even if they could. A June 2001 survey by ABC News showed that 93% of Americans want labels on genetically modified food - most so that they can avoid it. If you are opposed to eating bioengineered food, you can rest assured that locally grown produce was bred as nature intended.

5. Local food supports local farm families. With fewer than 1 million Americans now claiming farming as their primary occupation, farmers are a vanishing breed. It's no wonder - with commodity prices are at historic lows, often below the cost of production. The farmer now gets less than 10 cents of the retail food dollar. Local farmers who sell direct to consumers cut out the middleman and get full retail price for their food - which means farm families can afford to stay on the farm, doing the work they love.



6. Local food builds community.

When you buy direct from the farmer, you are re-establishing a time-honored connection. Knowing the farmers gives you insight into the seasons, the weather, and the miracle of raising food. In many cases, it gives you access to a farm where your children and grandchildren can go to learn about nature and agriculture. Relationships built on understanding and trust can thrive.

7. Local food preserves open space.

As the value of direct-marketed fruits and vegetables increases, selling farmland for development becomes less likely. You have probably enjoyed driving out into the country and appreciated the lush fields of crops, the meadows full of wildflowers, and the picturesque red barns. When you buy locally grown food, you are doing something proactive about preserving the agricultural landscape.

8. Local food keeps your taxes in check.

Farms contribute more in taxes than they require in services, whereas suburban development costs more than it generates in taxes, according to several studies. On average, for every \$1 in revenue raised by residential development, governments must spend \$1.17 on

services, thus requiring higher taxes of all taxpayers. For each dollar of revenue raised by farm, forest, or open space, governments spend 34 cents on services.

9. Local food supports a clean environment and benefits wildlife.

A well-managed family farm is a place where the resources of fertile soil and clean water are valued. Good stewards of the land grow cover crops to prevent erosion and to replace nutrients used by their crops. Cover crops also capture carbon emissions and help combat global warming. According to some estimates, farmers who practice conservation tillage could sequester 12-14% of the carbon emitted by vehicles and industry. In addition, the patchwork of fields, meadows, woods, ponds and buildings - is the perfect environment for many species of wildlife.

10. Local food is about the future.

By supporting local farmers today, you can help ensure that there will be farms in your community tomorrow, and that future generations will have access to nourishing, flavorful, and abundant food.

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Join a Community Supported Agriculture Group

By purchasing a share of the costs of a farm's operation, you get a portion of its bounty...and a tasty bounty at that, since foods are harvested at their peak. By joining a CSA group, you are actively supporting your local economy and eating delicious food in the process!

Visit <http://www.nal.usda.gov/afsic/csa/> to find a CSA farm near you!

Fresh Abundance is a full service grocery store that provides organic and whole foods as well as safe household products. Delivery to Spokane area is free.

<http://www.freshabundance.com/>

Or, visit <http://www.foodroutes.org/localfood/> to learn more about the importance of buying local food.