

Top Ten Ways to Eat Sustainably

1) Stay connected to the seasons

- Local farm production allows us to experience seasonal and regional flavors, along with a wider range of crops, including heirloom and unique varieties.

2) Reduce the distance from farm to plate

- Buying closer to home reduces the distance, the transportation costs and the environmental impacts.

3) Get the freshest available

- Community growers offer the most flavorful pick of seasonal produce, and it's often more nutritious.

4) Enjoy your produce more

- Fruits allowed to ripen on the tree longer simply taste better!

5) Put a face behind the product

- Local farmers and producers interact with the communities and the markets they supply, and are more available for customer feedback. Knowing and trusting your sources reduces food safety risks.

6) Support local jobs

- Supporting local family growers and producers create and save local jobs.

7) Support local communities

- Buying locally-grown products keeps that money in the pockets of the growers in our community. The multiplier effect demonstrates that for every \$100 spent at local businesses in a community, \$68 stays in the community, versus \$43 of every \$100 spent at a franchise or chain business.

8) Support independent farming

- Independent farmers are personally concerned with quality, sustainability and the community. They are able to make decisions about how to treat their own land.

9) Provide farmers with a living wage

- Local growers often sell directly to the marketplace. By eliminating middlemen, they receive the full price for their goods.

10) Support responsible land development

- Small, local farmers and grower co-operatives act as buffers against development and sprawl; their survival helps preserve open space and the quality of the land.