



Try This at Home



Eat Locally!

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A new movement is happening all around the country...tied in with the rapid growth in farmers markets, many people are making an effort to eat more locally produced food products. The movement originated in San Francisco, and the strict definition of a "Locavore" is someone eating food that is produced within a 100 mile radius of where you live (see <http://www.locavores.com/>), although there are many degrees of participation. The main driving force behind the movement was the high fossil fuel consumption associated with transporting many food products hundreds or even thousands of miles from field to table. For example, according to the Leopold Center for Sustainable Agriculture, the average distance that grapes traveled by truck to the Chicago terminal market was 2,143 miles! It wasn't much better for broccoli (2,095 miles), asparagus (1,671 miles) or apples (1,555 miles).



Local food producers tend to be smaller operators that live in the same community where they make their living. So even if they are not certified organic, many small farms would not stay in business if they were not treating the land and their neighbors with respect. That is not to say that every producer is perfect. That is another reason why local products are better: you can get to know the producer. Visit the farm, ask questions. If you are not satisfied, look for another vendor. By choosing locally produced foods, you are also supporting your local economy.



You don't need to take it to the extreme...if you aren't up for getting everything locally, start small. Local markets provide superior produce, and a fun social experience.

RESOURCES

For an interesting read about one author's experience eating locally, check out Barbara Kingsolver's "Animal, Vegetable, Miracle".

Find a farmers market near you! Visit <http://www.ams.usda.gov/farmersmarkets/>

Visit the Utah Botanical Center Farmers Market
<http://www.utahbotanicalcenter.org/htm/events/farmersmarket>

For local products visit: <http://www.localfirst.org/>, or <http://utahsown.utah.gov/>

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