

10 Reasons to Buy Local Food

- 1. Locally grown food tastes better.**
 - Usually picked in the last day or two.
 - Picked ripe, not green.
- 2. Local produce is better for you.**
 - Average distance food travels from farm to store is 1500 miles and fresh produce loses nutrients quickly.
 - Fresh food eaten soon after harvest retains vital nutrients.
- 3. Local food preserves genetic diversity.**
 - Factory-style farm foods are chosen in labs to ripen simultaneously, survive shipping and have a long shelf life.
 - Hundreds, sometimes thousands of years of human selection is often based on taste, and hardiness in local climates.
 - Growing and eating many varieties of food preserves a wide genetic diversity, which may someday provide genes needed to thrive in changing climates.
- 4. Local food is GMO-free.**
 - Biotech companies sell to large factory-style farms, and most Americans want to avoid eating such food.
 - Local, small farm produced food is not genetically engineered, and therefore is safer for you and your family to eat.
- 5. Local food support local farm families.**
 - Small farms and farmers are vanishing, often due to prices below the cost of production.
 - Farmers who sell direct to consumers 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.**
 - Buying direct re-establishes a time-honored connection between the eater and the grower.
 - Knowing the farmers gives you insight into the seasons, and the miracle of raising food.
 - It can give you access to a farm where your children and grandchildren can learn about nature and agriculture.
- 7. Local food preserves open space.**
 - The open, farmland landscapes that many of us enjoy is rapidly disappearing across this nation. What remains will survive only as long as farms are financially viable.
- 8. Local food keeps your taxes in check.**
 - As the value of direct-marketed fruits and vegetables increases, selling farmland for development becomes less likely.
 - 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.
 - Suburban development costs more than it generates in taxes.
 - On average, for every \$1 in revenue from residential development, government must spend \$1.17 on services.
 - For every \$1 of revenue from farm, forest or open space, government spends \$.34 on services.
- 9. Local food supports a clean environment and benefits wildlife.**
 - A well-managed family farm values the resources of fertile soil and clean water.
 - Cover crops prevent erosion, replace nutrients and capture carbon emissions to help combat global warming.
 - Farm habitat—a patchwork of fields, meadows, woods, ponds and buildings—is the perfect environment for beloved wildlife, including bluebirds, killdeer, herons, bats and rabbits.
- 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.
 - Future generations will continue to have access to nourishing, flavorful and abundant food.

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Buy local food, sustain local farms.