



SHOP LOCAL FOODS

Local foods are produced by local farmers and sold direct to consumers. Most farms selling directly to consumers sold through outlets such as farmers markets and on-farm stores. Some grocery markets specialize in selling local foods and many chefs will source them, too.

Here are some advantages of buying local foods:

- Keep the local economy healthy.
- Keep local land use diversified and more natural.
- Higher quality foods that are more biodiverse.
- Visit often for items that are regionally grown and in season.

- More interesting fruits and vegetables for your kitchen.
 - More money for farmers.
- Here are tips for buying local foods:
- Purchase just what you will use in one week.
- While it is always fun to pick out family favorites it is a good idea to try new items.

Bring a bag so you can carry your items home easily. Bring cash to the market because most farmer's market vendors only accept cash. Rinse your items and store them securely in your refrigerator. Some items do well when wrapped loosely in plastic wrap. Consume them as soon as possible so they remain fresh.