

## Buying Locally Grown Food

### Why we care

It's easy to experience how fresh and tasty locally grown food is; just bite into a strawberry in June at your local farmers' market. Freshness and taste are just two of the many reasons to buy local. Buying directly from the farmer ensures you are paying for food, not marketing, and that the money you pay (80 to 90 cents of each dollar) goes right to the farmer. Buying local reduces dependence on foreign oil needed to ship food great distances, helps protect farmland and green spaces around cities, and promotes plant diversity.

### Simple, positive change

- Grow your own. Limited space? Garden in containers or at a community garden.
- Shop at your local farmer's market:  
<http://www.oregonfarmersmarkets.org/directory/directory.html>
- Become a shareholder in an organic farm (CSA). Pay an annual fee and receive fresh produce each week. <http://portlandcsa.org/>
- U-pick or buy already picked at the farm. The "Tri-County Farm Fresh Produce Guide" published in *The Oregonian FoodDay* in May lists over 60 farmers. [www.tricountyfarm.org](http://www.tricountyfarm.org)
- Become a "locavore" and eat food harvested within either a 100- or 250-mile radius of your home. Start with vegetables, add fruits, and then add meat and dairy.  
<http://www.locavorenetwork.com/content/oregon-availability-guide>
- If your supermarket does not label the origin of food, ask it where the product comes from.
- Preserve local food for the winter by canning, freezing, or drying. Classes are available through the Portland Farmers Market, OSU Extension Service, and Portland Bureau of Planning and Sustainability.

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