

REDUCE • REUSE • RECYCLE

by Jeanne Roy



BUYING LOCALLY GROWN PRODUCE

Here is something you can do that is good for your health, good for the environment, and saves money: buy locally grown food directly from the farmer.

Locally grown produce is tastier, fresher, and free of fungicides used to preserve supermarket produce. When you buy directly from the farmer, you pay for food, not marketing. Buying direct also avoids food transported over long distances. A typical mouthful of food in our country travels 1500 miles from farm field to dinner plate. By preferring local produce, we help keep small Oregon growers in business around the cities. That's the only kind of agriculture that's sustainable in the long run.

MAKE A WEEKLY VISIT to your closest farmer's market open each Saturday or Sunday morning June through October:

Saturday Farmer's Markets

Beaverton	SW Washington bet. 3rd and 5 th , 8:00-1:30
Cedar Mill	NW Cornell Rd. & Murray, 8:00-1:00
Gresham	NW Miller and 3 rd , 8:30-2:00
Hillsboro	NE 2nd & E Main St., 8:00-1:30
Hollywood	NE 44 th & Hancock, 8:00-1:00
Parkrose	NE Shaver & 122 nd , 9:00-3:00
Portland	SW Broadway at Montgomery, 8:30-2:00
St Johns	N Lombard and Philadelphia, 9:00-2:00
Lake Oswego	1st and A Ave., 8:30-1:30
Oregon City	2051 Kaen Rd & Beavercreek, 9:00-2:00
Gladstone	580 Portland Ave., 9:00-2:00
Oak Grove	SE Arista & Oak Grove Blvd, 10:00-4:00
Sunnyside	13231 SE Sunnyside Rd, 9:00-3:00
Troutdale	551 E Hist.Columbia River H.,10:00-2:00
North Plains	NW 314 & Commercial, 9:00-1:00
Willamette	1720 Willamette Ralls Dr, WL, 11:00-5:00

Sunday Farmer's Markets

Hillsdale	SW Capitol Hwy/Sunset Blvd, 10:00-2:00
Lents	SE Foster and 92 nd , 9:00-2:00
King	NE 7th and Wygant, 10:00-2:00
Irvington	NE 16 th and Broadway, 10:30-2:30
Cully	5600 NE 42 Ave, 10:00-2:00
Woodstock	SE 46 th and Woodstock, 10:00-2:00
Montavilla	SE Stark & 76 th , 10:00-2:00
Milwaukie	SE Main & Harrison, 9:30-2:00
Orenco Station	61st & NE Cornell, 10:00-2:00
Cornelius	220 N Adair St., 11:00-3:00
Tigard	8777 SW Burnham St. & Hall., 9:00-2:00
Bull Mountain	14389 SW Pacific Hwy., 9:00-2:00

BECOME A SHAREHOLDER in an organic farm. You pay an annual fee and receive your share of the produce each week. A typical farm delivers food six months of the year, although some offer it year round. Some deliver to your door step; most have drop sites where you pick up the produce. All farms offer vegetables, and some add fruit, eggs, or meat. Choose the one that fits your needs: <http://www.portlandcsa.org>.

BUY FROM A FARMER'S produce stand or pick it yourself. The Tri-County Farm Fresh Produce Guide lists over 60 farmers who offer produce already picked or U-pick. Go to www.tricountyfarm.org, click on "map," then type in the fruit or vegetable you are looking for. Another option is to check the newspaper classified ads under "Fresh Produce."

