

## 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 also 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 petroleum 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 [farmers' market](#).
- Become a shareholder in a [CSA](#) farm (Community Supported Agriculture). Pay an annual fee and receive fresh produce each week.
- U-pick or buy already picked at the farm. See the map on the [Tri-County Farm website](#), where you can search for a farm or for the desired produce.
- Find local meat and dairy farms at [Friends of Family Farmers](#).
- If your supermarket does not label the origin of food, check the label on the produce itself or ask where the product comes from.
- Preserve local food for the winter by canning, freezing, or drying. Check out OSU Extension Service [publications](#) or a class at [PCC](#).

**Questions or feedback? Contact Jeanne Roy at [jeanne@earthleaders.org](mailto:jeanne@earthleaders.org).**