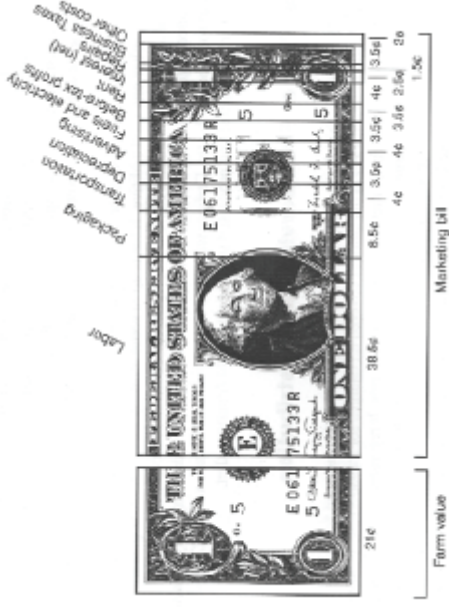


4) Join a CSA!

Community Supported Agriculture is a mutually beneficial relationship between a farmer and a consumer. Members will purchase a share of the farmer's harvest, before the farmer plants for the season. The farmer and consumer both share the risks involved in farming, this brings the consumer closer to his or her food source. The farmer benefits by having a portion of his production costs covered up front. The consumer then received their share of the harvest weekly through out the growing season.



What a dollar spent for food paid for in 1997



Source: USDA Agriculture Fact Book 1998



UNIVERSITY OF MARYLAND
COOPERATIVE EXTENSION

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Equal Opportunity Programs

UNIVERSITY OF
MARYLAND COOPERATIVE
EXTENSION

**Reasons to Buy
Local Produce**



**Support local farming
and farm families
through the power of
your food dollar**

Support Local Farming!

Freshness

Locally-grown produce is usually harvested

within 24 hours of being purchased by

the consumer. Most of our produce travels over 1,300 miles to reach our tables and can take up to 14 days!.



Nutrition and Variety

Producing food locally allows farmers to choose varieties that are unique to the climate where they are grown.. Farmers can raise and sell wonderful unusual varieties you will never find on supermarket shelves. Produce can also dramatically loose its nutritional qualities as time passes after harvest. Because locally-grown produce is freshest, it is more nutritionally complete.

Support Your Local Community

Buying locally grown food supports your local economy. Currently, the farmer only earns \$0.20 on every dollar of product he or she grows. By buying your food from a local source, you can support your community by helping keep farmers in business.

Energy Conservation

Buying locally grown foods decreases dependence on petroleum, a non-renewable energy source. One fifth of all petroleum now used in the United States is used in Agriculture. Buying from local producers conserves additional energy at the distribution level.

do not see locally grown products—ask for them!

2) Talk to friends and family about supporting their local family farms. Try making a meal with all or mostly locally produced ingredients!

3) Visit your local Farmer's Market. Introduce yourself to and let them know you appreciate them buy purchasing products directly from the farmer.

Farmers Markets have become more and more diverse! Many of them also sell flowers, bread, honey and other agricultural products

