



Focus on Food LIVING LA VIDA LOCAL:

Resources, Recipes & Inspiration

So, you want to eat local. Now what? Visit our website for recipes, a guide to seasonal produce, and more. Also check out the following resources.

LOCAL GROUPS & RESOURCES

Great Grandmother greatgrandmother.org
Seacoast Eat Local seacoateatlocal.org
Upper Valley Localvores uvlocalvore.com
NH Eat Local nheatlocal.org
Living the Local Life livinglocalnh.blogspot.com
New England Grown newenglandgrown.com
NOFA-NH nofanh.org
Slow Food Seacoast slowfoodseacoast.org
Farm to Restaurant nhfarmtorestaurant.com
edible White Mountains ediblewhitemountains.com

FARMS, FARMERS MARKETS & COMMUNITY SUPPORTED AGRICULTURE (CSAs)

Local Harvest localharvest.org
USDA Farmer's Markets ams.usda.gov/farmersmarkets
Pick-Your-Own Farms in NH pickyourown.org/NH.htm
NH Department of Agriculture nh.gov/agric/index.htm
NH Made nhmade.com

ORGANIC GARDENING & FARMING

NOFA-NH nofanh.org
Mother Earth News motherearthnews.com
Capital City Organic Gardeners ccognh.wordpress.com
UNH Cooperative Extension
extension.unh.edu/HCFG/Home_Com_Garden.htm
Mother Earth News motherearthnews.com
D Acres d acres.org

RECIPES

EatingWell eatingwell.com
Great Grandmother greatgrandmother.org
Vegetarian Times vegetarianimes.com
Vermont Localvore vermontlocalvore.org
Seasonal Chef seasonalchef.com

DOCUMENTARIES ABOUT FOOD

FRESH the Movie
Food Fight
Food, Inc.
King Corn

COOKBOOKS

NH: From Farm to Kitchen, H. Brody
The New England Cookbook, B. Dojny
Fast, Fresh & Green, Susie Middleton
Local Flavors, Deborah Madison
EatingWell In Season, Jessie Price
Earth to Table, Jeff Crump
In the Green Kitchen, Alice Waters

BOOKS ON FOOD

Omnivore's Dilemma, Michael Pollan
Food Rules, Michael Pollan
In Defense of Food, Michael Pollan
Harvest for Hope, Jane Goodall

Focus on Food WHY LOCAL? Field-to-Fork Facts

Just how far does your food travel? Most likely, it travels much further than you realize. What are some of the benefits of eating local? Check out these farm-to-fork facts about **local** and **non-local** foods:

- Local foods usually are allowed to ripen on the vine for longer, increasing the plant's **nutritional value**. (*Harvard Center for Health and the Global Environment, 2010*)
- Smaller family-owned farms typically **reinvest more into the local economy** by purchasing goods and services available within their region, rather than through large bulk distributors outside the region. (*Worldwatch Institute, 2002; Sustainable Table, 2010 & Environmental Health Sciences Research Center, University of Iowa, 2003*)
- Farmers who sell their produce locally are more likely to choose fruit and vegetable varieties for their **superior flavor** rather than for their durability for travelling long distances. (*Harvard Center for Health and the Global Environment, 2010*)
- Buying local products gives farmers an incentive to diversify their offerings, rather than focus on a single crop. **Diversified fields** help **protect the environment** by producing crops that are more resilient against pests, extreme weather and disease. (*Harvard Center for Health and the Global Environment, 2010*)
- **Processed food** in the United States **travels more than 1,300 miles** on average to reach consumers. (*National Sustainable Agriculture Information Service, 2008*)
- On average, **produce travels more than 1,500 miles** from the industrial farm to the plate. (*National Sustainable Agriculture Information Service, 2008*)
- On average, an American meal usually consists of **ingredients from five different countries**. (*Leopold Center for Sustainable Agriculture, 2007*)
- Typically, non-local food **spends seven to 14 days in transit** to reach American consumers. (*Leopold Center for Sustainable Agriculture, 2007*)
- Ten percent of all **fossil fuel energy consumption** in the United States is due to food processing, transportation, storage, and preparation. (*Horrigan, Leo, et al. 2002*) ■

Adapted from the National Cooperative Grocers Association and Eat Local, America! Visit www.eatlocalamerica.coop for more.

MORE BOOKS ON FOOD

Animal, Vegetable, Miracle, Barbara Kingsolver
Diet for a Hot Planet, Anna Lappé
Slow Food Nation, Carlo Petrini
Bringing It to the Table, Wendell Berry
Fast Food Nation, Eric Schlosser

More links: www.concordfoodcoop.coop/prod-local.php

The Co-op sells thousands of local products - produce, meat, dairy, bodycare & more!