



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. These are our faves for finding that perfect recipe, a Pick-Your-Own farm or farmers market, learning how to grow our own food, and more!

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
NH 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



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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 vegetariantimes.com
Vermont Localvore vermontlocalvore.org
Seasonal Chef seasonalchef.com

DOCUMENTARIES ABOUT FOOD

FRESH the Movie
Food Fight
Food, Inc.
King Corn
The Future of Food
Dirt

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
Eating Local, Janet Fletcher & Sur La Table

BOOKS ON FOOD

Omnivore's Dilemma, Michael Pollan
Food Rules, Michael Pollan
In Defense of Food, Michael Pollan
Harvest for Hope, Jane Goodall
Animal, Vegetable, Miracle, Barbara Kingsolver
Diet for a Hot Planet, Anna Lappé
Slow Food Nation, Carlo Petrini
Bringing It to the Table, Wendell Berry ■

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

- Local foods usually are allowed to ripen on the vine for longer, increasing the plant's **nutritional value**.
- 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.
- 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.
- **Processed food** in the United States **travels more than 1,300 miles** on average to reach consumers. Ten percent of all **fossil fuel energy consumption** in the United States is due to food processing, transportation, storage, and preparation.
- Non-local food **spends seven to 14 days in transit** to reach American consumers. On average, **produce travels more than 1,500 miles** from the industrial farm to the plate. And, on average, an American meal usually consists of **ingredients from five different countries**. ■