



## 10 Reasons to Buy Locally Grown Produce:

1. **Local Food tastes better.** Food imported from far away is older, has traveled on trucks or planes, and sat in warehouses before it gets to you.
2. **Local Produce is better for you.** The shorter the time between farm and table, the fewer the nutrients will be lost.
3. **Local Food preserves genetic diversity.** In the modern agricultural system, plant varieties are chosen for their ability to ripen uniformly, withstand harvesting, survive packing and last on the shelf so there is limited genetic diversity in large-scale production. Smaller local farms often grow many varieties in an array of colors and flavors.
4. **Local Food is safe.** Local farmers aren't anonymous and they take their responsibility to the consumer seriously.
5. **Local Food supports local families.** Wholesale prices are low, often near the cost of production. Local farmers, who can sell more directly to consumers and cut out middlemen can get better prices for their food, which helps farm families stay on the land.
6. **Local Food builds community.** When you buy from a farmer, you are engaging in a time-honored connection. Knowing farmers gives you insight into the seasons, the land, and your food.
7. **Local Food preserves open space.** When farmers get paid more, they're less likely to sell their farmland for development. When you eat locally grown food, you're doing something proactive to preserve our agricultural landscape.
8. **Local Food keeps taxes down.** According to several studies, farms contribute more in taxes than they require in services, whereas most other kinds of development contribute less in taxes than the cost of the services they require.
9. **Local Food benefits the environment and wildlife.** Well-managed farms conserve fertile soil and clean water in a patchwork of fields, meadows, woods, ponds, and buildings that provide habitat for wildlife.
10. **Local Food is an investment in the future.** By supporting local farmers today, you help insure that there will be farms in your community tomorrow.

-Excerpts from "With an Ear to the Ground" – Vern Grubinger