

# inSTALLations

August 2009



## Live Locally Become a Locavore



August is a great time to become a *locavore*, or someone who eats locally produced products. You can decide what local means for you - it could mean Midland County, the State of Michigan, or anything within a 100 mile radius. This doesn't have to be an all-or-nothing thing, but by paying attention to the origin of your foods, you can really change your environmental impact.

The origin of the foods we eat affects our environmental 'footprint'. A lot of fossil fuels are used to transport food, and the farther the food travels, the greater the greenhouse gas emissions. Eating locally also supports the local economy. Choosing locally grown fruits, vegetables, and meats means that there must be local undeveloped land on which to grow these things - another plus for the environment.



Another big perk to locally grown food is a greater variety and better quality produce. Farmers who do not need to worry about long shelf life and long distance transport are free to plant smaller quantities of more varieties of produce.

## How do I start?



A **Farmer's Market** is a great place to begin eating locally. Many communities offer markets where local farmers bring their produce to sell. This time of year there is a wide variety of fruits and vegetables to enjoy. Starting at CNC, hop on your bike and cruise down to the Saturday Farmer's Market near the Tridge.

Join a **Community Supported Agriculture (CSA)** group. You pay a fee to the farm in advance or in installments and in return you receive a box of fresh fruits and vegetables on a weekly basis throughout the growing season. Go to [www.csafarms.org](http://www.csafarms.org) to find a CSA near you.

Don't forget, you can preserve local foods for the winter. Freezing blueberries, making applesauce, and canning tomatoes are great ways to enjoy local fruits all year round.



**Visit the Information Desk for program information.**

**This inSTALLation is available online at [www.chippewanaturecenter.org](http://www.chippewanaturecenter.org) under the Naturalist Section.**