

# Buy Local, Eat Fresh....

## 10 Reasons to Eat Local

- Tastes Better
- Cheaper
- Food is fresher
- More nutritious, food ripens longer
- Decreases food miles
- Support local economy
- Lessen pollution
- Support local farmers
- Know where your food comes from
- Know how food is grown and harvested

## What You Can Do!

- Buy Food at Farmer's Markets
- Join a CSA
- Participate in Community Gardens
- Buy foods in season
- Support restaurants/grocers that use local foods
- Accept an eat local challenge

## What is a CSA?

### Community Supported Agriculture

Community can buy a share from the farmer in the early spring so farmer has many to pay for his crop and knows how much to plant. The shareholder gets a weekly share during spring, summer and fall of a variety of produce. A typical share from a local Wellsville CSA in the summer consists of: **2 zucchini, 2 crookneck, 8 ball zucchini, 2 lbs beans, 1 classic eggplant, 2 Ichiban eggplant, 6 sweet corn, 1 Armenian cucumber, 1 lemon cucumber, 2 cucumbers, carrots, 2 lbs tomatoes, 2 bell peppers, hand full of jalapeño-Thai-banana-gypsy-Anaheim peppers, 2lbs potatoes, herbs, raspberries, onions**

Cost: Season consists of 28 weeks, \$320 dollars for season (11.50/week)

Join a CSA: [www.localharvest.org](http://www.localharvest.org)

## What are Food Miles?

The distance food travels from where it is grown to where it is ultimately purchased or consumed by the end user. The more food miles that attach to a given food, the less sustainable and the less environmentally desirable that food is.

- **Did you know the average carrot travels 1,838 miles to reach your dinner table?**
- **Decrease food miles, thus decreasing poor air quality and pollution by buying food locally.**

The farther the food travels the less nutritional value the food will have. Food that has to travel far distances are harvested long before the produce is mature or ripe thus limiting the nutritional value. Once food is harvested the nutritional value begins to decline so as it travels 2,000 + miles by air, boat or truck the produce is continually losing nutrients.



## Farmers Markets

Farmers sell produce to community  
Produce is locally grown and very fresh  
Farmers can harvest produce at peak flavor  
Produce retains nutritional content  
Limited food miles  
Decreased pollution  
Less expensive than grocery stores

### Cache Valley Farmers Market Merlin Olsen Park

Features locally grown fruits and vegetables  
Handmade crafts from local artisans  
Live folk music  
Fresh coffee bread and demonstrations

## Community Gardens

Land gardened by group of people  
Access to fresh fruits and vegetables  
Non-profit organizations  
Rent a gardening plot for the season

### Cache County Community Gardens Hyde Park

200 sq foot garden plot  
\$30 for entire growing season  
All plots tilled beginning of season  
Gardening Tools available  
Public Transportation available

## Recipes:

### Roasted Root Vegetables

#### Ingredients

- 4 medium-sized root vegetables (choose a variety from potatoes, rutabagas, turnips, parsnips, beets, sweet potatoes, etc.)
- 2 chopped carrots
- 1 medium chopped onion
- 1/4 cup vegetable oil
- 3 Tablespoons Parmesan cheese

#### Directions

1. Preheat oven to 350 degrees.
2. Cut vegetables into large chunks.
3. Place in a medium bowl and pour oil over top. Add seasonings or Parmesan and mix well.
4. Spread an even layer on a baking sheet.
5. Bake for 1 hour or until tender. Check a few vegetables to see if they are tender

### Pesto (Basil is great and cheap from your local farmers market!!)

#### Ingredients

- 3 cups fresh basil
- 1/3 cup olive oil
- 1/3 cup pine nuts
- 1/4 cup parmesan cheese
- 3-4 fresh garlic cloves

#### Directions

1. Mix all ingredients in a food processor/blender until a creamy consistency.
2. Great on baguette bread, pizza, sandwiches and pasta

Eat



**Farmers Markets**

**Cache Valley Gardeners' Market**  
Merlin Olsen Park  
100 South, 200 East, Logan, UT  
Saturday mornings from 9:00 AM - 1:00 PM  
May 10 - October 4, 2008

**WEDNESDAY PRODUCE MARKET**  
Historic Courthouse (south side)  
199 N Main, Logan, UT  
Wednesday afternoons from 4:00 - 7:00 PM  
August 6 - October 4, 2008 weather permitting

**Ogden Farmers Market**  
Municipal Park 25th Street at Grant  
July 12 through September 27, 2008  
Saturdays 8 a.m. to 1 p.m.

**Salt Lake City Farmers Market**  
379 South 300 West Pioneer Park Salt Lake  
City  
June through October  
Saturdays 8:00 a.m. - 1:00 p.m.

**Tuesday Farmers Market**  
3271 South 500 East Salt Lake City Utah  
July to October  
First Tuesday of every month 4:00 p.m. to 7:00  
p.m. (and July 4)

**Utah Botanical Center Farmers Market**  
920 South 50 West Kaysville  
Thursday Evenings 5:00 p.m. - 8:00 p.m.  
July 10th - October 2nd 2008 (no market on  
July 24)

**Local Foods Supporting Business'**

**Aggie Ice Cream -Logan**  
**Casper's -Providence**  
**Bear Creek Bakery- Hyrum**  
**Beehive Cheese- Uintah**  
**Cox Honeyland- Providence**  
**Zollinger Fruit and Tree Farm**  
**Cattlemans Grille-Ogden**  
**Reams Grocer-Salt Lake**  
**Harmons Grocer-Salt Lake**  
**Lee's Grocer-Logan**  
**Macey's Grocer-Logan**  
**Crumb Brothers-Logan**  
**Rockhill Creamery- Richmond**  
**Aspen Mills Bread Co.-Ogden**  
**Tony Caputo's Market- Salt Lake**

**CSA's**

**Bryan Palmer CSA**  
230 East Main Wellsville, UT 84339  
[csautah@gmail.com](mailto:csautah@gmail.com)

**Sun River Farm**  
**James Haggerty**  
141 S. 6000 W.  
Mendon, UT 84325  
[sunriverfarm@yahoo.com](mailto:sunriverfarm@yahoo.com)

**Zoe's Garden**  
**Jackie Yeung**  
PO Box 3762 Ogden, UT 84409  
[David@zoegarden.com](mailto:David@zoegarden.com)

**Borski Farms**  
**John Borski**  
251 W. 100 S. Kaysville, UT 84037  
[borskifarms@borskifarms.org](mailto:borskifarms@borskifarms.org)  
[www.borskifarms.org](http://www.borskifarms.org)

**Cache County Community Garden**  
435-752-6263 [gardenwithplants@gmail.com](mailto:gardenwithplants@gmail.com)

