



Why Buy Local?

Buying local food can have positive implications for the health of the environment, economy, communities and people.

Environmental Health

Local food reduces the amount of fuel used to transport food long distances

It also reduces green house gases

Clean local environments are created and supported by well-managed family farms

Economic Health

Local food supports local farm families

Selling directly to you means farmers can keep the full price of the food and earn a better living

Local food keeps your money within your community

Social Cultural and Spiritual Health

Local food connects you with farmers and with food production

Local food resists globalization and celebrates local diversity

Local food ensures food for future generations

Human Health

Local food is fresher and tastes better

Local food may also be safer, it uses less chemicals, additives, and preservatives

Local food is better for you than food that is shipped long distances