



## Eating Locally

Why is it important to know where our food comes from? What benefits does eating locally have on health, the environment, and the local economy? Join the discussion about locally grown food.

### Conversation Questions

1. Can you name a fruit or vegetable that is grown here?
2. Have you ever eaten at a farm-to-table restaurant?
3. How do you know where something is grown or raised?
4. Have you ever visited the Skokie Farmers Market?
5. Do you garden? If so, what do you grow?

### Key Definitions

*Farm to Table* – Also called Farm to Fork, this refers to the process of moving food products from the fields and pastures where they are grown to where they are consumed in restaurants and in our homes.

*Sustainability*<sup>1</sup> – Sustainable agriculture is the production of food, fiber, or other plant or animal products using farming techniques that protect the environment, public health, human communities, and animal welfare.

*Locavore* – An individual who tries to eat locally grown food, usually products that were grown or raised within 100 to 200 miles of their point of purchase.

### Read

***The Locavore Way: Discover and Enjoy the Pleasures of Locally Grown Food* by Amy Cotler**

**Adult Nonfiction 641.31 C PBK**

The benefits of eating local and in season are explored in this easy-to-use guide on becoming a locavore.

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<sup>1</sup> From Grace Communication Foundation's Sustainable Table  
<http://www.sustainabletable.org/246/sustainable-agriculture-the-basics>





***Locally Grown: Portraits of Artisanal Farms from America's Heartland* by Anna H. Blessing**  
**Adult Nonfiction 635.0977 B PBK**

Beautiful photographs, recipes, and words of wisdom and inspiration from chefs and farmers on the joys and benefits of growing and cooking with locally sourced ingredients.

### **Watch**

**“Mayo Clinic Minute: Benefits of Eating Local” from Mayo Clinic**

[https://youtu.be/x\\_T6fJGUNts](https://youtu.be/x_T6fJGUNts)

Buying from a farmers' market ensures you're getting the freshest produce available, and that isn't the only benefit.

**“Michael Pollan: Why Eat Local?” from Nourish website**

<http://bit.ly/2N6CvH1>

Michael Pollan talks about the benefits eating locally has on the environment and the ways food production affects climate change.

### **Listen**

**“Going There: How We Eat” from NPR**

<https://n.pr/2MmCTM7>

A two-part discussion about the rapidly evolving food system in the United States and how food producers and consumers can work together to ensure quality and accessibility of food.

