

10 Ways to Eat Local Food

1. Learn What's in Season

Knowing which local foods are in season will help you know what to look for at the farmers' market or grocery store. Experiment with local foods that you don't normally eat. Visit Root Cellars Rock! for lots of local food resources. www.rootcellarsrock.ca

2. Find a Farmer

Find local farms by using Root Cellars Rock! Local Food Links www.rootcellarsrock.ca Food Security Initiative Inventory www.foodsecuritynews.com Buy Local! Buy Fresh! Avalon Region Map www.northeastavalonredb.ca Keep it in Kittiwake www.kittiwake.nf.ca Atlantic Canadian Organic Regional Network NL acornnl.wordpress.com

3. Visit a Farmers' Market

Farmers' markets are growing across the province. More than just a place to find local meat and vegetables, they are community centres where people gather to socialize, eat, hold workshops, and celebrate local food. See the Food Security Initiative Inventory to find a farmers' market near you. www.foodsecuritynews.com/resources

4. Join a Community Supported Agriculture Program

Customers commit up front for an entire season and in return the farmer provides a weekly box of fresh produce and preserves. The produce varies according to what's available. It's a great way to give farmers more financial security.

5. Start Gardening

If you don't have space for a garden in your own yard, try growing some fresh herbs in a window, or join a community garden. Use the Food Security Initiative Inventory (www.foodsecuritynews.com/resources) to find a community garden in

your area. Visit Root Cellars Rock! (www.rootcellarsrock.ca) for gardening tips.

6. Go Berry Picking

There are many edible wild berries in the province. A U-Pick, where you pick your produce yourself, is a great way to get some berries that aren't as common in the wild. Use 2. *Find a Farmer* to find a berry U-Pick near you.

7. Wild Harvesting

Hunting, fishing, and trapping are traditional ways we have acquired local food. Visit the Department of Environment and Conservation, Wildlife Division for information about licences. www.env.gov.nl.ca/env/wildlife

8. Preserve the Harvest

There are many ways to preserve fresh, local food. Cellaring, cold storage, bottling, freezing, pickling, salting, drying, and fermenting are all ways you can preserve local vegetables and fruit for months. For resources see the U.S. National Center for Home Food Preservation (www.uga.edu/nchfp), and Bernardin home canning recipes (www.homecanning.ca).

9. Support Restaurants & Retailers that Source Local Food

A growing number of restaurants are choosing to support local farmers and fish harvesters, or even grow their own vegetables and herbs in a restaurant garden. Ask your favourite restaurant to source locally and use the Food Security Initiative Inventory to find restaurants and retailers that sell local food. www.foodsecuritynews.com/resources

10. Sprout!

Seeds such as lentils, peas, alfalfa, sunflower, and broccoli can all be sprouted to make delicious fresh greens all year long. All you need is seeds, water, and a few days to grow these nutritious foods any time, right in your own kitchen. Visit Root Cellars Rock! for sprouting resources. www.rootcellarsrock.ca



Food Security means that all people at all times have physical & economic access to adequate amounts of nutritious, safe, and culturally appropriate foods.

Contact FSN for more information on how you can take action.

www.foodsecuritynews.com

