

11 Reasons To Buy Local and Buy Organic

1. FRESHNESS.

Locally grown organic fruits and vegetables are usually harvested within 24 hours of being purchased by the consumer. Produce from Florida and California can't be eaten fresh.

2. TASTE.

Produce picked and eaten at the height of ripeness tastes better.

3. NUTRITION.

Nutritional value declines, often dramatically, as time passes after harvest. Because locally-grown produce is freshest, it is more nutritionally complete.

4. PURITY.

Eighty percent of American adults say they are concerned about the safety of the food they eat. They worry about residues of pesticides, materials that are not permitted in an organic production system either before or after harvest.

5. VARIETY.

Organic farmers selling locally are not limited to the few varieties that are bred for long distance shipping and shelf life. They're after taste.

6. REGIONAL ECONOMIC HEALTH.

When you buy locally-grown food you keep your money within the community. This contributes to the health of all sectors of the local economy.

7. STEWARDSHIP.

Soil health is essential for the survival of our species. Conventional farming practices are rapidly depleting topsoil fertility. Creating and sustaining soil fertility is the major objective for organic growers.

8. ENERGY CONSERVATION.

Buying locally-grown organic foods decreases dependence on petroleum, a non-renewable energy source. One-fifth of all petroleum now used in the United States is used in agriculture. Organic production systems do not rely upon the input of petroleum-derived fertilizers and pesticides and thus save energy at the farm. Buying from local producers yields additional energy savings at the distribution level.

9. ENVIRONMENTAL PROTECTION.

Soil erosion; pesticide contamination of soil, air, and water; nitrate loading of waterways and wells; elimination of planetary biodiversity are some of the problems with predominant farming techniques today. Organic growers use practices that protect soil, air, and water resources; and that promote biodiversity.

10. COST.

Conventional food prices don't reflect the hidden costs of the environmental and health consequences of predominant production practices — of, say, correcting a water supply polluted by agricultural runoff, or obtaining medical treatment for pesticide-induced illnesses suffered by farmers or consumers. When these and other hidden costs are taken into account, as they should be, locally grown organic foods are seen clearly for the value they are, even if they cost a few pennies more.

11. A STEP TOWARD REGIONAL FOOD SELF-RELIANCE.

Dependency on far-away food sources leaves a region vulnerable to supply disruptions and removes any real accountability of produce to consumer. It also tends to promote larger, less-diversified farms that hurt both the environment and local economies. Regional food production systems, on the other hand, keep the food supply in the hands of many, provide interesting job opportunities, and enable people to influence how their food is grown.

*Source: Ohio Ecological Food & Farm Association
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