

GOINGGREEN

Start eating local and build a community

BY CHRISTY SEYLER

Eating local... what the heck do I mean, how do you start and why should you care? Well I can't answer all those questions in one sitting but I will answer them eventually. So this week's green story is actually going to be two or three stories over the next few weeks. I do promise that by the end of this you will know how to eat local and have fun doing it.

Let's get to it: what does eating local mean? No, it does not mean going to the local Wendy's, BK, McDonald's or any other fast food chain.

I can give you a formal definition. According to wikipedia.org, the local food movement is a "collaborative effort to build more locally based, self-reliant food economies — one in which sustainable food production, processing, distribution and consumption is integrated to enhance the economic, environmental and

social health of a particular place and is considered to be a part of the broader sustainability movement. It is part of the concept of local purchasing and local economies, a preference to buy locally produced goods and services."

That might be a bit too much to digest, but what it really means is finding local farmers, bakers and butchers.

Eating local is more than just a movement by hippies or "crazy" environmentalists; it can change our world and make it a better place.

Every time you go to the store and buy something, start reading where it comes from and you will soon notice how much of the food you buy travels hundreds — if not thousands — of miles before it ends up on the shelf of the grocery store. Think about how much money it costs to ship that food.

What if we couldn't ship fruit, meat and tons of other products from Mexico and other places

from around the world? What happens when it becomes too expensive? What would we do?

Think about how much it costs to fill up your own car and take a trip.

But wait, there's more!
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