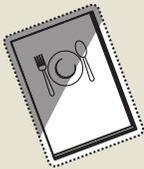
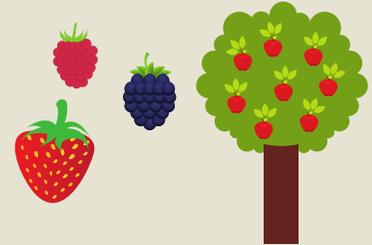


TIPS FOR EATING LOCAL



Join a Community Supported Agriculture program (CSA). It connects you to local farms where you can buy shares and, in return, you get a portion of the harvest!

Check out farms that offer “pick-your-own” produce... it's a fun way to eat locally!



Eat at restaurants that provide menu options with locally sourced ingredients

Grow your food at home! Planting a garden is a great way to ensure great produce that is safe and healthy for your family!



Visit local community gardens where you are able to rent a plot and have a large variety of fresh produce