

8 Benefits of Eating Food Grown Near Your Home

1. Freshness – fruits and vegetables that are grown locally are usually sold within 24 hours after harvesting.
2. Taste – foods are grown for taste instead of toughness during shipping (moved from farms to factories and stores).
3. Safety – food produced locally in smaller amounts is less at risk for contamination (like meat)
4. Nutrition – harvesting takes place when the food is the most ripe and is properly handled so that it holds in all its nutrients.
5. Community – buying local food puts money back into the local economy.
6. Variety – local farmers often are able to produce different varieties of traditional foods.
7. Energy conservation – transporting food from the field to the local farmers market requires less gas.
8. Regional identity – buying local promotes regional products and pride in the community

