Advice from Vermont

Not one to usually take advice from the “Northeast” but came across this from the University of Vermont and thought it was timely for our abundance of berries, veggies, fruits, and other things (cheese, nuts, etc.) grown in our beautiful State.

Ten Reasons to Buy Local Food

1. Locally grown food tastes and looks better.
2. Local food is better for you. The shorter the time between the farm and your table, the less likely it is that nutrients will be lost from fresh food.
3. Local food preserves genetic diversity. Modern corporate agriculture only grows those strains that can be picked, shipped and stored with the best results.
4. Local food is safe.
5. Local food supports local families…..think we have heard that before “Try Local First”!
6. Local food builds community.
7. Local food preserves open space. The more local farmers we support the less likely they will sell land for other type of developments.
8. Local food keeps taxes down….I didn’t understand this at first but these are the facts: According to several studies by the American Farmland Trust, farms contribute more in taxes than they require in services, whereas most development contributes less in taxes than the cost of required services. Cows don’t go to school, tomatoes don’t dial 911.
9. Local food benefits the environment and wildlife.
10. Local food is an investment in the future. By supporting local farmers today, you are helping to ensure that there will be farms in your community tomorrow!