

Food for Thought: Resources for Buying Locally

“As the stories of our foods ceased to be told, we lost track of where and how they are produced; and as we lost knowledge about our foods, we lost awareness of how eating fits our human selves into the broader natural world. But today, with new interest, new understanding, and new stories, we have the chance to rediscover some of that knowledge and awareness, and with it, we just might find a way to live better on Earth and, finally, to eat well.”

Ann Vileisis, author of Kitchen Literacy – How We Lost Knowledge of Where Food Comes from and Why We Need to Get it Back

Shoppers buying from local farms support the regional economy, help preserve family farms, and get to know the people who raise their food. In addition, there is an important environmental benefit to buying local foods, since farms that are relatively close to the markets where they sell use less energy and other resources getting produce to market.

As part of our conservation book series, the Eastern New York Chapter is pleased to feature author Ann Vileisis and to provide suggestions for local buying and for learning more about the important links between our choices and conservation. Please call us at (914) 244-3271 for additional information on the conservation book series and to learn more about our conservation programs.

The Nature Conservancy Eastern New York Chapter

nature.org/eastern

265 Chestnut Ridge Road
Mount Kisco, NY 10549
Tel. 914-244-3271 • Fax 914-244-3275

Westchester Area Resources for Buying Local

Farmers Markets in Westchester County: Market descriptions and locations.

<http://www.nyfarmersmarket.com/fwestchester.htm>

Why Locally Grown: Discover the benefits of buying local food.
www.localharvest.org

Recipes Using Locally Grown Foods: Get ideas for recipes using Westchester area local foods.
<http://www.thedailygreen.com/>

The 100 Mile Diet: “Locavores” make an effort to eat food that is produced within a 100-mile radius of their homes.
<http://100milediet.org/category/about/>

Rainbeau Ridge Farm: Information about locally grown food, cooking classes, programs, and a local foods pledge.
www.rainbeauridge.com

Stone Barns Center For Food and Agriculture: Market and program description.
<http://www.stonebarnscenter.org/>

Other Resources

Ben Jervey: *The Big Green Apple: Your Guide to Eco-friendly Living in New York City*

Bill McKibben: *Deep Economy – The Wealth of Communities and the Durable Future*



Additional Suggestions from the Eastern New York Chapter of The Nature Conservancy For Living More Lightly on the Earth:

Travel light. Walk or bike instead of driving a car. Cars and trucks run on fossil fuels, which release carbon dioxide into the atmosphere. In the United States, automobiles produce over 20 percent of total carbon emissions. Walk or bike and you'll save one pound of carbon for every mile you travel. Try OZOcar (hybrid cars with internet wireless connectivity) to the New York airports. Call 1-866-OZO-5966 for reservations.

Teleconference instead of flying. For office meetings, if you can telephone or videoconference, you will save time, money, and carbon emissions. Airplanes pump carbon emissions high into the atmosphere, producing 12 percent of total U.S. emissions.

See the light. Use compact fluorescent light bulbs. These energy-efficient bulbs help fight climate change because they reduce the amount of fossil fuels that utilities burn. You will save 100 pounds of carbon for each incandescent bulb that you replace with a compact fluorescent, over the life of the bulb.

Recycle and use recycled products. Products made from recycled paper, glass, metal and plastic reduce carbon emissions because they use less energy to manufacture than products made from completely new materials. For instance, you'll save two pounds of carbon for every 20 glass bottles that you recycle. Recycling paper also saves trees and lets them continue to reduce climate change naturally as they remain in the forest, where they remove carbon from the atmosphere.

Inflate your tires. If you own a car, it will get better gas mileage when the tires are fully inflated, so it will burn less gas and emit less carbon. Check your automobile monthly to ensure that the tires are fully inflated. Follow this tip and save 300 pounds of carbon dioxide for every 10,000 miles you drive.

Plant native trees. Trees absorb carbon dioxide from the air and use it as their energy source, producing oxygen for us to breathe. A tree in the temperate zone — found between the tropics and the polar circles—can remove and store 700 to 7,000 pounds of carbon over its lifetime. A tree that shades a house can reduce the energy required to run the air conditioner and save an additional 200 to 2,000 pounds of carbon over its lifetime.

Turn down the heat. Heating and air conditioning draw more than half of the energy that a home uses in the United States. Turn down the heat or air conditioning when you leave the house or go to bed. You can easily install a programmable thermostat that can save money and carbon.

Buy renewable energy. Electricity generation produces 40 percent of carbon emissions from the United States. A growing number of utilities generate electricity from renewable energy sources with solar panels, windmills and other technologies. If your utility offers renewable energy, buy it. If not, send them a message asking for clean energy.

Read and learn more about conservation issues. Visit www.Islandpress.org for a full listing of their excellent publications.

Get to know which species are endangered due to over-harvesting. Visit Audubon.org for a copy of their superb fish wallet card.