

# Where to find local food

## Buy it right from the farmer

NC has over 200 farmers' markets and CSAs and over 150 certified roadside farm stands.

- "CSA" stands for Community Supported Agriculture. You pay a farmer up front and then you get a box of fresh produce every week during the growing season.



- When buying direct from a farmer, you can ask questions about how your food was grown, or request certain varieties.

## Grow it yourself

You can select varieties you enjoy most and have a great source of fresh fruits and vegetables.

Gardening is a great way to stay physically active, and can even boost your mood.

## Support a school or community garden

Kids who garden typically eat more fruits and vegetables — and are willing to try new varieties.



# Eat Local. Eat Healthy.

## How to get involved

- Find seasonal recipes:  
**[go.ncsu.edu/ncseasonalrecipes](http://go.ncsu.edu/ncseasonalrecipes)**
- Buy fresh fruits, vegetables and more from your local farmers' market:  
**[ncfarmfresh.com](http://ncfarmfresh.com)**
- Pledge to buy ten percent of your food locally:  
**[nc10percent.com](http://nc10percent.com)**
- Join a local food council:  
**[communityfoodstrategies.com](http://communityfoodstrategies.com)**
- Go to NC Cooperative Extension's Local Food website for more information and ideas:  
**[localfoodnc.org](http://localfoodnc.org)**



### References

Creamer, N. G., & Dunning, R. D. (2012). Local food systems for a healthy population. *North Carolina Medical Journal*, 73(4), 310.

2013. North Carolina State Overview. USDA National Agricultural Statistics Service.

Other Research: [go.ncsu.edu/localfoodsresearch](http://go.ncsu.edu/localfoodsresearch)

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Food you grow or buy directly from a farmer often tastes better, since it can be picked ripe and doesn't have to be shipped. If fruits and vegetables taste great, adults and children will want to eat more of them!

In addition to supporting a healthy lifestyle, there are many other reasons why people choose to buy local food.



## What's the connection between eating local food and health?

You can take a positive step towards healthy eating by being more mindful about where your food comes from and who may benefit from you buying it.

Research shows that eating food grown nearby, or growing it yourself, may lead you to consume more fresh fruits and vegetables, one of the most important parts of a healthy diet.



## What are other reasons to support local foods?

Money spent locally tends to stay in the local economy, creating jobs and supporting local businesses.

### Buying local food also supports:

- Local Farmers — keep farmers on the land.
- Farmland Preservation — keep rural areas rural.
- Community Interactions — know your neighbors.



## Why eat fresh fruits and vegetables?

A diet high in fruits and vegetables is associated with decreased risk of:

- heart disease
- some forms of cancer
- overweight and obesity

