

Buying Locally

- An average American meal has traveled between 1,500 and 2,500 miles to get to the table.²
- The average American creates about 2.8 tons of CO₂ annually by eating and only 2.2 tons of CO₂ by driving.⁴
- A typical meal bought from a conventional supermarket chain - including some meat, grains, fruit and vegetables - consumes 4 to 17 times more petroleum for transport than the same meal using local ingredients.²
- Farmers in 2002 earned their lowest real net cash income since 1940. Meanwhile corporate agribusiness profits have nearly doubled since 1990 –USDA, 2002⁶

Farmers' Markets –

Farmers' Markets are a great place to buy locally-grown, fresh food and produce. Buying local food saves fossil fuels from transportation, and allows the food to be picked at the peak of flavor. Farmers' Markets also help local farmers get better prices for their products.³ The number of registered farmers' markets in the U.S. has jumped from 300 in the mid-1970s to more than 3,100 today.²

Community Supported Agriculture Farms (CSAs)

CSAs offer a seasonal subscription for a flat fee, where the consumer receives a weekly delivery of fresh produce, eggs, dairy, meat, or flowers. By making a financial contribution to the farm, the farmer has more economic security and the consumer has a relationship with where his or her food comes from. Iowa has between forty and fifty CSAs.⁵

Other Options –

Another great opportunity is to grow what you can in your own garden! Traveling from the back yard, of course, uses the least amount of CO₂ (depending on how much you breathe) and will be the freshest and best-tasting.

For more information –

- **Practical Farmers of Iowa** – a state-wide, non-profit organization that promotes profitable, ecologically-sound and community-enhancing approaches to agriculture. Also the Iowa steward of Buy Fresh, Buy Local – www.practicalfarmers.org
- **Buy Fresh, Buy Local** – a marketing program for farmers selling directly to consumers, restaurants and grocers. They also have fliers that list local farms by county who sell produce, meat, eggs, honey, dairy, wine, etc.
- **Local Harvest** – www.localharvest.org includes a searchable database of CSAs, farmers' markets, restaurants, groceries, co-ops and farms.
- **Slow Food USA** -non-profit organization dedicated to supporting and celebrating the food traditions of North America that reflect generations of commitment to the land. At international, national and local levels, including a Des Moines chapter - www.slowfoodusa.org
- **Iowa Network for Community Agriculture** – aims to promote relationships among people who are developing sustainable local food sources that are safe and healthy for people, all creatures, and the land - www.growinca.org
- **Organic Consumers Association** - an online and grassroots non-profit 501(c)3 public interest organization campaigning for health, justice, and sustainability - www.organicconsumers.org

Local Farmers' Markets:

(courtesy of Buy Fresh, Buy Local)

Downtown Urbandale

May 24 – September 3
Mondays, 3 to 6
70th & Douglas Ave.

Adel

June 1 – September 7
Tuesdays, 4:30 to 7
Downtown Business District

Johnston

May 25 – October 3
Tuesdays, 3 to 7
NW 62nd Ave. & Merle Hay Rd.

Drake Neighborhood

June 2 – September 3
Wednesdays, 4 to 7
25th & University Ave.,
First Christian Church

Waukee

May – October
Wednesdays, 4 to 6
Triangle Park

Valley Junction

May 13 – September 3
Thursdays, 4 to 8
100 - 300 blocks of 5th St.

Urbandale

May 28 – September 3
Fridays, 4 to 8
9000 Douglas Ave.,
Walker-Johnson Park

Olde Town

June 4 – September 3
Fridays, 4 to 7
Olde Town Altoona

The Metro Market

Year-Round
Fridays & Saturdays, 9 to 7
2002 Woodland Ave., DSM

Ankeny Uptown

May 15 – September
Saturdays, 8 to Noon
SW 3rd & SW Cherry St.

Downtown Des Moines

May 8 – October 3
Saturdays, 7 to Noon
Court Avenue & 4th Street

Indianola

June 5 – October 2
Saturdays, 8 to Noon,
Warren Co. Fairgrounds

Local CSAs: (courtesy of Local Harvest)

SalAmander Farms – Bondurant (a member of COSC)
Turtle Farm CSA – Johnston
MYfarmer LLC – Urbandale
The Homestead – Pleasant Hill
L.T. Organic Farm & Restaurant – Waukee
Blue Gate Farm – Chariton
Small Potatoes Farm – Minburn

Sources:

- ¹ Practical Farmers of Iowa
- ² Organic Consumers Association
- ³ Wikipedia
- ⁴ Forecast Earth – The Weather Channel
- ⁵ Local Harvest
- ⁶ Food Routes Network

Buy Fresh, Buy Local DSM Directory:

www.law.drake.edu/centers/docs/bfblDirectory07.pdf



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