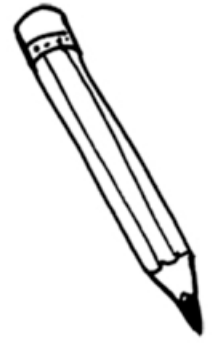




why be a

# LOCALAVORE?



**n.** someone who eats food grown or produced locally or within a certain radius e.g. 50, 100, or 150 miles, usually for ecological reasons.

## 1 Taste the FRESHNESS!

At Organic Shops, most local produce has been picked just hours or days before.

It comes to you fresh and with its full flavor, unlike imported or supermarket food that may have been picked weeks or months before.

## 2 Get to KNOW Your Food

Buying food today is complicated. What pesticides were used? Is that corn genetically modified? People who eat locally find it easier to get answers. Many build relationships with farmers whom they trust.

And when in doubt, they can drive out to the farms and see for themselves.

## 3 Reduce your FOOD MILES

How does a WASHINGTON apple arrive on our plate?

Imported foods are transported many miles across oceans to reach us, consequently burning up lots of fossil fuel.

Eating locally reduces food miles, thereby promoting energy savings, and decreases carbon footprint.

## 4 Rediscover Local Flavours

95% of the vegetables we eat come from only 20 species of plants.

98% of our vegetable varieties have disappeared over the last century in our rush to sameness.

Ever tried the Kedondong? Bayam Hutan? Misai Kuching? These are just a few of the local flavours that many of us has forgotten.

## 5 Support Local Farmers

Local food production strengthens local economies by protecting small farms, local jobs and local shops, thereby increasing food security.

Buying local also means giving back to the local economy. Money spent at local food businesses are more likely to stay in the local economy and be re-invested.

this article can be found on our blog @  
**AskOrganicWongs.com**

