



Information Sheet #8: Buying Locally¹⁵

Currently, much of the food consumed in North America originates and travels within a global, not a local, system. This means that for every dollar spent on food, only 20 cents on average goes back to the farmer. The balance pays for labour, packaging, transportation, retail and other associated costs—not a good situation for local farmers.

Yet buying locally grown food from local farmers has many advantages:

1. Buying locally is good for the economy: Dollars spent on locally grown food is reinvested back into the community. This reinvestment leads to a growth of small businesses and local jobs, a rise in property values and, eventually, to strong health care, education, and recreation sectors.
2. Buying locally is good for the environment: Food produced and consumed locally uses less fossil fuel for transportation and requires less material for packaging than global food distribution systems. Also, small farmers rotate a diverse set of crops, which replenishes the soil.
3. Buying locally is good for your budget: Locally produced food does not include the transportation, packaging, and marketing costs reflected in the price of imported foods.

For more information on buying locally see:

Kitchen Gardeners International
<http://www.kitchengardeners.org>

Eat Local
<http://www.eatlocal.org>

Act Now BC
http://www.actnowbc.ca/EN/everyone/buy_local,_in_season_fruits_and_vegetables

Kootenay Organic Growers Society
http://www.kogs.bc.ca/buy_local.html

BC Farmer's Market Association
<http://www.bcfarmersmarket.org>

Food Roots
www.foodroots.ca

¹⁵ Adapted from Action Schools! BC Healthy Eating

Availability Chart of BC Grown Vegetables and Fruit

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
FRUIT												
Apples												
Blackberries												
Blueberries												
Cherries												
Currants												
Gooseberries												
Hazelnuts												
Pears												
Plums												
Prunes												
Raspberries												
Saskatoon Berries												
Strawberries												
VEGETABLES												
Beans												
Beets												
Broccoli												
Brussels Sprouts												
Cabbage												
Carrots												
Cauliflower												
Celery												
Corn												
Cucumbers												
Leeks												
Lettuce												
Onions												
Parsnips												
Peppers												
Potatoes												
Radishes												
Ruhbarb												
Rutabagas												
Spinach												
Turnips												
Zucchini												