

What You Can Do

Join the growing movement of consumers around the world who are making a little extra effort to find food that is raised nearby.



Check out <http://www.sustainabletable.org/shop/eatseasonal/> to find when foods are in season in your area.



Buy food directly from your local farmer at a farm stand or a farmers market, or join a CSA or buying group and get a farm share.



Encourage your local grocery store to stock food from local farmers, and from farms that practice sustainable and organic agricultural practices.



Check food labels to see where the food was grown, manufactured, or distributed from. You don't have to change your eating habits. For example: Pick the Pa.-grown apple instead of the one trucked in from the state of Washington.



Ask your employer and the leaders of your local schools, colleges, and hospitals to explore ways to incorporate local food into school, business, and institutional cafeterias.



Visit the following Web links to find out where you can shop for fresh, local, organic, and sustainably-raised foods. Also, see the recommended Web links below to learn more!

Some Area Markets:

Ambler Farmers Market, Butler & Lindenwold Aves., Thursdays, June-Oct., 3PM – 7PM

Chestnut Hill Farmers Market, Corner of Germantown & Southampton Avenues, Phila. Thurs. & Fri., 9AM – 6PM; Sat. 8AM -5PM.
<http://www.chestnuthillhotel.com/about-attractions.html>; 215- 242-5905

Doylestown Farmers Market, West State & Hamilton Sts. Baked goods, flowers, fruit, vegetables. April-Nov. Sat. 7AM-12PM 215-348-8471.

Fair Food Farmstand, Arch St. side of Reading Terminal Market, Phila. Tues.–Sat. 8AM-6PM; Sun. 9AM-4PM
www.whitedogcafefoundation.org/farmstand.html; 215-627-2029

Farm Market at Delaware Valley College, on campus at 2100 Lower State Road and Wells Road, Doylestown. Open beginning Spring 2008, Mon.-Sat., 9AM-7PM; Sun. 9AM-5:30PM. www.delval.edu/themarket/, 215-230-7170

Flourtown Farmers Market, 914 Bethlehem Pike, Flourtown. Open year-round, Thurs. 8AM–6 PM; Fri. 8AM–7 PM; Sat. 8AM-5 PM. 215-233-9510

Glenside Farmers Market, Glenside Train Station, Corner of Easton Road and Glenside Avenue. Saturdays from May to Dec., 9 AM-1 PM, rain or shine. <http://theglensidefarmersmarket.com/>

Pennypack Farm CSA, 685 Mann Road, Horsham, PA 19044
Membership shares range from \$425 and up. Waiting list for 2008.
www.pennypackfarm.org, 215-646-3943

Quakertown Farmers Market & Flea Market, 201 Station Rd., Open year-round, Fri. & Sat. 9 AM- 9 PM; Sun. 10AM - 5PM.
www.quakertownfarmersmkt.com; 215-536-4115

Skippack Farmers Market, Village of Skippack on Rt. 73, just east of Rt. 113. June-Oct., Sun. 10 AM–2 PM. www.skippackfarmersmarket.net; 610-944-9349

Weavers Way Cooperative, 559 Carpenter Lane, Phila. A member-owned cooperative, selling food, and offering services, such as a credit union and heating-oil co-op. Mon-Thurs., 10AM – 8PM; Fri. 9AM-8PM; Sat.& Sun. 9AM-6PM. www.weaversway.coop; 215-843-2350

Whole Foods Farmers Market, Whole Foods Market parking lot, Bethlehem Pike & Rte. 63. Second Sundays June-Oct. Contact Danielle at 215-646-6300; danielle.smith@wholefoods.com

Willow Creek Orchards, 3215 Stump Hall Road, Collegeville. Mon-Sat. 9AM- 6:30PM. www.willowcreekorchards.com/; 610-584-8202

[More Information on the Web:](#)

Buy Local Campaign for Southeast Pennsylvania

(<http://www.buylocalpa.org>) Guide to locally produced food: farmers' markets, CSAs, U-pick farms, and restaurants.

Center for Informed Food Choices (www.informedeating.org) Advocates for a diet based on whole, unprocessed, local, organically grown plant foods; site contains a useful FAQ page about food politics and eating well, as well as an archive of relevant articles.

CSA Center (www.csacenter.org) History of Community Supported Agriculture.

Eat Well (www.eatwellguide.com) An online directory of sustainably-raised meat, poultry, dairy, and eggs. Enter your zip code to find healthful, humane, and eco-friendly products from farms, stores, and restaurants in your area.

Eat Wild (www.eatwild.com) Lists local suppliers for grass-fed meat and dairy products.

Farm to City (www.farmtocity.org) Listings of local farmer's markets, CSAs, and buyers' clubs that sell organic and local food. Orders for buyers' clubs can be entered online.

Films from Upper Dublin Town Hall Meeting: (**www.truecostoffood.org/**); (**chrisbedfordfilms.com/recent.htm**)

Food Routes (www.foodroutes.org) is a national nonprofit dedicated to "reintroducing Americans to their food—the seeds it grows from, the farmers who produce it, and the routes that carry it from the fields to our tables." Coordinates "Buy Fresh Buy Local" grassroots campaigns.

Food Trust (www.thefoodtrust.org/) is a Philadelphia group working to ensure that everybody has access to affordable, nutritious food.

Heritage Foods USA (www.heritagefoodsusa.com) sells mail-order 'traceable' products from small farms—maple syrup, pole caught tuna, grass-fed Kobe beef—whose labels provide every detail about their production and processing.

Local Harvest (www.localharvest.com) offers a definitive and reliable nationwide directory of CSAs, farmers markets, family farms, and other local food sources. (Note: Many listings have not been updated, so call before you head out to any markets.)

Locavores (www.locavores.com) encourages people to eat only foods produced within a 100-mile radius of home. The Food Web page offers a plethora of additional resources, including books, articles, and websites.

Michael Pollan – Author, In Defense of Food (www.michaelpollan.com/link.htm) Many great links to organic food sites, restaurants, tips for starting a co-op, and much more.

Organic Consumers Association (www.organicconsumers.org), a research and action center for the organic and fair-trade food movement, maintains a web archive of articles about genetically engineered foods, cloning, food safety, organics, and globalization. Also find CSAs, buying clubs here.

Pennsylvania Association for Sustainable Agriculture

(www.pasafarming.org) Promotes profitable farms that produce healthy food. Has links to Buy Local promotion, list of farms, lots of great info.

Pennsylvania Department of Agriculture (www.agriculture.state.pa.us/) Site includes guide to farm markets; news updates; info on farm and food policies.

Seafood Watch (www.mbayaq.org/cr/seafoodwatch.asp) is a program of Monterey Bay Aquarium designed to raise consumer awareness about the importance of buying seafood from sustainable sources. Offers a downloadable, pocket-sized region-by-region guide to eco-friendly seafood.

Slow Food USA (www.slowfoodusa.org) is a non-profit educational organization dedicated to land stewardship and ecologically sound food production; to supporting and celebrating the food traditions of North America; and to living a slower and more harmonious life.

Sustainable Harvest (www.greenworks.tv/special/sharvest/index.html)
GreenWorks.tv website with videos about organic farming and buying local food.

Sustainable Table (www.sustainabletable.org) offers an introduction to the sustainable food movement and the issues surrounding it, plus resources for further investigation. The links for 'Introduction to Sustainability' and 'The Issues' are good places to start.

USDA Agricultural Marketing Service (www.ams.usda.gov/farmersmarkets)
includes a state-by-state listing of farmer's markets across the US.

White Dog Community Enterprises

(www.whitedogcafeoundation.org/about.html) includes information about the Philadelphia group's efforts to create and support a humane, sustainable food system in our region.

**This information was compiled by Upper Dublin Township's Environmental Protection Advisory Board. For more information about the EPAB, see <http://www.upperdublin.net/>.

Thank you for attending, *A Town Hall Meeting on Local Food & Sustainable Communities*, Feb., 2008. Please check back with us for more opportunities to work together to improve the environmental health and vitality of our region.