Buy Local Benefits

- **Local food is better for the environment** — keeps land open, in production and requires less fuel for transportation and therefore causes less pollution.

- **Locally grown food tastes better** — picked within the last day or two, it is crisp, sweet and loaded with flavor.

- **Local produce is better for you** — food that travels less time and distance holds more of its nutrients.

- **Local food supports local economies** — farmers purchase feed and materials from local businesses reinvesting in the community.

- **Local food strengthens local farm families** — with direct and local sales farmers can make more money, helping to keep them in business.

- **Local food is safer** — consumers know where their food is coming from and how it is grown. It’s easier to trace back to the source if there is a problem.

- **Local food builds community** — farmers’ markets provide excellent venues for community gatherings.

- **Local food preserves the open character and rural space** — with growing development pressures, picturesque barns, lush crop fields, and meadows full of wildflowers will survive only as long as farms are financially viable.