

## Learn more...Do more

### Become a member of Land Stewardship Project.

Get connected, informed and involved. Join with others to create healthier food choices – choices that protect the environment, support local farmers and taste great. Join online at our secure Web site [www.landstewardshipproject.org](http://www.landstewardshipproject.org), by phone at 651-653-0618. Write to us at 2200 Fourth Street, White Bear Lake, MN 55110



## Volunteer. Get Involved.

Among the many ways that Land Stewardship Project is working for a healthier food system --



**Midwest Food Alliance** is hosted and supported by Land Stewardship Project and Cooperative Development Services ([www.cdsus.coop](http://www.cdsus.coop)). It is a regional affiliate of Food Alliance

([www.foodalliance.org](http://www.foodalliance.org)), one of the nation's leading certifiers for environmentally friendly and socially responsible farms and foods. If you would like to volunteer for demos and cookouts where you can talk with your neighbors about local, certified foods, contact us at [jean@foodalliance.org](mailto:jean@foodalliance.org) or 651-265-3682.

**Pride of the Prairie** is a collaborative project led by Land Stewardship Project's Western Minnesota office to reconnect people living in the Upper Minnesota River valley with the farmers who grow their food. To learn more and become involved, visit [www.prideoftheprairie.org](http://www.prideoftheprairie.org) or call 320-269-2105.



*"I think the flavor is better. But the point isn't flavor, the point is what are you supporting? For me it's a very easy way to support something I believe in. I do this because I want to support local family farms, and I want to support what I believe is a healthier way to eat and better for the land and better for local family farms."*

—Lynne Rossetto Kasper,  
host of *The Splendid Table*,  
[www.splendidtable.org](http://www.splendidtable.org).



## It's all one shopping list...

- Apples
- Milk
- Butter
- More local farmers
- Fewer pesticides
- More songbirds and butterflies
- Corn
- Squash
- Potatoes
- Cleaner streams & lakes
- Peppers
- Bratwurst
- Onions
- Pork chops
- Fresher
- Better tasting
- Healthier for my family

and **SO**  
**easy**  
to get  
started.





# Here's how...

## CHOOSE CERTIFICATION

Purchase Midwest Food Alliance certified products at your grocery store. Midwest Food Alliance certified farms are third-party certified to be local, environmentally friendly, and socially responsible. Midwest Food Alliance is the only certification that combines these elements into one certification seal.



You can learn more about Midwest Food Alliance products at [www.foodalliance.org](http://www.foodalliance.org) or call 651-265-3682. Learn more about eco-labels and other third-party certifications like USDA Organic and Fair Trade Certified at [www.eco-labels.org](http://www.eco-labels.org).

## LOOK FOR LOCAL

Use the Minnesota Grown Directory to find hundreds of Minnesota farms offering seasonal, farm-fresh products. Visit [www.minnesotagrown.com](http://www.minnesotagrown.com) for a free Minnesota Grown Directory.



## PUT LOCAL, CERTIFIED FOODS ON EVERY MENU

Ask your favorite restaurant to put local, certified foods on the menu.  
Ask your school or college to carry local, certified foods.

## BUY DIRECTLY FROM A FARMER

Land Stewardship Project provides resources to help you establish a farm-to-table relationship for your family. Visit [www.landstewardshipproject.org](http://www.landstewardshipproject.org) or call 651-653-0618 to start using the

- *Stewardship Food Network* – a list of local, sustainable farms and their products;
- *Community Supported Agriculture (CSA) Directory* – sign up with a farm that makes weekly vegetable deliveries in your neighborhood;

Pride of the Prairie provides a guide to foods from the Upper Minnesota River valley. To learn more, visit [www.prideoftheprairie.org](http://www.prideoftheprairie.org) or call 320-269-2105.



Shop at your local farmers' market. To find a market near you, visit [www.foodroutes.org/localfood](http://www.foodroutes.org/localfood).

## INTRODUCE FRIENDS TO LOCAL FOODS

Host a dinner for friends and serve local, seasonal foods. Use the Local Foods Dinner Planning Guide to get started ([www.landstewardshipproject.org](http://www.landstewardshipproject.org)).

Include local foods at your next meeting or conference.

# Here's why...

## LOCAL FOODS ARE MORE FLAVOREFUL AND FRESHER.

Locally grown fruits and vegetables are usually sold within 24 hours of being harvested. Local foods contain more of the nutrients that come with ripening – nutrients that our bodies need to be healthy. Local farmers can offer fruits and vegetables bred for taste and freshness rather than shipping and shelf life.



## LOCAL FOODS PRODUCE LESS POLLUTION.

The average plate of food now travels 1,300 miles from farm to table. And for every food calorie consumed, nine calories of energy are expended. Local foods use less energy and create less pollution. When you buy local you get great taste and a healthier environment.

## LOCAL FOODS SUPPORT LOCAL FARMS.

On average, farms receive only 19 cents of every consumer food dollar for their work. The remaining 81 cents goes to packaging, transportation, processing, wholesaling and food preparation. Buying locally keeps your food dollars invested in your community and local farms.

## LOCAL, CERTIFIED FOODS SAFEGUARD YOUR HEALTH.

Third-party certification enables you to choose foods from environmentally friendly and socially responsible farms – farms that work with ecological processes to avoid unnecessary pesticides, hormones, antibiotics, and genetically modified foods. Certification allows you to cut through the hype and advertising to choose foods that you can trust to be healthier.

To learn more, visit [www.foodroutes.org](http://www.foodroutes.org).