

## How to Get Local Food

Buying locally and sustainably helps to support local farmers. Buying local also helps cut down on the impact to the environment. This means that less packaging and fuels are being used. Locally grown produce also tends to be fresher than what you can buy in the store. It can take days, weeks, and even months for some foods to reach your favorite supermarket.

### Community Supported Agriculture

CSAs provide fresh produce directly to consumers. Members can purchase a share of the farmer's crop at the beginning of each season. Each week, during the season, the farm delivers farm fresh produce to predetermined locations. Some farms also produce dairy, eggs, meat, and other items.



### Farmers Markets

Farmers markets are where farmers can come and sell their products directly to consumers. At these markets you can find produce, meat, eggs, dairy, honey, and much more. Farmers markets are not limited to just food, you can also find jewelry, art, clothing and other items.

**For more information how to get food locally go to any of these resources:**

[Local Harvest](#)

[Vancouver Farmers Market](#)

[Joe's Place Farms](#)

[Sustainable Table](#)

[Portland Area CSA Coalition](#)

[Bi-Zi Farms](#)

[Portland Saturday Market](#)

[Clark County Farmers Markets](#)

[78th Street Heritage Farm](#)

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Promote Green Education and Practices**