Lucy Johnson - Environmental Consortium Curricular Collaboration Task Force
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LOCAL FOOD

Most produce grown in the United States travels an average of 1,500 miles before it gets sold. Trucking, shipping and flying in food from around the country and the globe takes a toll on the environment and on public health. Take grapes, for example. Every year, nearly 270 million pounds of grapes arrive in California, most of them shipped from Chile to the Port of Los Angeles. Their 5,900 mile journey in cargo ships and trucks releases 7,000 tons of global warming pollution each year, and enough air pollution to cause dozens of asthma attacks and hundreds of missed school days in California. NRDC http://www.nrdc.org/health/foodmiles/.

Other commonly air-freighted foods that are better eaten locally in season are asparagus (Peru), bell peppers and tomatoes (Netherlands), blackberries, cherries, raspberries, peaches and nectarines (Chile), blueberries (Argentina), papayas (Brazil).

While non-local organic foods have some benefits, "according to Cornell ecologists David Pimentel, growing, chilling, washing, packaging, and transporting [a] box of organic salad [from California] to a plate on the East Coast takes more than 4,600 calories of fossil fuel energy, or 57 calories of fossil fuel energy for every calorie of food. (These figures would be about 4% higher if the salad were grown conventionally)" (Pollan 2006: 167).

See Addendum for a chart of local vegetables and fruits available in New York throughout the year.
Source: NRDC's "Eat Local" webpage at http://www.nrdc.org/health/foodmiles/.

INCREASING OUR SUPPLY OF LOCAL FOODS

By encouraging farms through tax incentives, and fostering the development of farmers markets and organizations such as Angello's Produce and Winter Sun Farms, New York governments can increase the amount of local food available to individuals and institutions in the Hudson Valley.

ANGELLO'S FAMILY FARMS

Angello's is a distributor of local foods located in Clermont, NY. 75% of what they sell is grown within a 200 mile radius of Clermont. During the growing season, over 50% of what they sell is produced from ca. 40 different farmers. Each week, the farmers indicate what is available. On Monday, based on this information, Angello's prepares a price sheet which they send to their customers. The customers call in their orders on Tuesday and Angello's sends purchase orders to the farmers on Tuesday evening. Wednesday morning the farmers pick the produce and either brings it to Angello's or Angello's picks it up at the farm. On Wednesday evening it is packed and on Thursday morning delivered. 24 hours ground to customer. The process is repeated Thursday to Monday.

WINTER SUN FARMS http://www.wintersunfarms.com/

Winter Sun Farms partners with local sustainable farms to supply great tasting frozen vegetables all winter long. Their goal is to deliver a superior product at a fair price for customers and the farmer. Their farmers care for the land and the food they grow. They are part of our communities. Winter Sun Farms wants its customers to know them, who they are and how they

grow.

Winter Sun Farms makes it simple… the name of the farm goes right on the package.

Because they work with small farms, the quantities and types of vegetables and fruits may vary. They continually partner with new farms in order to bring you the finest selection of the Hudson Valley's best produce.

At Winter Sun Farms the customers not only get delicious food, but they help the farm achieve its larger mission of creating a more regional, fair, and sustainable food system.

REGIONAL FARM AND FOOD PROJECT http://www.farmandfood.org/

The Regional Farm & Food Project builds supply and demand for local foods in the Hudson-Mohawk Valley food shed. We are grassroots organizers, we produce educational programs, and we advocate for small farms and community food systems. We are an all-volunteer organization with no paid staff. Our work is defined and sustained by our members who join by making a tax-deductible donation. Our Farm & Food Network is a business-to-business network for farm and food entrepreneurs. We hold regular networking meetings and host a listserv to keep members connected.

SLOW FOOD USA http://www.slowfoodusa.org/index.html

Slow Food USA envisions a future food system that is based on the principles of high quality and taste, environmental sustainability, and social justice – in essence, a food system that is **good, clean and fair**. We seek to catalyze a broad cultural shift away from the destructive effects of an industrial food system and fast life; toward the regenerative cultural, social and economic benefits of a sustainable food system, regional food traditions, the pleasures of the table, and a slower and more harmonious rhythm of life.

Slow Food New York City http://www.slowfoodnyc.org/
Slow Foods Westchester http://www.slowfoodwestchester.org/
Slow Foods Catskills
http://www.slowfood.com/about_us/eng/condottaUS.lasso?cod=U17852
Slow Food Hudson Valley http://www.slowfoodhudsonvalley.org/

LOCAL HARVEST http://www.localharvest.org/

The best organic food is what's grown closest to you. Use our website to find farmers' markets, family farms, and other sources of sustainably grown food in your area, where you can buy produce, grass-fed meats, and many other goodies.
Poughkeepsie Environs: http://www.localharvest.org/search.jsp?map=1&lat=41.685996&lon=-73.896069&scale=8&ty=-1&co=1&nm=&zip=12604

COUNCIL ON THE ENVIRONMENT OF NEW YORK CITY http://www.cenyc.org/
Green Market Location Map http://www.cenyc.org/files/gmkt/map.pdf

JUST FOOD http://www.justfood.org/jf/index.html

Just Food is a non-profit organization that works to develop a just and sustainable food system in the New York City region. We do this by fostering new marketing and food-growing opportunities that address the needs of regional, rural family farms, NYC community gardeners, and NYC communities.

NRDC EAT LOCAL
http://www.nrdc.org/health/foodmiles/?gclid=CLOg36ub5JACFQdEFQodLDBAWg

References
All of the above web sites and

Pollan, Michael. 2006. Omnivore's Dilemma. New York: Penguin.

* denotes availability from local storage
Source: Natural Resources Defense Council, Local Food webpage at: http://www.nrdc.org/health/foodmiles/

	Jan. (early)	Jan. (late)	Feb. (early)	Feb. (late)	Mar. (early)	Mar (late)	Apr. (early)	Apr. (late)	May (early)	May (late)	Jun. (early)	Jun. (late)	Jul. (early)	Jul. (late)	Aug. (early)	Aug. (late)	Sep. (early)	Sep. (late)	Oct. (early)	Oct. (late)	Nov. (early)	Nov. (late)	Dec. (early)	Dec. (late)
Apples	√ *	√ *	√ *	√ *	√ *	√ *	√ *	√ *	√ *	√ *	√ *			√	√	√	√	√	√	√	√ *	√ *	√ *	√ *
Asparagus									√	√	√													
Beans												√	√	√	√	√	√	√	√					
Beets														√	√	√	√	√	√	√	√	√		
Blueberries														√	√	√	√	√	√	√				
Broccoli										√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
Cabbage	√ *	√ *	√ *								√	√	√	√	√	√	√	√	√	√	√	√	√	√
Carrots	√ *	√ *	√ *	√ *	√ *	√ *	√ *							√	√	√	√	√	√	√	√	√	√	√
Cauliflower													√	√	√	√			√	√	√	√	√	
Celery														√	√	√	√	√	√	√	√			
Corn														√	√	√	√	√	√					
Cucumber															√	√	√	√	√					
Eggplant															√	√	√	√	√	√				
Grapes																√	√	√	√	√				
Lettuce													√	√	√	√	√	√	√	√				
Melons															√	√	√							
Onions	√ *	√ *	√ *	√ *	√ *	√ *	√ *	√ *							√	√	√	√	√	√ *	√ *	√ *	√ *	√ *
Peaches														√	√	√	√							
Pears														√		√	√	√	√	√ *	√ *	√ *		
Peas												√	√		√									
Peppers															√	√	√	√	√					
Plums																√	√	√						
Prunes																√	√	√						
Potatoes	√ *	√ *	√ *	√ *	√ *	√ *	√ *	√ *				√	√	√	√	√	√	√	√	√	√ *	√ *	√ *	√ *
Pumpkins																	√	√	√	√				
Radishes									√	√	√	√	√	√	√	√	√	√	√	√	√	√		
Raspberries													√	√			√	√	√	√				
Rhubarb										√	√	√	√	√	√	√								
Sour Cherries													√	√										
Spinach									√	√	√	√	√			√	√	√	√	√				
Strawberries											√	√				√								
Summer squash											√	√	√	√	√		√	√	√					
Sweet Cherries												√	√											
Tomatoes													√	√	√	√	√	√	√					
Turnips	√ *	√ *	√ *	√ *	√ *	√ *	√ *	√ *						√	√	√	√	√	√	√	√	√	√ *	√ *
Winter Squash	√ *	√ *	√ *	√ *	√ *	√ *										√	√	√	√	√	√	√ *	√ *	√ *