

Why eat local?

10 reasons to grow your own food - or buy locally grown



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Know what you're eating

Get control over what you eat, what's in it, how it's grown.

Enjoy fresher, tastier food in season

Fresh food in season is better for you and tastes better.

Treat your food with respect

Growing your own helps you to value your food & to waste less.

Stay healthy

Fresher food is healthier: more vitamins, minerals, & enzymes.

Build community

Share your knowledge and your harvests with your neighbours.

Support your community

Get to know local producers. Keep wealth in your own area.

Support local small-scale business

Reduce the power of the large-scale multi-nationals.

Reduce 'food miles'

Cut down the energy consumed in the transportation of food.

Save energy and natural resources

Locally grown food wastes less energy, uses fewer resources.

Help create a better world!