

Convinced?  
Are you assured of the benefits  
of local, organic food but not sure  
where to get it?



⇒ Start in your own backyard!  
Consider growing some of your own food,  
even some herbs on your windowsill is  
a great start. You'll enjoy your food  
even more knowing your love went into it!

⇒ call on a neighbouring farm. Most farmers  
would be pleased to sell directly to you.  
Put your hand in the hand of the man who  
grew your taters & carrots!

⇒ go to the farmer's market in your area.  
look for signs that say 'certified organic'  
and feel free to talk to farmer about their  
pride & joy.

⇒ contact one of the organic producers'  
associations to find a farm growing what  
you're looking for:

Seaspray Atlantic  
Reg Phelan  
961. 2428  
seaspray@hotmail.com

PEI Organic Growers Co-op  
Raymond Loo  
964. 2582

⇒ join a community supported agriculture (CSA) by  
buying a share and receiving local, organic veggies  
during harvest season. Trilby Meadows Farm, contact  
James Rodd or Sylvie Arsenault 368. 7778

Why is  
my apple better  
traveled than i?



A few reasons to buy local, organic food,  
and a few places to find it.

The basic choice of what we eat each day has a huge impact on the earth, our neighbours, and our health. In the last hundred years we've seen an influx in the use of chemical pesticides in farming.

We've also seen suppliers from further and further away filling food markets we could fill locally. Trucking or shipping produce from around the world is able to be considered 'cost effective' because we do not include the environmental and social costs.

Importing food grossly contributes to CO<sub>2</sub> emissions and adversely affects our health and air quality. By buying locally, you are supporting your neighbourhood farms and reducing the ecological cost of your food.



Why organic? Certified organic farms have to pass impartial tests to assure that the land, seeds, and practices they use are organic and do not deplete the earth of nutrients. Certified organic farmers are not allowed to use most pesticides and ~~do~~ not use genetically engineered seeds. Organic produce is consistently more nutrient dense, and flavourful. Remember when buying organic food that only those farms 'certified organic' are tested and quality assured. Inorganic farming is responsible for high emissions of CO<sub>2</sub>, nitrogen, and methane. There is also extensive research linking pesticides to health problems such as asthma, and many types of cancer. Choosing certified organic food is good for your health, the earth and the farmers who really care about the food they grow and the land they work.