

## 100 MILE DIET: A SUMMER EXPERIMENT BY MARY JO KURTZ

Today in North America our foods on average travel a distance from their source to our plates of 1,500 miles. That's a long way! Given our current gas prices and the environmental effects, this is something we all should consider.

The 100 Mile Diet was coined in 2005 by James MacKinnon and Alisa Smith, two Canadians who prescribed a one-year eating experiment of only eating food produced no further than 100 miles from their home, including all meat and dairy. Their purpose was to reduce their ecological footprints and support local farming communities.

Now, a new term has evolved for an individual who is primarily eating local foods. They're called locavores. Across the country people are engaging in this practice. Eating locally is gaining momentum with the rapid growth of Farmers' Markets and CSAs (Community Supported Agriculture) and the growing number of health and environmentally conscious individuals.

### **The Main Reasons to Eat Local Food:**

- ✓ Better taste
- ✓ Fresher produce
- ✓ Supports local economy
- ✓ Longer chance for food to ripen
- ✓ Better for air quality and pollution
- ✓ Keeps you in touch with the seasons
- ✓ Supports responsible land development

This summer why not consider becoming a locavore! Find a nearby farmer's market and support your locale. You'll be glad you did.