

## Good Food Ideas

If you would like to help change how we access our local food system, here are some ideas you can try to make a difference. These suggestions came from *Green American* magazine (June/July 2011) and I thought they were worth sharing.

1. Start your own garden or even raise your own chickens for eggs. Find urban gardening advice online or check out the plethora of information on gardening no matter the size of your plot of land.
2. Make your own organic soil. Find out how to compost...it's pretty simple. Again, a wealth of information is online or at the library.
3. Eat local and organic. It's too late this year to join a CSA (Community Supported Agriculture) but check into it for next year. This summer, regularly visit our excellent local farmers' markets or The Delaware County Community Market or look to your favorite grocer to see if they carry local produce. Ask if the grower's use organic farming methods because many do but may not be certified organic.
4. Close the loop. If you want to get organic waste for your farm or used vegetable oil to power your car, contact growingSOUL to see if you can form a relationship with a local Chipotle Mexican Grill (301/537-7422 or [growingsoul.org](http://growingsoul.org)).
5. Join a local food club. Google "organic food delivery" or "local food club" to find a service near you. I did that and found a few resources in our area. In addition to the Delaware County Community Market right here in Delaware that offers personalized produce boxes, there is Green Bean Delivery ([greenbeandelivery.com](http://greenbeandelivery.com)) and a great resource for finding info about local food sources is Local Matters ([Local-Matters.org](http://Local-Matters.org)) and their Fresh Connect search page.
6. Eat less meat, more veggies. It's better for you and the planet! There is lots of information on this subject for your consideration as well. Do an internet search or read up on it—you might be surprised at what you learn.
7. Involve children. This is key, isn't it? A resource mentioned in the article is EarthWorks, an urban farm in Detroit, MI, who has developed a curriculum for their Growing Healthy Kids program. To learn more, contact them at [earthworks@cksdetroit.org](mailto:earthworks@cksdetroit.org). Don't forget about Delaware's own Stratford Ecological Center—they offer many wonderful educational opportunities for children and adults alike. Just wondering the farm on a sunny afternoon and visiting the animals is an education in and of itself.
8. Volunteer. Find a sustainable farm or food justice organization at [LocalHarvest.org](http://LocalHarvest.org) and put your time where your beliefs lie. Stratford and Simply Living are both great resources ([www.simplyliving.org](http://www.simplyliving.org) or 614/447-0296).
9. Invest in good food. Community investing organizations offer vehicles that support creation of small, local businesses. Learn more about what's being done in our area by contacting Simply Living (contact info above).

Enjoy the local harvest!

*Tuesday Trippier lives in Delaware, is a writer and mother of three, soon to be four, with a special interest in green living.*