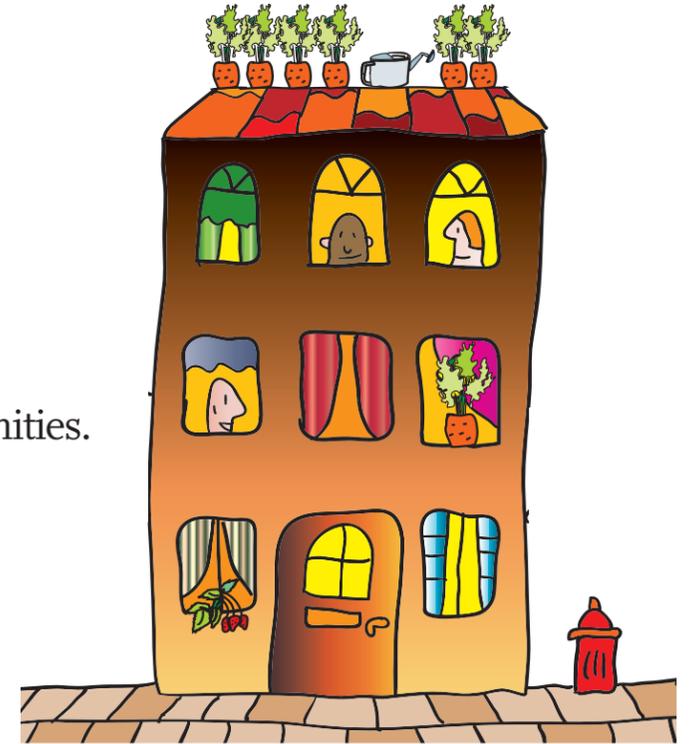
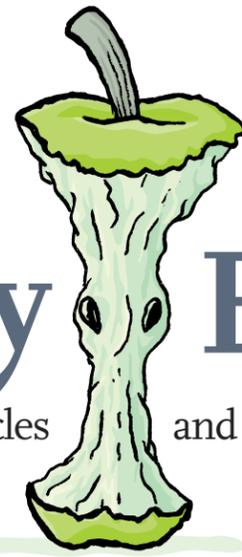


HOW A COMMUNITY-BASED  
FOOD SYSTEM WORKS

# Everybody Eats

It begins with small farms working with natural cycles and ends with fresh food and stronger communities.



### SMALL INTEGRATED FARMS

**Cooperatives** allow farmers to share the cost of buying land and supplies, and to share labor and equipment.

**Fact:** Farms of 27 acres or less produce 10 times more dollar value per acre than larger ones.

**Fruit and nut orchards**

**Crop diversity** increases yield, keeps soil fertile, helps fight pests

**Grass-fed livestock** has smaller carbon footprint, leaves grain for humans to eat.

**Homegrown Seed** keeps old strains alive, produces new varieties adapted to local conditions.

**Fact:** since 1900, 75 percent of vegetable varieties have disappeared worldwide.

**Clean energy**  
Solar, wind, and biogas provide clean power for farm machinery

**Closed-loop cycles** mimic nature, eliminate waste. Nutrients returned to soil.

*Farm waste to biogas fuel*

*Farm waste to compost*

*Manure to fertilizer*

**Clean water runoff**

**Money spent locally** increases a community's economic health.

**Fact:** Every dollar that stays in a community has three times the effect of a dollar that goes to a distant corporate HQ.

Farmers markets



CSAs



Urban food vans



Co-ops



**Where we get our food:** Farmers markets and community supported agriculture leave out the big-retailer middleman. Small farmers make a living; communities get fresh, healthy, affordable food.

### LOCAL MARKETS

### SHORT HAUL DISTRIBUTION

Using electric vehicles to move food from railheads and ports to markets in cities will result in cleaner air and a new automobile industry.

**Fact:** A regional diet uses 17 times less oil than the typical American long-distance diet.

### REGIONAL PROCESSING

Local cooperatives can replace giant corporate processors for frozen and canned foods.

*Food processing waste is composted and goes back to farm*

### GROW YOUR OWN

Lawns, abandoned lots, balconies, roofs, and even windowsills become gardens. Neighbors build community gardens and share the bounty at neighborhood feasts.

**Fact:** During WWII, Victory Gardens produced 40 percent of the vegetables people ate.

*Household food scraps composted by worms*

*Garden waste to compost*

*Home-grown seeds*

### BULK GRAINS

No-till farming reduces soil loss and sequesters carbon. Edible prairie produces grain while building soil.

**Fact:** If all farmers in the U.S. used no-till, crop rotation and cover crops they'd sequester 300 million tons of carbon a year.

**LONG-HAUL DISTRIBUTION** **Fact:** Moving goods by rail instead of truck reduces fuel use by two-thirds.