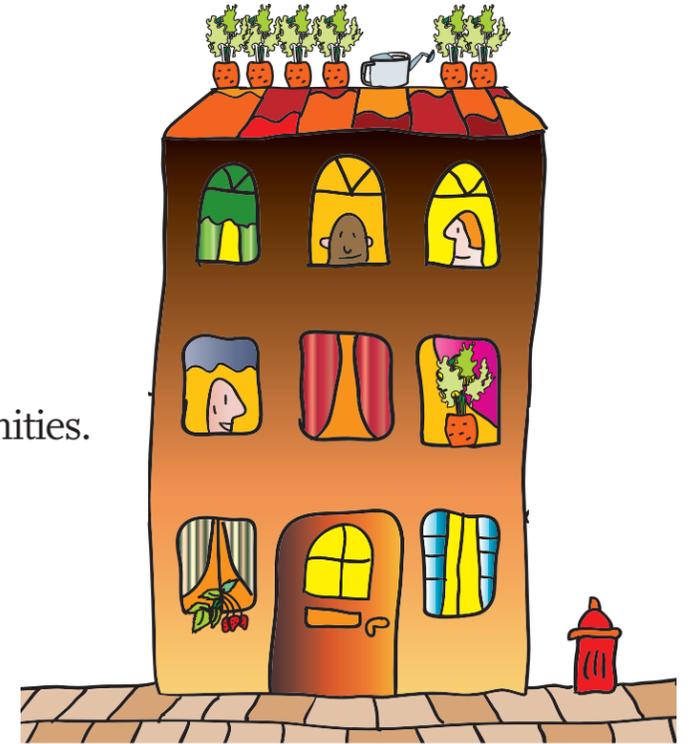
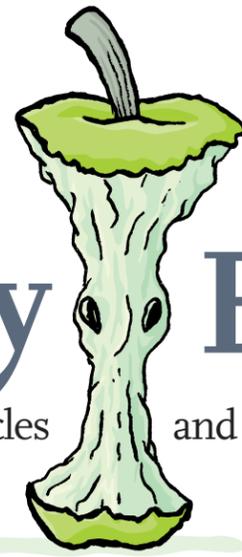


HOW A COMMUNITY-BASED
FOOD SYSTEM WORKS

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.