

## EAT LOCAL

### TASTE SUMMER AT ITS BEST

Celebrate the season with fresh, local foods that taste better and do more good.

### WHY EAT LOCAL?

Summer brings peak flavor, vibrant colors, and the freshest variety of fruits and vegetables. Eating with the seasons helps you enjoy produce at its best while staying connected to where your food comes from.

### DID YOU KNOW



- The average meal travels about 1,500 miles before reaching your plate
- Choosing local foods helps reduce long-distance transportation and supports fresher options
- Meeting or learning about local growers can make your food choices feel more meaningful

### EATING LOCAL OFFERS REAL BENEFITS

1. Better taste – Peak-season produce is naturally sweeter and more flavorful
2. More nutrients – Foods retain more vitamins when eaten soon after harvest
3. Seasonal variety – Enjoy different foods throughout the year and try something new
4. Good for the planet – Reduces your carbon footprint
5. Strengthens communities – Keeps dollars circulating locally

### TIPS TO GET STARTED

1. Visit a farmers market
2. Join a CSA (Community Supported Agriculture) program
3. Shop at local co-ops or farm stands
4. Look for menus and products that highlight local sourcing

**TIP:** Visit [LocalHarvest.org](https://LocalHarvest.org) to find farms and markets near you.