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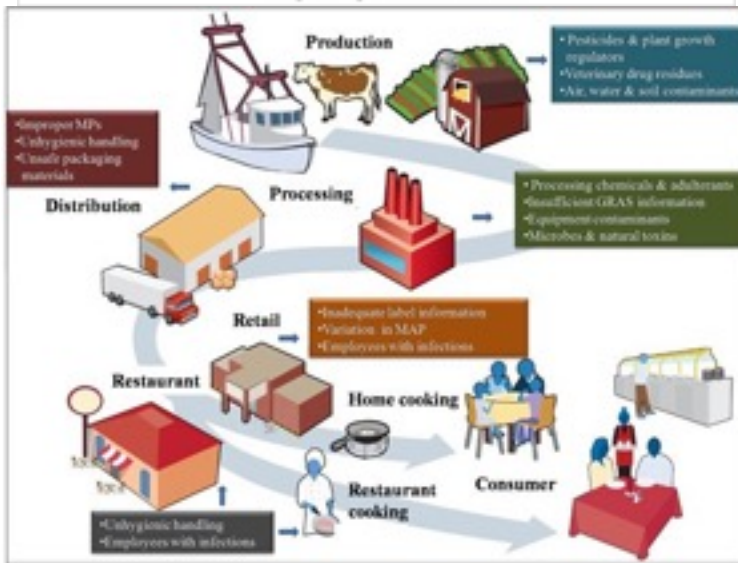
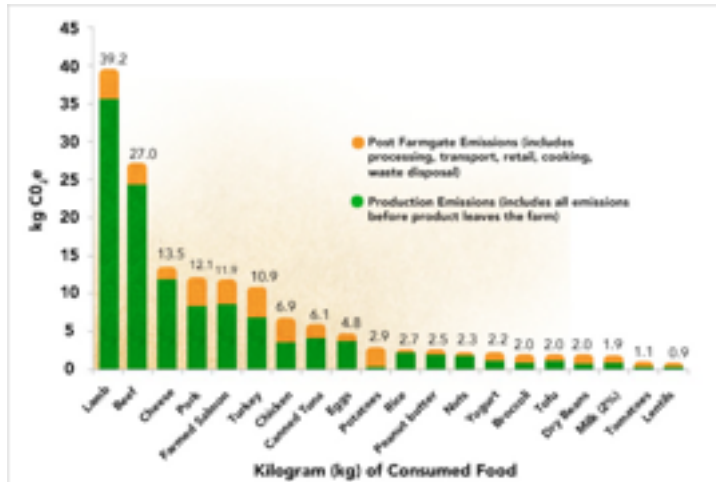
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Sustainability of Locally Grown Food

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Key Points

- Eating locally grown food eliminates costs and pollution from packaging and transporting crops grown long distances away
- Eating locally grown food supports the local economy and prevents monopolies from controlling the economy
- Locally grown food is often fresher, because it can be harvested at peak freshness due to the short travel time to consumers.
- Locally grown food increases diversification of local agriculture. This is better for the soil because different crops use different nutrients and affect the soil differently. It also reduces reliance on monoculture.
- Food that is sourced from local growers is not priced in accordance to foods grown out of the region or state. The prices for shipping, handling, and preservation are not applied to local foods.

Opposing Viewpoints

- Not all climates can support a large variety of crops. For example, crops such as bananas can only be grown in tropical climates. Therefore, it is not possible to eat only locally grown crops and still consume a wide variety of food.
- Local food is not always more efficient. Many larger food companies can ship food more efficiently even though it travels a farther distance due to the larger volume of food shipped. Ships and trains can also be more fuel efficient than trucks driving around a town.
- Often times, foods that are GMO's last much longer in terms of shelf life than locally grown, organic foods.

Conclusion

Locally grown food is more sustainable than imported food or food shipped long distances for all types of diets. Not only are imported foods often Genetically Modified, but the foods sourced from local growers support the local economy, are cost-effective, and are healthier. Locally harvested foods are often times "peak picked", which in turn preserves freshness, and reduces the time from farm to table, benefiting consumers.

Sources

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