

Resources for developing local food systems (Compiled 13 April 2005; Updated 1 August 2007)

STUDIES ON HOW FARM FOOD TRAVELS

Eat Here: Reclaiming Homegrown Pleasures in a Global Supermarket by Brian Halweil
[Worldwatch Institute 2004] <http://www.worldwatch.org/node/1082>

Calculating food miles for a multiple ingredient food product by Rich Pirog and Andrew Benjamin
[Leopold Center for Sustainable Agriculture 2005]
http://www.leopold.iastate.edu/pubs/staff/files/foodmiles_030305.pdf

A Geography of Taste: Iowa's potential for developing place-based traditional foods by Rich Pirog and Zach Paskiet [Leopold Center for Sustainable Agriculture 2004]
<http://www.leopold.iastate.edu/pubs/staff/taste/taste.htm>

Food Miles: A simple metaphor to contrast local and global food systems by Rich Pirog [Leopold Center for Sustainable Agriculture 2004]
http://www.leopold.iastate.edu/pubs/staff/files/local_foods_HEN0604.pdf

Checking the Food Odometer: Comparing food miles for local versus conventional produce sales to Iowa institutions by Rich Pirog and Andrew Benjamin [Leopold Center for Sustainable Agriculture 2003] http://www.leopold.iastate.edu/pubs/staff/files/food_travel072103.pdf

Food, Fuel, and Freeways: An Iowa perspective on how far food travels, fuel usage, and greenhouse gas emissions by Rich Pirog, Timothy Van Pelt, Kamyar Enshayan, Ellen Cook [Leopold Center for Sustainable Agriculture 2001]
http://www.leopold.iastate.edu/pubs/staff/ppp/food_mil.pdf

COOKBOOKS & RESOURCES FOR LOCAL/SEASONAL EATING

The Northeast Regional Food Guide (includes WV) by Jennifer L. Wilkins and Jennifer Boaker-Smith [Cornell University Cooperative Extension 2000] – includes information on eating seasonally and seasonal produce availability lists
<http://www.nutrition.cornell.edu/foodguide/archive/index.html>

Eating Fresh – Tools for living (and eating) locally, seasonally and organically (including *Cooking Fresh from the Mid-Atlantic*) <http://www.eatingfresh.com/>

The Grassfed Gourmet cookbook by Shannon Hayes – all about eating local grassfed animal products and more <http://members.authorsguild.net/shayes/work4.htm>

Animal, Vegetable, Miracle by Barbara Kingsolver with Steven L. Hopp and Camille Kingsolver [HarperCollins Publishers 2007] <http://www.animalvegetablemiracle.com/>

The Omnivore's Dilemma by Michael Pollan [The Penguin Press 2007]
<http://www.michaelpollan.com/omnivore.php>

Local Flavors: Cooking and Eating from America's Farmers' Markets by Deborah Madison [Broadway Books 2002]

Great Good Food: Luscious Lower-Fat Cooking by Julee Rosso [Crown 1993] Menus and recipes that follow the seasons

Stocking Up: The Third Edition of America's Classic Preserving Guide by Carol Huppung [Rodale Press 1990]

Putting Food By by Janet Greene, Ruth Hertzberg, Beatrice Vaughan [Plume Books 1992]

Local Food brochure by Land Stewardship Project

http://www.landstewardshipproject.org/pdf/Local_Food.pdf

Local Foods Dinner Planning Guide by Land Stewardship Project

<http://www.landstewardshipproject.org/foodfarm-main.html#LFDPG>

A Sense of Place: Serving Local Food at Your Meeting brochure by Society for Nutrition Education and Washington State Univ. Coop Extension http://www.sne.org/locfoods_n.pdf

Slow Food USA "...an educational organization dedicated to promoting stewardship of the land and ecologically sound food production; reviving the kitchen and the table as the centers of pleasure, culture, and community; invigorating and proliferating regional, seasonal culinary traditions; creating a collaborative, ecologically-oriented, and virtuous globalization; and living a slower and more harmonious rhythm of life." <http://www.slowfoodusa.org/>

Closest Slow Food Convivium is Pittsburgh <http://www.slowfoodpgh.com/>

FINDING WEST VIRGINIA FOOD

Search for West Virginia products by county <http://www.wvfarm2u.org/>

West Virginia Farmers' Markets <http://www.wvu.edu/~agexten/farmman2/frmmrktindex.htm>

Mon Valley Farms – local all-natural beef available at BiLo and the Morgantown Farmers' Market <http://www.monvalleyfarms.com/>

West Virginia Gourmet Foods – online source for WV gourmet products - <http://www.wvgourmetfoods.com/>

West Virginia Department of Agriculture – *Foods & Things...Producer Guide & Directory* http://www.wvagriculture.org/Foods_and_Things.htm

Local Harvest – search for products, farms, CSAs, farmers' markets, restaurants, grocery stores and food cooperatives by location <http://www.localharvest.org/>

Farm Locator (by Rodale's *The New Farm* e-magazine) – search for products, farms and CSAs by location <http://www.newfarm.org/farmlocator/index.php>

Eat Well Guide: wholesome food from healthy animals – can search for meat, poultry, dairy and eggs by location <http://www.eatwellguide.org/index.cfm>

Eat Wild – information on pasture-based farming including how to find local grass-fed meat & dairy products <http://www.eatwild.com/index.html>

RESTAURANTS AND LOCAL FOOD

Chef's Collaborative – promote local seasonal cooking in restaurants including developing relationships with farmers https://www.chefscollaborative.org/Home_Page.html

Chef's A'Field: Culinary Adventures that Begin on the Farm – cooking/farming public television program (13 part series) WV Public TV Beckley <http://www.sitestories.com/chefsafield/>

PROMOTING LOCAL FOOD AND LOCAL ECONOMIES

Food Routes – information and tools for buying local and teaching others
<http://www.foodroutes.org/>

White Dog Café Foundation – Fair Food Project promotes locally grown, humane, sustainable agriculture for Philadelphia <http://www.whitedogcafeoundation.org/fairfood.html>

Business Alliance for Local Living Economies (BALLE) <http://www.livingeconomies.org/>

Book by Michael Shuman - *Going Local: Creating Self-Reliant Communities in a Global Age* [Routledge 2000]

HELPING FARMS BE ECONOMICALLY AND ENVIRONMENTALLY SUSTAINABLE

West Virginia University Extension Service Sustainable Agriculture information
<http://www.wvu.edu/~agexten/sustanag/index.htm>

Future Harvest: A Chesapeake Alliance for Sustainable Agriculture – regional organization for farmers and consumers <http://www.futureharvestcasa.org/>

(PASA) Pennsylvania Association for Sustainable Agriculture – regional organization for farmers and consumers <http://www.pasafarming.org/>

Growing New Farmers – trying to help new farmers get started and stay in business
<http://gnf.bigmindcatalyst.com/cgi/bmc2.pl?tset=std1204&page=pubpg2.html&node=1009>

The New Farm – Farmer-to-farmer know how from the Rodale Institute <http://www.newfarm.org/>

ATTRA National Sustainable Agriculture Information Service <http://www.attra.org/>

Growing for Market: News and Ideas for Market Gardeners <http://www.growingformarket.com/>

Organic Consumers Association – lots of information – new campaign: Buy Local Organic and Fair Made <http://www.organicconsumers.org/>

A test (from the University of New Hampshire) to determine, Is your town farm friendly?
<http://cecf1.unh.edu/sustainable/farmfrnd.cfm>

American Farmland Trust – national farmland preservation organization
<http://www.farmland.org/>

Agritourism World – visit or stay at farms <http://www.agritourismworld.com/>

COMMUNITY-BASED FOOD SYSTEMS

Community Food Security Coalition "...a non-profit North American organization dedicated to building strong, sustainable, local and regional food systems that ensure access to affordable, nutritious, and culturally appropriate food for all people at all times." – Farm to school and Farm to college programs <http://www.foodsecurity.org/>

The Edible Schoolyard project – developing ecoliteracy for children and how to start a school garden <http://www.edibleschoolyard.org/homepage.html>

American Community Garden Association <http://www.communitygarden.org/>

Just Food "...a non-profit organization that works to develop a just and sustainable food system in the New York City region ... by fostering new marketing and food-growing opportunities that address the needs of regional, rural family farms, NYC community gardeners, and NYC communities." <http://www.justfood.org/>

Robyn Van En Center for CSA Resources – lots of information on Community Supported Agriculture <http://www.wilson.edu/wilson/asp/content.asp?id=804>

POLICIES NEEDED TO SUPPORT LOCAL FOOD SYSTEMS

World Hunger Year information on food policy councils
http://www.worldhungeryear.org/fslc/faqs/ria_090.asp?section=8&click=1

Hartford, CT Food Policy Council
<http://www.hartford.gov/government/FoodCommission/default.htm>

Toronto Food Policy Council http://www.city.toronto.on.ca/health/tfpc_index.htm

The Iowa Food Policy Council <http://www.iowafoodpolicy.org/>

Resource web site for state and local food policy councils by Drake University Ag Law Center (lists state food policy councils) <http://www.statefoodpolicy.org/index.htm>

Putting a Face on Our Food: How state and local food policies can promote the new agriculture (information on how policy can encourage local food systems)
<http://www.statefoodpolicy.org/faceon.pdf>

Food for Thought: Food with the farmer's face on it (examples of local food systems organizations; what is needed for a community-based food system; resources)
<http://www.wkkf.org/Pubs/FoodRur/FandS/Pub3783.pdf>

Institute for Agriculture and Trade Policy "...promotes resilient family farms, rural communities and ecosystems around the world through research and education, science and technology and advocacy." <http://www.iatp.org/>

National Campaign for Sustainable Agriculture "...dedicated to educating the public on the importance of a sustainable food and agriculture system that is economically viable, environmentally sound, socially just, and humane." <http://www.sustainableagriculture.net/>