

5 reasons TO BUY local

1 There are twice as many nutrients in locally-grown fruits and veggies. Produce is best eaten (and best for you) when it has just been harvested. When you buy local, you are choosing from produce that is at its peak freshness.

2 There's no need to worry about harmful chemicals. Local farmers plant their crops in sustainable, natural soils. This allows additional nutrients to absorb into the produce and lets fruits and veggies grow as naturally as possible.

3 Local produce grows at its own pace. Local farmers allow their produce to grow and absorb nutrients at their own pace, which means you are getting produce with a higher nutrient content that tastes better and is healthier for you.



4 Local produce benefits the community and the environment. Connecting with your community allows you to buy local produce at a much lower cost, help support farmers and their families, and contribute to preserving the environment.

5 Bring more diversity to your diet. When you support local farms, you not only get the best produce for your buck, but you also get produce that is rich in nutrients, colorful, and full of flavor.



Pittsburgh Community Supported Agriculture (CSA) Programs

When you join a CSA Program, you are directly supporting local farms and agriculture by receiving fresh produce on a weekly basis. With summer right around the corner, now is the perfect time to sign up!

- »» Interested in joining a CSA? Visit www.seriousseats.com and search "CSA" for more information
- »» Find your local CSA: www.goodfoodpittsburgh.com/pittsburgh-csa-programs
- »» Join Pitt's year-round CSA: <http://pi.tt/farms-to-pitt>