



# FOOD & SOCIETY POLICY FELLOWS

## **A Case for Local Agriculture**

About Jim Goodman

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Available online at: <http://mendoorganicscsa.wordpress.com/2008/07/26/a-case-for-local-agriculture/>

Should you be hesitant to participate in a CSA farm or shop the local farmers market, check out Jim Goodman's coherent and cogent case for supporting your local farmers and consuming local food - A gastronomic renaissance.

While he focuses on farmers markets, the same points are applicable to joining a CSA farm.

**-Knowing the farmer is paid fairly** - Not to knock on other farms, but I know of organic farms who sell at farmers markets, and they still rely on cheap labor - workers who receive less than a living wage. With a CSA, you have a rapport with the farmers and know what really goes on at the farm, as well as participate to an extent in its operation.

**-Assurance the food is fresh and sustainably grown** - Again, in a CSA, you are part of the farm and know how the environment is cared for when food is grown and how produce is handled.

**-Nutrient-dense, quality food** - As a small farm, as opposed to industrial farms growing "conventional" food, the farmer(s) can put much attention into building healthy soil for high-quality crops and animals. No shortcuts, like environmentally harmful fertilizers or confined animal feedlots, are used as they are to grow food on a huge scale.

**-Oil will keep getting expensive** - Buy local, save on transaction costs in shipping food from elsewhere. Mendocino Organics is proud to be the closest vegetable farm to Ukiah and Willits.

**-World food production is uncertain** - Climate change is altering our food system drastically, and we can only make intelligent guesses on how it will help or harm agriculture. The way we small organic farms care for the soil and nurture our crops and animals is much more resilient than the practices of industrial farms. Experienced local farmers have always been adapting to the place they have been farming.

**-More fun** - Many people crave our society's agrarian roots. Being a part of a farm allows one to experi-



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ence the rural life, good food, and community.