

Subject Line: Food for Thought

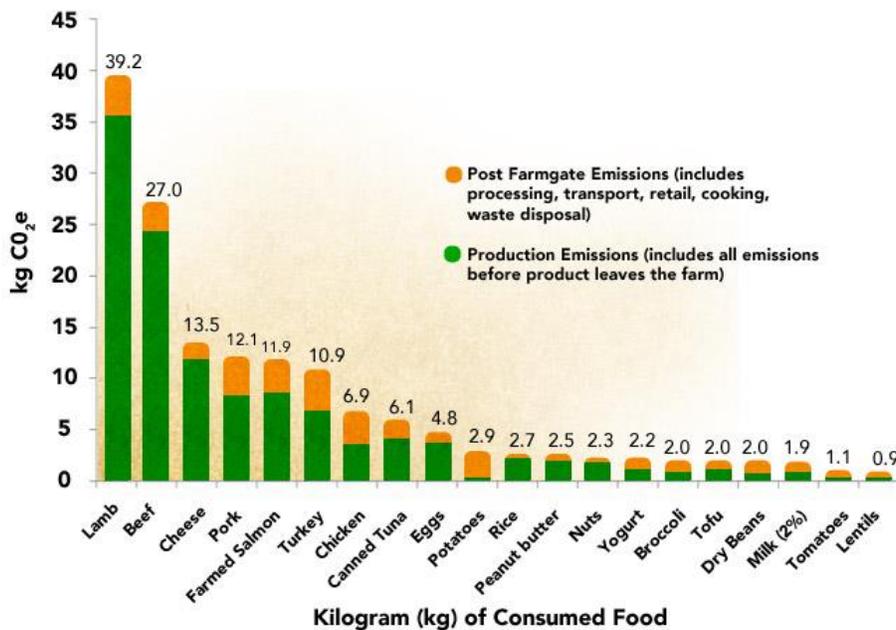
Time to Veg Out

How eating locally and reducing meat consumption can improve your health as well as the environment – Diane de Lara, Library



Did You Know: Reducing your meat consumption and eating farm fresh fruits and vegetables is not only tasty and good for you, but it's good for the environment, too.

- Use of pesticides and fertilizers in conventional agriculture makes runoff from farms one of the major contributors to [poor water quality](#) in rivers and lakes.
- In the United States, [food travels an average of 1,500 miles](#) from farm to consumer, leading to unnecessary greenhouse gas emissions.
- Over the course of a year, if you eat one less burger a week, it's like taking your car off the road for 320 miles. If everyone in the U.S. ate [no conventionally produced meat or cheese](#) for just *one day a week for a year*, it would be like [taking 7.6 million cars off the road!](#)



What You Can Do:

- Shop at the [Downtown San Rafael Farmer's Market](#) on Thursdays, from 6pm-9pm April through September, or find an organic farmer's market [near you](#).
- Organic too expensive? Focus on buying organic versions of the [Dirty Dozen](#) (produce with the most pesticide residue).
- Too lazy to shop? Let the farmers deliver a box of goodies to you. It's called [Community Supported Agriculture](#) (CSA). There are a number of different CSA options available to folks in the Bay Area, including some that sustainably raise and sell meat and eggs.
- Go [meatless](#) one day a week! Need help finding good meatless recipes? Try these [vegetarian](#) or [vegan cookbooks](#). Check out what fruits and vegetables are [in season](#) and find seasonal recipes like [Ricotta Pancakes with Peach and Raspberry Compote](#), from the website of the Ferry Plaza Farmers Market.