nourish

ACTIVITY

Seasonal, Local Food

ESSENTIAL QUESTION

How does eating locally grown and seasonal food benefit the health of people and the environment?



in season

Ripe and ready to harvest nearby, in the months when a food naturally grows.

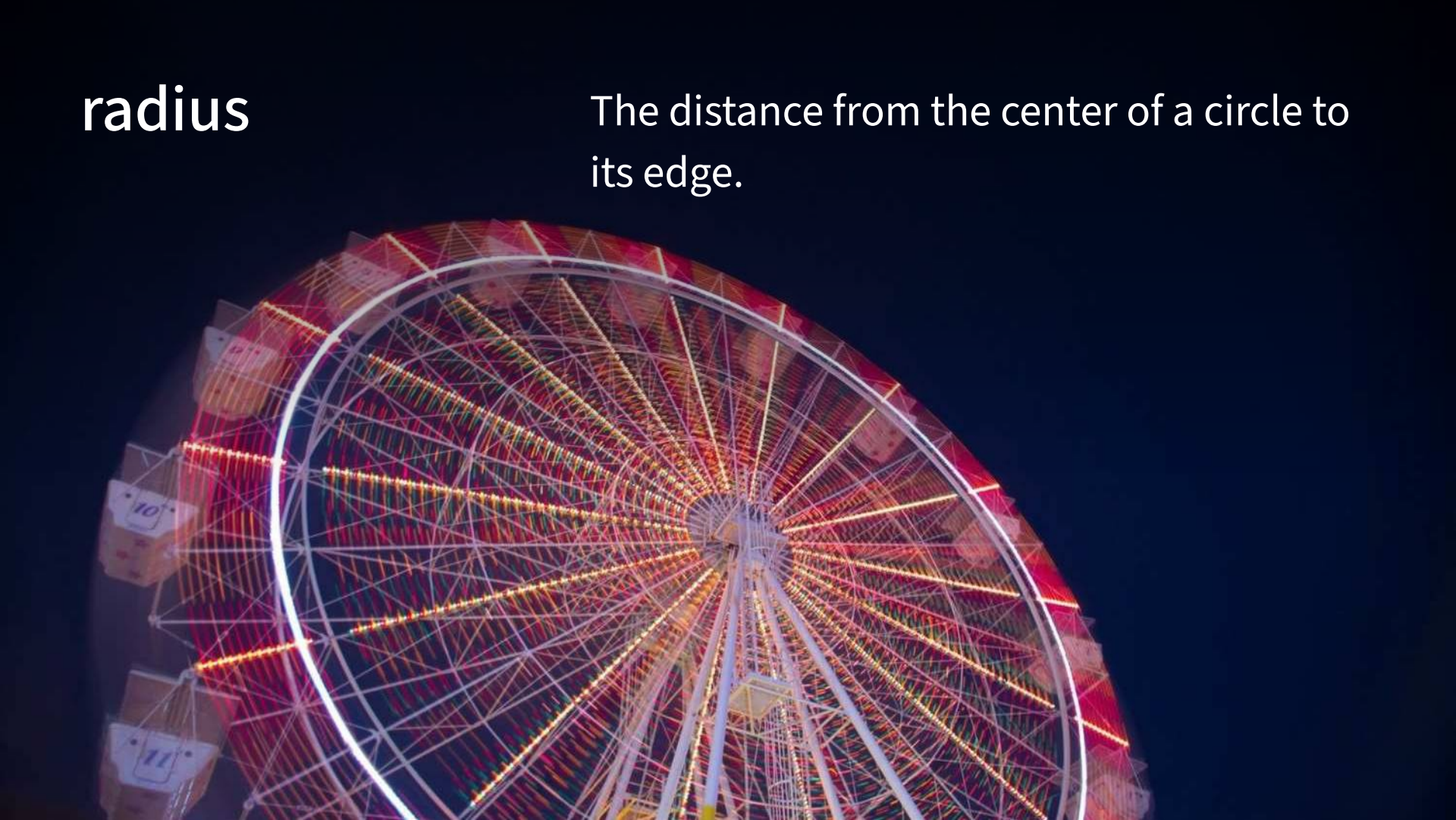


local food

Food grown and produced close to where it is eaten, usually within the same region.

radius

The distance from the center of a circle to its edge.





foodshed

The area where food is grown and produced to feed the people who live there, like a watershed but for food.

Community Supported Agriculture (CSA)

Paying a farm in advance for a share of its harvest, delivered as regular boxes of fresh, seasonal food.



Courtesy of Orange Circle Farm: Real Organic Certified