

## 10 EASY STEPS TO EATING LOCALLY

*Oryana recommends certified organic and other ecologically sound products and practices.*

1. Know where your food comes from.  
Focus on local and regional brands.
2. Learn your local growing season and what produce is available during that time.
3. Shop your local farmer's market, roadside stands, or U-pick farms.
4. Join a Community Supported Agriculture (CSA) farm.
5. Shop Oryana for a great selection of local food products.
6. Use local honey and maple syrup as your choice of sweetener.
7. Buy directly from a farmer or search out a store that carries local milk, eggs, meat, cheese, wine and other products.
8. Preserve some of the local harvest. Start with the "easy freeze" foods such as strawberries, rhubarb, corn or blueberries. Keep a record of what foods you put up to help with next year's planning.
9. Plant a garden. Start small with container gardens and build upon that.  
Grow your own kitchen herbs.
10. Frequent restaurants that use local ingredients.