

From Farm to Plate

Why Buy Local?



The average distance that food travels in the U.S. is 1,500 miles!

The same distance from Tampa, Florida to Biddeford, Maine.



Improves local economy

Local food keeps taxes down because fewer services are required for farmland than residential development. Additionally more dollars stay in the local community when food is purchased from local farmers.



More nutritious food

Shorter distances equals fresher food, which means that fewer nutrients are lost in transportation and storage.



Unifies community

Buying directly from local farmers, means engaging in a time-honored connection between consumer and grower. Knowing farmers gives you insight into the seasons, the land, and your food. It gives you access to a place where your children and grandchildren can go to learn about nature and agriculture.



Lowers carbon emissions

Local food purchases means fewer transportation miles and results in lower carbon emissions; additionally, smaller farms tend to practice conservation tillage which keeps more carbon in the soil.



Eat local. Support your roots.

A guide to eating close to home and supporting your local farmers

Community Supported Agriculture

A network of individuals who support a local farm by committing funding prior to the growing season. This model allows consumers to share the risks and rewards of food production with the farmers.

- 🔗 Frith Farm - Scarborough
- 🔗 Black Kettle Farm - Lyman
- 🔗 Wolf Pine Farm - Alfred
- 🔗 Frinklepod Farm - Arundel
- 🔗 Snell Family Farm - Buxton

Farmers' Markets

A local market where farmers and artisans sell fruits, vegetables, and other goods.

Maine Federation of Farmers' Markets

provides details of farmers' markets, with days of the week, seasons, locations and more. Search by day of the week or location.

Food Co-ops and Buying Groups

- 🔗 Portland Food Co-op
- 🔗 Crown of Maine

What is a Co-Op?

A collective purchase of food at wholesale prices that is then broken into smaller shares between members of the co-op