

## Why Sustainable Agriculture?

Sustainable Agriculture is a way to produce food that doesn't harm our environment, respects workers, and is humane to animals. It supports local community farmers. Every day more consumers are shopping smarter and questioning where their food comes from. Sustainability is a process that can be maintained indefinitely because the farms do not consume more resources than they can give back.

## What is wrong with the food the way it is?

Today's agriculture is a system that uses large amounts of fertilizers and pesticide to produce our food. This pollutes our soil and water supply, creating environmental and public health problems that cost us as taxpayers. It is the factory system of raising large amounts of livestock in cruel small confined environments as commodities. Industrial agriculture consumes massive amounts of fuel and energy to ship food around the country and the world.

## The health issues:

According to the EPA over 1 billion tons of pesticides are used in the US every year.

Industrial agricultural practices are responsible for 70 % of all pollution in the US rivers and streams.

An industrial farm causes \$34.7 billion dollar worth of environmental damage in the US each year.

The FDA reported 176 food recalls in 2011. There was an estimated 48 million food contaminated illness reported in in one year in the United States, resulting in 128,000 people hospitalized and 3,000 deaths.(CDC)

## What you can do.

- ❖ Join the growing consumer movement to buy local. Find local farms in your area using Websites [EatWellGuide.org](http://EatWellGuide.org), to find local farmers in your area.
- ❖ Support local community supported agriculture (CSA) programs. These programs provide a direct link between local farmers and consumers. Each season, members purchase a share of the farmer's crops, before it is planted. Then each week during the harvest, farmers deliver members produce share directly from the farm. To find a CSA

program in your area visit the [EatWellGuide.org](http://EatWellGuide.org)

- ❖ Farmers Markets are another great way to buy local and are emerging in a number of cities.
- ❖ Challenge others to buy local also. Engaging in conversation with others to help support their communities by eating locally grown food.
- ❖ Grow your own garden in the back yard or a simple herb garden in a window. Many cities have community gardens where you can volunteer your time. You can visit [Wasatch Community Gardens](http://WasatchCommunityGardens.org), or [Utah Gardens.org](http://UtahGardens.org)

