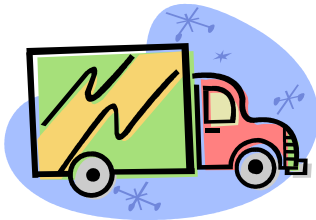




# Choosing local foods

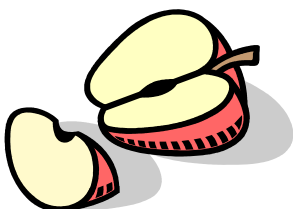
In 21st century Britain most shoppers buy their food from supermarkets but there is a surge of interest in buying local foods direct from the farmers and growers.

Why do you think this is? Consider food miles— the distance the food has travelled before it reaches the shop. See the Explorer Fact Sheet <http://www.countrysideclassroom.org.uk/resources/643>

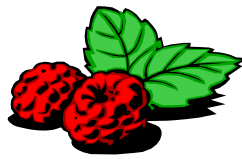


What about seasonality? Should we expect to eat strawberries in December? Find a seasonality chart at <http://www.bbcgoodfood.com/seasonal-calendar/all>

Find out about variety. Supermarkets do not sell the wide varieties of fruits that some farms can offer. Some orchards have over 40 varieties of apples! Use a search engine to seek out apple varieties!



How can you buy direct from the farm? One way is to use Pick-Your-Own farms. See [www.pick-your-own.org.uk](http://www.pick-your-own.org.uk) and find out more about some of the fruits that you can pick yourself.



Have you ever visited a farmers' market? What are the usual conditions for a stallholder to sell goods at a farmers' market? <https://www.gov.uk/farm-shops-and-farmers-markets>



Throughout history farmers have sold their produce at markets but with the growth of the supermarkets this way of selling direct to the public declined. Now these markets have become very popular again.

How can you find local food? <http://www.findlocalproduce.co.uk/>

Farm shops are usually run by the farmer and the family and can provide employment in a rural area. Own produce forms the basis of the business but foods from other local and regional farms are often sold too.



What is a box scheme? [http://en.wikipedia.org/wiki/Vegetable\\_box\\_scheme](http://en.wikipedia.org/wiki/Vegetable_box_scheme)

There are many examples. Here is one. <http://www.riverford.co.uk/>

Box schemes began in the 1960s to help sell produce from small organic farms. Today they are not restricted to organic produce and can be useful to encourage greater consumption of fresh fruit and vegetables.

Why do you think box schemes have become popular?

