what is “local” food?

Local food is grown, raised, harvested, or processed within a limited number of miles from its consumer. There are no official standards that define “local food.” Organizations supporting sustainable food practices often set their own guidelines — typically 500 miles or less.

Local food travels a relatively short distance from farm to table, resulting in fresher produce picked closer to its peak ripeness. Shorter distances also reduce the use of fossil fuels and greenhouse gas emissions.¹ Local food benefits local economies as local farmers typically spend their dollars within the community.²

Local Food at Bruin Plate

Bruin Plate purchases a variety of foods from local producers. Examples include produce from Scarborough Farms in Oxnard, poultry from Pitman Family Farms in the San Joaquin Valley, and dairy products from Rockview Farms in the L.A. basin.

Tips for Eating Local

• Eat seasonally! Eating produce during their specific California growing season means you are more likely to eat locally-grown foods. Check out what’s in season at:
  http://www.sfma.net/consumer/inseason.shtml

• Buy groceries and snacks at farmer’s markets. Try out the weekly farmer’s markers in nearby Westwood Village, Santa Monica, and even Bruin Plaza!

Source:

At Bruin Plate, we focus on sustainable food purchases and other efforts that impact the environment and our community. Sustainable food systems support the long-term health and well being of both people and the planet.