

How to Eat Local in Kansas City!

Emily Akins
KC Food Circle, co-coordinator



LOCAVORE

A person or group of people who make it a lifestyle choice to consume only (or as much as possible of) foods/products which were grown/produced within a certain radius (usually 100 miles) from their home.

**WHY should we
eat local and
organic?**

WHY should we eat local?

- Better taste, better quality, better variety.



WHY should we eat local?

- Keeps us in touch with the seasons and in touch with our neighbors.



WHY should we eat local?

- Increases food security and keeps money in our local economy.



WHY should we eat local?



- More environmentally responsible.



WHY eat
local?

Happy Animals + Healthy Land

= Healthy People!



**HOW do we
eat local and
organic?**

Buy Locally

Grow Locally

Eat Locally

Buying Local

Buying Local

WHERE can we buy local in KC?

Farmers' Markets



kcfoodcircle.org

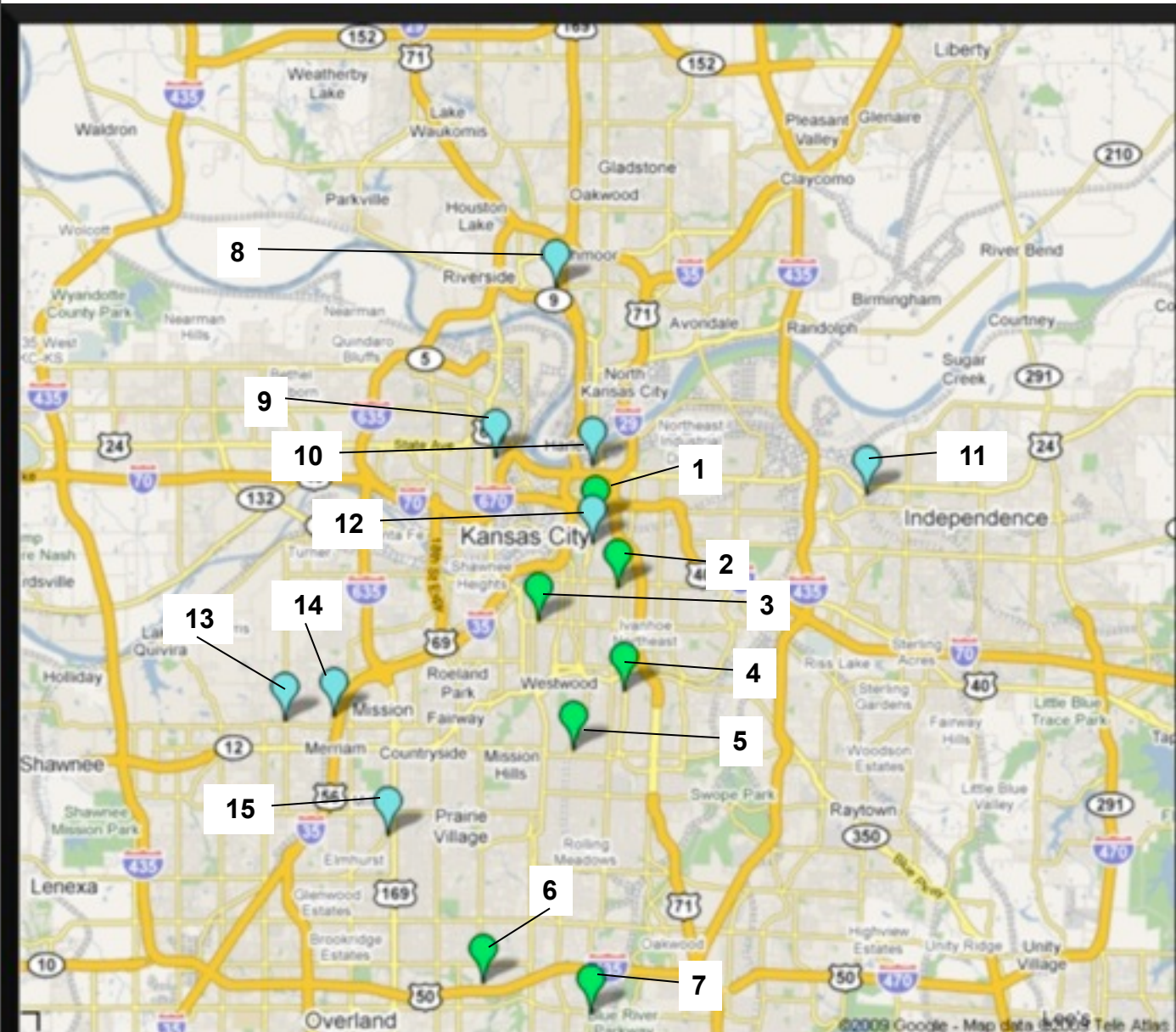
Farmers' Markets in KC

KCFC-Member Organic Markets

- 1 – Badseed Market**
- 2 – Troost Community Market**
- 3 – 39th Street Market**
- 4 – Troostwood Youth Garden**
- 5 – Farmers Community Market at Brookside**
- 6 – Mission Farms Organic Farmers' Market**
- 7 – KC Organics & Natural Market at Minor Park**

Other Consumers' Markets

- 8 – Briarcliff Organic
Farmers' Market
- 9 – KCK Green Market
- 10 – City Market
- 11 – Independence
Farmers' Market
- 12 – Crown Center
Farmers' Market
- 13 – Shawnee Farmers'
Market
- 14 – Merriam Farmers'
Market



Buying Local

WHERE can we buy local in KC?

Farmers' Markets



kcfoodcircle.org

Community Supported
Agriculture (CSAs)



kc-csac.org

2012 KCCSAC Member Farms



Buying Local

WHERE can we buy local in KC?

Farmers' Markets



kcfoodcircle.org

CSAs



kc-csac.org

Food Co-ops

howardskcmo.com

Howard's
ORGANIC FARE  VEGETABLE PATCH

thelocalpig.com



Buying Local

WHERE can we buy local in KC?

Farmers' Markets



kcfoodcircle.org

CSAs



kc-csac.org

howardskcmo.com

Food Co-ops



thelocalpig.com



Grocery Stores



Growing Local

Growing Local

HOW should we grow our own food?

GrowingGrowers
Kansas City

growinggrowers.org

Growing Local

HOW should we grow our own food?

GrowingGrowers
Kansas City

growinggrowers.org



kccg.org

Growing Local

HOW should we grow our own food?

GrowingGrowers
Kansas City

growinggrowers.org



foodnotlawnskc.org



kccg.org

Growing Local

HOW should we grow our own food?

GrowingGrowers
Kansas City

growinggrowers.org



foodnotlawnskc.org



kccg.org

powellgardens.org

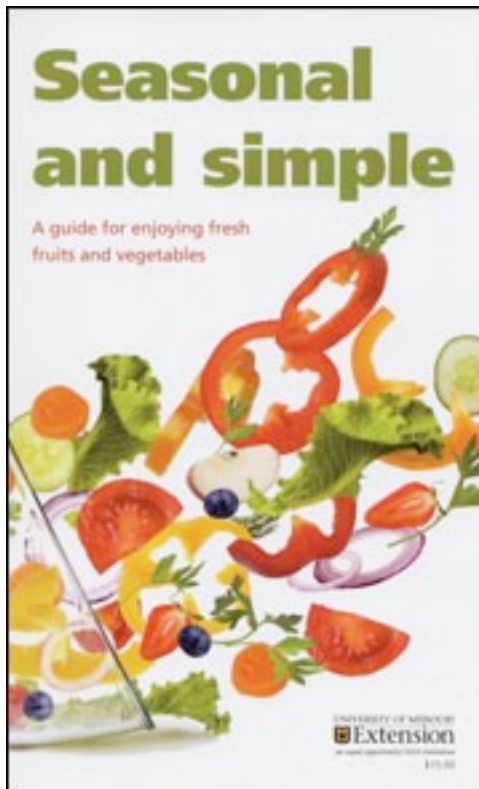


Eating Local

Eating Local

How can we eat local?

- Get the right kinds of cookbooks.



Eating Local

How can we eat local?

- Eat out using the 2013 ***Eat Local (and Organic!) Dining Card.***

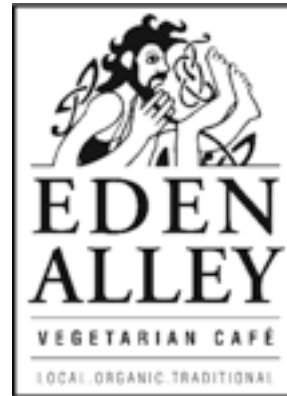
Eat Local & Organic! Dining Card

Present this card at these participating restaurants for a one-time 10% discount on your food bill.

- ◆ blue bird bistro
- ◆ Café Gratitude
- ◆ CanIHaveABiteinc.com
- ◆ Conveniently Natural
- ◆ Eden Alley
- ◆ FÜD
- ◆ Justus Drugstore
- ◆ Pachamamas
- ◆ Room 39
- ◆ Smokin' Fresh Streetside BBQ
- ◆ Starkers Restaurant
- ◆ Story
- ◆ The Farmhouse
- ◆ The Reiger

www.kcfoodcircle.org

Eating Local



Eating Local

How can we eat local?

- Preserve the harvest and learn more!



Eating Local

How can we eat local?

- Preserve the harvest and learn more!
 - K State Extension www.johnson.ksu.edu - Nutrition and Health
 - MU Extension <http://extension.missouri.edu/> - Nutrition and Health
 - Ball www.freshpreserving.com
 - Badseed Urban Homesteading
 - » www.badseedkc.com



Eating Local

How can we eat local?

- Slow Food KC
» www.slowfoodkc.org



Other Resources

Books & Authors

- » Michael Pollan
- » Wendell Berry
- » Marion Nestle
- » Alice Waters
- » Joel Salatin
- » Barbara Kingsolver *Animal, Vegetable, Miracle*

***Eat Food. Not too much.
Mostly Plants.***

- Michael Pollan

Films

- » Food, Inc.
- » Fresh
- » Dirt! The Movie
- » King Corn
- » The Real Dirt on Farmer John
- » Every Third Bite

***If you eat you're involved in
agriculture.***

- Wendell Berry

Upcoming Events



15th Annual Exhibition of Farmers

Eat Local!

& Organic Expo

Saturday, March 30
9:00 am to 2:00 pm

Shawnee Civic Center
13817 Johnson Dr., Shawnee, KS

Saturday, April 6
9:30 am to 2:30 pm

Penn Valley Community College Gym
3201 Southwest Trafficway KCMO

- Local, organic produce
- Free-range meat & eggs
- Seedlings
- CSA information
- Free directory of local producers

***Free Parking &
Free Admission***

Upcoming Events

- **Farm Tours**

- Miami County Farm Tour - MAY 11-12, 2013
 - www.MICOFarmTour.com
 - 14 farms
- URBAN GROWN Farms and Gardens Tour - JUNE 22-23, 2013 - activities begin June 15
 - www.cultivatekc.org/urbangrowntour
 - Mark Bittman “The Future of Food: An Urban Grown evening with Mark Bittman” - June 20

$Q_\varepsilon A$