



JANUARY TIP SAVINGS: Over \$480/YR
Avoided Emissions of CO₂: Over 500 lbs./YR

\$USTAINABILITY \$AVINGS TIP

GOOD LOCAL FOOD IS EASIER THAN YOU THINK

Reduce your food miles with gardening, CSAs and Community Gardens

Are you looking for a very personal way to impact our environment? How about reducing your food miles? The number of miles our food travels from the grower to our plate are called “food miles.” More food miles = more fuel used = more CO₂ emissions. Planting your own garden is one of the best ways to reduce your food miles. If you can’t, or prefer not to install your own garden, or if you want to supplement your harvest, visit one of the many local **Farmers Markets**. Or, you can buy a share of a local farmer’s harvest. This concept is called **Community Supported Agriculture** or CSA. There’s also a lot

**Seed Share and Q&A with
The Herb Lady, Jan. 28th!**



of new interest in **Community Gardens**, a piece of land that is shared with friends, neighbors and community groups for growing vegetables, fruits and flowers. There are several in Mesa, including **Mesa Urban Garden** in downtown!

You might want to strive to be a **Locavore** meaning you’ll pay attention to where your food comes from and commit to eating local foods as much as possible. There are many great things about eating local. It supports small farmers in your area, you will likely eat healthier, save money on groceries, and all the while reducing greenhouse gas emissions for the planet – talk about multiple benefits with one simple change!

CHECKLIST FOR SAVINGS

- FREE WORKSHOP – Seed Share, Q&A and Gardener’s Potluck** – Get free garden seeds and all of your gardening questions answered with Catherine, The Herb Lady, on Saturday **Jan. 28** from Noon to 2:30 p.m. at Mesa Urban Garden, 212 E. 1st Ave. Tour the garden and bring a dish to share if you’d like to join the potluck. On **Feb. 11** join MUG for the Luna Llena (Full Moon) Festival to enjoy live music and art! Check out www.facebook.com/MesaUrbanGarden for info.
- Seed Lending:** Mesa Public Library along with Garden Pool created a Seed Library for library card holders to check out three seed packets per month for free. Check it out (*get the pun?*) at the Main Branch at 64 E. 1st Street.
- Farmers Markets:** The Arizona Community Farmers Markets Association provides a listing of all active markets – (623) 848-1234 or visit www.ArizonaCommunityFarmersMarkets.com.
- Community Supported Agriculture (CSA) Membership:** Visit www.localharvest.org to find a local CSA.
- Vegetable Gardening:** The UofA Maricopa County Extension has guides on vegetable gardening and planting seasons. (602) 827-8200 or www.cals.arizona.edu/maricopa/garden/pubs.htm#Vegetable.
- Community Gardens:** Visit www.mesaaz.gov/sustainability to learn about the many located in Mesa. Mesa Urban Garden has beds available for lease. Visit www.MesaUrbanGarden.org.

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Start saving money and reduce your food miles, while doing your part for *building a sustainable community*. Visit mesaaz.gov/sustainability for more sustainability savings tips.

Learn to live Green