



SUSTAINABLE LIVING

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## BUYING LOCALLY

Buying food, products, and services from locally owned enterprises is one of the bedrock principals of sustainable living. Buying local builds a strong, local, living economy by investing in those who have invested in your community. They also form local networks of like minded individuals who can become friends, allies and resources to each other. From local food markets, health food stores, restaurants, resellers, neighbors, and entrepreneurs, these are the enterprises that form a sustainable community, feed their beliefs and energy into the community and add richness to it.

Who are your neighbors? What do they have to offer? Oakland Nursery has been in the North Linden neighborhood for 70 years. We grow many of our own flowers, vegetable plants trees, and shrubs. We also buying thousands more from producers in central Ohio. Many of our customers are our friends whom we have been swapping advice and stories with for forever!

- Just in our Linden/ Clintonville neighborhood are hundreds of unique and vital local businesses that give it it's small town character. Local Harvest. Org is a website that lists an amazing breath of locally grown food outlets. It is a great place to start your search.
- Local Matters .Org has a search tool for local place to eat and shop, and is a community action organization worthy of attention.
- Visit Clintonville Community Market for fresh food in a co-op setting.
- Visit the North Market, N. Pearl Farmers Market, Clintonville Farmers Market, or one of the many other community farmers markets for access to locally grown foods and products. There are also Winter Farmers Markets around.
- Investigate Community Supported Agriculture (CSA). In this arrangement, buyer invest with local producers and during the harvest season, get there share of the growers harvest.
- A good guide to sustainable and organic farms in Ohio can be seen on the website of Ohio Ecological Food and Farm Assn.
- And last, the Ohio Department of Agriculture hosts a listing by county of roadside markets, farm markets, farmers markets and pick-your-own farms.

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