

IN DEFENSE OF FOOD: AN EATER'S MANIFESTO



Michael Pollan's last book, *The Omnivore's Dilemma*, launched a national conversation about the American way of eating. Its follow-up, *In Defense of Food*, shows us how to change it, one meal at a time. *In Defense of Food* proposes a new (and very old) answer to the question of what we should eat that comes down to seven simple but liberating words: *Eat food. Not too much. Mostly plants.* To hear Michael Pollan speak about the *Omnivore's Dilemma*, check out Ted Talks:

<http://www.ted.com/index.php/talks/view/id/214> To read more about Michael Pollan and his latest book, *In Defense of Food*, visit his website at <http://www.michaelpollan.com>

UBC FARM NEEDS YOUR SUPPORT

The UBC Farm has been the location for FarmFolk/CityFolk's annual fundraiser, Feast of Fields, for 3 years (2001, 2002, 2007) and will again, be the location for the 2008 Feast of Fields as the University celebrates 100 years. The farm, however, is in need of your support. Over the following weeks UBC will be making a decision about the future of Vancouver's last working farm - the UBC Farm (and Centre for Sustainable Food Systems.) The UBC Farm is a unique asset to the city and region. It provides students and the broader community the opportunity to learn hands-on about how changes in the way food is produced and distributed are a key piece in reducing greenhouse gas emissions, mitigating climate change, and in creating healthy local communities and economies. From all appearances, opportunities for public input into the decision about the future of UBC Farm will be very limited. Right now, you help support the farm by writing a letter to appropriate university officials! For more information (and contact addresses), please visit FarmFolk/CityFolk's NEWS page at <http://ffcf.bc.ca/NewSiteFiles/news.html>



BEYOND ORGANIC? NOW IT'S "BEYOND FOOD MILES"



Beyond Food Miles: calculating a product's *Life Cycle Assessment* can be difficult.

As consumer awareness increases about where our food is coming from and what type of global footprint is being caused by our food choices, eaters all over the world have been thinking 'beyond organic' and searching for food sustainably grown closer to home. Does that, however, automatically mean reduced food miles? Not if the product was made 50 miles away, shipped to another province for packaging or storage, and then shipped back. Recently, there was an article in McLean's Magazine ('Local Schmocal' by Pamela Cuthbert, March 6, 2008.) The Leopold Centre (Iowa State University) that is responsible for the most thorough report on food miles (Food, Fuel, and Freeways: 2001) is now thinking 'beyond food miles' and studying the concept of food's 'carbon footprint.' Rather than tracking food miles, Life Cycle Assessments are being made to determine the overall environmental impacts of a product's lifespan. For more information, read 'Traveling 'beyond food miles' crucial to local food efforts' <http://www.leopold.iastate.edu/pubs/nwl/2007/2007-4-leoletter/miles.htm>

FARMERS WITHOUT BORDERS

You've heard of 'Doctors Without Borders' and now a group of BC farmers have started their own farmer-led organization with a mission to support struggling agricultural communities in developing regions and to strengthen regenerative agriculture around the globe. This year, while embarking on several projects, they are welcoming farmers to join 'Farmers Without Borders'. This project will help farmers around the globe 'get local' in a sustainable manner. Membership is free and more information can be found at <http://www.farmerswithoutborders.org>

BC MINISTRY OF AGRICULTURE PLAN: GROWING A HEALTHY FUTURE FOR BC FAMILIES

As part of the BC governments "Harvest to Home" tour during 2006, Get Local partners Bonita Magee (FarmFolk/CityFolk) and Tara MacDonald (Your Local Farmers' Market Society) made a presentation to Val Roddick, MLA and Parliamentary Secretary for Agriculture Planning. Stressing the importance of eating locally and supporting our local food producers, we were joined by hundreds of people from across the province making presentations about their concerns. Now the Ministry of Agriculture has released their strategy for agriculture in BC in a new report titled *The B.C. Agriculture Plan: Growing a Healthy Future for B.C. Families*. It stresses the importance of reducing food miles in order to make BC a greener province. The plan outlines 23 strategies to facilitate the growth and diversification of the industry while increasing public awareness, understanding and support for the people who produce our food. Their strategies are articulated in 5 themes that encompass the challenges and opportunities faced from farm families in British Columbia:

- Producing Local Food in a Changing World
- Meeting Environmental and Climate Challenges
- Building Innovative and Profitable Family Farm Businesses
- Building First Nations Agricultural Capacity
- Bridging the Urban/Agriculture Divide

While no doubt a lot of work went into this plan, it seems, on the surface, to be a step in the right direction. However, Herb Barbolet (Local Food First) submitted a brief critique of the plan, noting that budget details are missing for some of these initiatives. Will the BC government put their money where their mouth is? Time will tell. For more information about the report, visit http://www.al.gov.bc.ca/Agriculture_Plan/



COABC AGM & CONFERENCE: SHADES OF THE SAME GREEN ACROSS CANADA



At this year's Certified Organic Association of BC AGM & Conference (February 29 to March 2 in Sydney, BC), an update was given regarding Canada's new National Organic Production Standards. Released in 1996 and still being revised, folks are working towards one standard for organic production for all of Canada. At some point, this will also mean that anything imported into Canada that is certified organic will have to meet these same standards as well. Read more about this at http://www.cog.ca/stds_regs.htm

Happy Spring,
Bonita Magee
Project Manager



5% DAY PROFITS TO GET LOCAL PROJECT

On Tuesday, April 22, Capers Whole Foods Markets will be donating 5% of net sales to Get Local! We will have **Get Local** information booths set up at all four stores from 2pm to 6pm. Thank you, [Capers Whole Foods Markets!](http://www.caperswholefoods.com)

