

## **Why buy Local produce?**

At Peakhill farm we believe in Local Production for Local Consumption. Buying food from your local producers means you know where your food has come from, how it has been grown and guarantees you a fresher more nutritious product. By understanding what can be grown locally you can benefit from eating with the seasons. Many nutritionists believe that the food that we have available to us in each season provides us with exactly the nutrients we need for that time of year. For example the lovely orange squashes and carrots and dark green kales and cabbages we have in the autumn and winter provide with beta carotenoids and minerals and iron for fighting colds and building our immune systems.

By using independent farm shops you can build a relationship with your local growers and producers who can often give handy tips on how to use the food that's available in season. Also small farm shops are a platform for new small growers and producers that would struggle to get their product into larger supermarket outlets and therefore you are supporting greater food diversity.

Buying local means low food miles and therefore a reduction in the carbon footprint, thus helping the environment by avoiding the use of refrigerated lorries and large distribution networks. Bear in mind that any organic items from abroad are really defeating the organic principles of locally grown food that has minimum impact on the soil and environment. If you want to buy produce from another country why not make sure it is Fair-trade so you know that the indigenous farmers are getting a fair price for their product.