

Organizations, Fair Trade outlets and other Resources

Nebraska Sustainable Agriculture Society (our thanks to the NSAS for the *Seven Ways to Change the World* material.
www.nebsusag.org

Nebraska Buy Fresh, Buy Local Campaign, 402/472-5273, www.buylocalnebraska.org

Nebraska Food Cooperative, 402/372-5005
www.nebraskafood.org

Community CROPS (Lincoln)
www.communitycrops.org

BIG Garden (Omaha), 402/898-9862
revsteph@bigmuddyumc.org

Ten Thousand Villages products in:

Lincoln...402/475-4122
villageslincoln.alltel.net

Kearney...308/2341474
villageskearney@frontiernet.net

Omaha outlets:

Blue Summit, 402/333-1405
www.bluesummitexperience.com

Blue Flamingo, 402/964-2740
www.blueflamingo.org

Equal Exchange for coffee, tea, chocolate bars, cocoa, baking cocoa, and sugar,
www.equalexchange.org

We would love to hear about your creative participation in this project. Send us a note at *Sowing the Seeds*, 3735 No. 39th, Omaha, NE 68111-2621

**Mark your calendars for the UMC
Theology of the Land Farm Tour**
near Aurora, September 20, 2008
For details, contact PJM, 402/455-4281

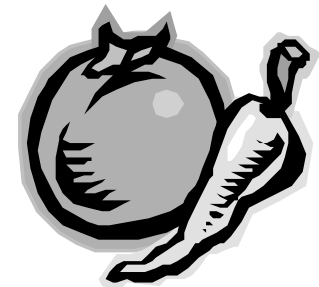
Ideas for families, churches and communities

1. Create a family scavenger hunt to see how many local/regional products you can find within 10-20-50 miles. Share what you learn with others.
2. Sponsor a church potluck highlighting local produce, meats, and Fair Trade products for a Sunday in August.
3. Sponsor a gardeners' table at your church and use the proceeds to buy Fair Trade coffee and tea for the church.
4. Explore urban and rural community gardens and consider starting one for your neighborhood or at your church.
6. As a family, commit to serving a certain percentage of every meal during August from local/regional and Fair Trade sources.
7. Coordinate an intergenerational canning day to teach younger ones how to can produce while hearing stories from the elders.
8. Put together a small cookbook with recipes using local/regional and Fair Trade products.
9. Plant an August garden with lettuce, spinach, broccoli and peas.
10. Order *10,000 Villages* and *Equal Exchange* products to sell after church during August.
11. Take pictures, write articles and publicize how you observed *Buy Fresh, Buy Local, Fair Trade Month* in your area newspapers and TV stations.



Sowing the Seeds is an ecumenical group of Nebraska Christians under the auspices of *Peace with Justice Ministries* of The Nebraska Conference of The United Methodist Church. *STS* focuses on connections of food and faith in order to promote life-affirming models of community.

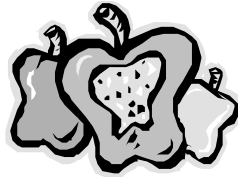
August is Buy Fresh, Buy Local, Fair Trade Month



**Churches,
communities and
individuals are invited
to participate!**

Seven Ways You Can Change The World....By Eating!

1. **Shop at a farmers' market.** When you buy food from a farmers' market, you directly support a farm family AND the money you spend on that food is likely to stay in a Nebraska community. Produce from the farmers' market is fresher, tastier, and more nutritious than produce from California, Florida, or Mexico. Shopping at a farmers' market is good for you and Nebraska's economy.



2. **Buy chicken, beef, pork, or eggs directly from a farmer.** When you know the farmer who grows your food, you can ask him or her if and what hormones or antibiotics are used and avoid eating additives that you don't want. Farm-fresh meat and eggs taste better than anything you can get at the store, and the farmer is able to capture more of the food dollar by selling directly to you.

3. **Grow a garden.** Even if you only have space for a tomato plant in a container or some herbs on your windowsill, growing some of your own food makes a statement about the kind of food system you want. Growing food helps your kids understand where their food comes from and appreciate the work it takes to put food on the table. Starting a community garden can give all people a chance to grow some of their own food and improve their health, nutrition, and standard of living.

4. **Ask your grocer to carry locally-grown food.** Nebraska family farmers raise meat, produce, eggs, honey, dairy and grain products, yet most of what we buy at the store comes from out of state. By creating consumer demand for healthy, local foods, you create new markets for Nebraska family farmers.

5. **Eat more "slow" food.** Fast foods are usually highly processed and not very good for you. The megacorporations and chains that process and prepare fast foods often do not pay their employees well, and a lot of energy is used to process and transport this food. The extra time spent preparing and eating fresh meat, fruit, grains and vegetables can be valuable family time that would be lost if you grabbed a burger at a fast food chain.

6. **Join a Community Supported Agriculture Farm.** Community Supported Agriculture (CSA) builds partnerships between farmers and consumers. CSA members purchase shares in a farm at the beginning of the growing season to meet the farmer's operating expenses. In return, these members receive a share of the farm's produce throughout the growing season. CSA farms often hold festivals and educational events for their members.



7. **Choose foods grown in ways that are good for the environment, people, communities, and your health.** "Sustainably" raised foods are grown using agricultural management practices such as crop rotations and intensive grazing to control pests, build soil, and prevent disease in animals. When you buy organic or sustainably raised foods, you are doing your part to keep our water clean, encourage wildlife, and keep our soil healthy. You also know that farm workers were not exposed to potentially hazardous chemicals and that animals were treated humanely.

Fair Trade Products



For those items you cannot find locally or regionally, the next best thing is to purchase Fair Trade certified products. When you use your consumer power through Fair Trade, you are supporting these values:

- return substantial payments to producers (living wage);
- strive for long-term partnerships;
- extend several months of working capital to producer partners on favorable terms; and
- insist on accountability and transparency in all their dealings;

US Americans now purchase about one-third of Fair Trade products sold world wide.

Look! The wages you failed to pay the workmen who mowed your fields are crying out against you. James: 5:4a

Fair Trade = Fair treatment of workers