

2. Eating Locally

People everywhere are eating locally. What does this mean? It means we try to eat food that farmers grow close to us, not buying food from far away. Why is this important?

First, eating locally helps the farmers around us. They spend lots of time and energy growing the food we eat every day. Let's support these farmers by buying vegetables and fruit from them, not at the supermarket.

Second, food grown nearby is fresher and tastes better. The farther it is sent, the less fresh and tasty.

Lastly, local food comes from places closer to our house, less gas is needed to take it to the market. Using less gas is better for the environment.

In Changhua*, there are many farms, so there are lots of fresh fruit, vegetables, herbs, and meat every day. Almost every city, town, and village in Changhua County has at least one market. People also sell local produce on the side of the roads.

If people like food grown without chemicals, twelve certified farms in Changhua grow healthy vegetables, mushrooms, fruit, herbs, and fish.

Taiwan is a small country, so eating food grown here is better for nature than eating food shipped from other countries. For example, a baker named Shi Ming-huang* in Changhua County used imported flour to make his bread, but in 2007, he started planting his own wheat to save money. Even though wheat is not easy to grow in Taiwan, he did not give up. By 2010, many farmers in Taiwan grow wheat for him without chemicals. This wheat is fresh and organic. Most of his bread uses Taiwanese wheat. It is the freshest of all.

Eating locally and eating food grown in Taiwan are better for all of us and the environment. Let's all join in!

* Changhua (彰化) * Shi Ming-huang (施明煌)*