



# How to support your local sustainable farm

## Guide to consuming responsibly

What can you do to support **sustainable local farms** and promote **environmentally friendly** farming practices? Here's a short guide on how to help:

### 1 Choose seasonal fruits and vegetables

Choosing **in-season produce** supports sustainable farming practices. These items not only **taste better** and have **higher quality**, but they also contribute to **reducing environmental impact** since they don't need to travel as far. Take a trip to your **local farmers' market** and chat with producers to discover what's fresh and in season.

### 2 Shop at farmers' markets

Visiting farmers' markets connects you directly with **local, sustainable** producers who prioritize **eco-friendly practices**. Many small-scale farmers use organic, low-impact methods, ensuring that your purchase **supports** both the **local economy** and the **environment**.

### 3 Subscribe to platforms delivering fresh farm produce

Consider subscribing to services like **CrowdFarming**, which promotes sustainable agriculture by delivering produce **directly from eco-conscious farms**. This model supports local farms while **reducing food waste** and promoting **responsible farming techniques**, such as crop rotation and organic practices.

## 4 Research farms near you

Look for **local farms** that prioritize **sustainability**. Many farms offer **direct purchasing options** where you can buy organic or ecologically grown produce. Visiting these farms helps you **understand their sustainable practices** and ensures your support goes toward protecting the environment.



## 5 Support locally made, sustainable products

Many local farms produce goods like **organic cheese, bread, and jams**. By purchasing these, you're not only **supporting small businesses** but also promoting eco-friendly farming practices that use **fewer chemicals** and **respect the land**.

## 6 Participate in community programs

Engage with initiatives like **WWOOF, Permaculture Design Courses (PDC), or Community Supported Agriculture (CSA)** schemes. These programs encourage participation in sustainable farming practices, helping you learn about **ecological agriculture** and directly support farms that **prioritize the environment**.

## 7 Advocate for policy reforms favouring sustainable farmers

As locals, we can **support policy reforms** by advocating for equitable subsidies that favour sustainable small farmers. By **contacting representatives, voting for eco-friendly policies, and raising awareness** about the importance of sustainable agriculture, we can help ensure that small-scale, environmentally responsible farms thrive.

