

Texas Wine & Cheese – Highlighting Local Food

Creation Care Team

Christ the King Evangelical Lutheran Church

March 1, 2014



Why eat local? – a few reasons

Food travels, on average, thousands of miles from farm to fork*

Local food offers superior:

- **Freshness** - often picked the day before.
- **Flavor** – vine ripened instead of harvested unripe
- **Nutrition** – nutritional content can decline drastically as time passes since harvest
- **Variety** – introduce food varieties into your diet not available at the local grocery

**Environmental Science and Technology* 42: 3508-3513, 2008.



Why eat local? – more reasons

Economic/Quality of Life

- **Improve the local economy**
- **Develop a relationship**
between producer/consumer –
know who grows your food and
how
- **Support small family farms**
– preserve rural way of life
- **Strike a blow against rural
poverty** – the highest rate in the
nation since the 1960s - by
buying direct from a farmer





Environmental benefits of local food from small family farms

- **Preserve biodiversity** – small farms often raise heirloom varieties
- **Humane treatment of animals** – small operations with animals on pasture, not confined in feed lot operations
- While much discussed, energy use for food transportation accounts for only 0.6% of energy used in food production, so this is not a significant driver to buy local
- Packaging, processing, selling, and preparation are the biggest consumers of energy in food production, so eating field-grown fresh whole foods from farmers **reduces air pollution significantly**



Food Production – Environmental Considerations

- Grains, fruits, and vegetables use the least energy to produce, although they use more water than meat production
- Production of meat is much more environmentally-damaging than other protein sources such as legumes
 - A 2006 report issued by the Food and Agriculture Organization of the United Nations stated “the livestock sector emerges as one of the top two or three most significant contributors to the most serious environmental problems, at every scale from local to global.”
- Red meat is more environmentally damaging than poultry or pork, its production causes more greenhouse gas emissions, water pollution, air pollution and habitat alteration than production of grains or even poultry⁺.
- Industrial livestock production - “factory farming” - adversely impacts all major environmental media, including water, soil, and air.
 - Even a few decades ago, there were small- and medium-sized dairy, cattle and hog farms dispersed all across the country. Today, these operations are disappearing. The remaining operations are primarily large-scale factory farms that are concentrated in specific regions...*

+ The Consumer’s Guide to Effective Environmental Choices, 1999.

*2010 report from Food and Water Watch drawn from USDA Census of Agriculture data.



Food choices that make a difference in caring for God's Good Creation

- Eat less meat, particularly red meat
- Ensure meat purchases do not come from factory farms
- Eat more fruits, vegetables, and grains
- Buy organic or sustainably grown food
- Shop at a Farmers' Market
- Eat field-grown whole foods, avoid packaged/processed foods
- Go vegetarian one day/week as a Lenten fast – the Creation Care Team has supplied vegetarian recipes on the church's website:
<http://ctkelc.org/creation-care-opportunities/>



Farmers' Markets in Houston

**Rice University FARMERS MARKET Tues, 3:30 – 7 p.m., 5491
Greenbriar. Next Opportunity Mar. 4.**

**CITY HALL FARMERS MARKET Weds., 11 a.m. – 1:30 p.m.,
901 Bagby. Next Opportunity Mar. 5.**

**EASTSIDE FARMERS MARKET Sat.s, 8 a.m. – noon, 300
Richmond Ave. Next Opportunity Mar. 8**

**WESTCHASE FARMERS MARKET Thurs., 3 – 6 p.m., Parking
lot of St. Cyril's of Alexandria Church, 10503 Westheimer Rd. Next
Opportunity Mar. 6**



Sources of Foods at this Event

- Revival Market in the Heights
- Dairy Maids in the Heights
- Whole Foods Market - Kirby
- Eastside Farmers Market, Eastside between Richmond & Alabama,
Saturdays 8 a.m .- noon.
- Specs