



Local
REAL FOOD
RESOURCES



1. **Localharvest.org:** Find farmer's markets, farms, and CSA communities (community supported agriculture) in your area.
2. **FoodRoutes.org:** Email the contact on the site for questions about local food sources associated with Buy Fresh Buy Local in your area.
3. **Eatwild.com:** Find local grass-fed meat, eggs, and dairy.
4. **Coopdirectory.org:** Search for local co-ops. Co-ops must be registered with this site to appear in searches.
5. **Eatwellguide.org:** Find restaurants serving local food, farms, and farmer's markets.
6. **Edible Magazine:** Edible is a nation-wide magazine published in various cities/regions. The publications are usually available at local restaurants, markets, and health food stores. The publications feature local real food sources.
7. **Visit a Local Health Food Store:** If you have a local health food store in your area, ask the manager for local farm contacts.
8. **Google:** Google is your friend when it comes to finding real food. A simple Google search may yield a number of promising leads.
9. **Craigslist:** A quick farm search may lead you to possible food sources (u-pick farms, local markets, farmers). Always be cautious about spammy ads.
10. **Visit a Farmer's Market:** Once you've found a farmer's market, take the time to get to know the local farmers. Getting to know your farmers may help you source other real food options in your area.