



Welcome to Cultivate KC's 2021 Local Food Challenge! We hope that through this week of mindful eating practices, you'll come to appreciate how impactful and easy it is to eat locally grown food and to support Kansas City farmers.

EAT THIS! CHALLENGE GUIDELINES

- Incorporate at least one locally grown food into every meal and snack
For this challenge we are defining local food as any food that was grown/raised within 50 miles of Kansas City.
- Take a picture of your meal to share on your social channel of choice
- Use the hashtag #eathiskc and tag @cultivatekc
- Also tag the farmer, grower, maker or restaurant that makes your local meal possible (and follow them)
- Encourage friends and family to participate with you!
- Seek out a new restaurant or market to discover new local ingredients or dishes that use a familiar one in a new way

We want this week to be fun and enlightening. Our intention is to challenge you to be a more conscientious participant as a consumer in our local food system. This challenge isn't meant to be a diet or a weight management tool. Instead we hope you discover healthy habits and outcomes from being more active in the local food system that benefit your health as well as the collective health of our community.

ABOUT CULTIVATE KC

Cultivate KC is a nonprofit growing food, farms, and community in support of a sustainable and healthy local food system for all. We believe that growing and sharing local food nurtures our ability to care for each other and the world in which we live.

We envision a just and sustainable food system that is resilient and adaptable which entails:

- viable farm and food businesses across the food region
- local food access for all
- local food integrated into the civic life of the community

We envision a city where people take ownership of the local food system in their own lives and where the ecological and personal health and well-being of KC residents is prioritized.



WHY EAT LOCAL

LOCAL FOOD IS GOOD FOR THE EARTH

When local farms are established, eating local protects farmland. Without small scale farms, the land might otherwise be developed for industrial or commercial use. Additionally, farmland attracts other types of biodiversity and gives animals, insects and birds a place to live and thrive.

Local food requires less food miles. “Food miles” is a term used to describe the distance that food has traveled from the place it was produced to the place where it will be sold to the consumer. The more food miles accumulated during food transportation, the more fossil fuels that are consumed and the carbon emissions are greatly reduced. In addition, many small-scale urban farms use sustainable farming practices and rely less on chemicals to grow food, which grows healthier soil and healthier food at the same time.

Local food promotes biodiversity. Many types of farmed produce use modern commercial technologies from certain genetic strands. In small-scale farming, farmers can use a variety of produce types with lots of different colors, helping to preserve the genetic diversity of produce. Similarly, a variety of animals can be raised on a small-scale farm, which helps to enhance biodiversity and provide more options to the consumer.

LOCAL FOOD IS GOOD FOR THE ECONOMY

Buying local food keeps money in your community. Instead of supporting large supermarket chains, you support individuals in your own community and help them prosper.

Buying local allows farmers and small business owners to keep more profit. Because local farmers don't have the same transportation and distribution costs as large agricultural businesses, they can retain more of the profits from their sales.

Local farms support local businesses. Local food producers can supply their meat and produce to other local businesses, such as restaurants, schools and hospitals. Many people today choose to eat at particular restaurants because they use local food. In turn, restaurants become more successful and further grow the local farming economy.

LOCAL FOOD IS GOOD FOR YOU

Local Food has more nutritional value. Food grown in our community has a shorter time between harvest and your table. This means that its nutrient value is less likely to diminish and the value decrease is minimal if at all. Often food sold at stalls or markets are harvested that day. The varieties chosen by local farmers are often the most hardy and resilient, and picked at its ideal ripeness.

Local food has more flavor. Local food is also a better way to ensure you eat seasonally. When you eat food that is grown within its natural season, the flavors are much fuller and it tastes better.

Local food promotes a safe food supply. The more steps there are between you and your food source, the more chances there are for contamination. Food grown in distant locations are transported and handled at various processing sites by any number of people at harvesting, washing, shipping and distribution. Local growers can tell you how the food was grown and you can ask questions about their food safety practices directly, if not see it for yourself.



WAYS TO SUPPORT AND EAT LOCAL BEFORE, DURING AND AFTER THE CHALLENGE:

Shop at farmers markets. National Farmers Market week starts Sunday, August 1. Look for fun events and promotions at KC's larger ones like The City Market or Overland Park Farmers Market. Also look for ones in your neighborhood. Brookside Farmers Market and Ivanhoe Farmers Market are excellent centrally located markets.

Shop at farm stands. Farm stands are hosted by the farmers, often on their own farm and on a day they aren't usually at market. It's a great way to get to know your farmer and see how and where your food is grown. Every other Thursday at our Westport Commons Farm in midtown, Cultivate KC is hosting its own farm stand. Come by and say hi!

Buy a CSA. CSA stands for Community Supported Agriculture. These are also called farm shares or farm share boxes. These are like subscriptions to a farmer's produce. One of the benefits of getting to know your farmer is finding out if they have CSAs or Farm Shares. Often, farmers will sneak a little extra in them for certain customers. Or offer substitutes for customers, such as offering extra greens in place of beets.

Eat at restaurants that support local farms. Nothing shows your KC Pride more than dining at a locally owned restaurant that uses locally grown produce. You can find an eatery for every meal of the day — including dessert! See the attached list for just some of our favorite spots!

Support BIPOC farmers. Of all private U.S. agricultural land, 96 percent of farmland is owned by white farmers. This is a result of generations of systemic racist policies designed to steal land from indigenous farmers and farmers of color. Supporting BIPOC owned and operated farms is one way to show solidarity with those fighting for food security, equitable human health and nutrition, sustainable production, seed sovereignty, and land rights.

Attend events hosted by Cultivate KC and other farms — and bring friends! These events are geared to growing awareness, interest and participation in our local food system. Getting to know partners like Cultivate KC, who trains and assists KC's urban farmers, makes you a smarter and stronger consumer. See our list of upcoming events to see if there's one that appeals to you and your friends!

Volunteer at a farm! Food tastes better when you've had a hand in growing it. When you volunteer at farm, whether it's our Cultivate KC Westport Commons Farm, or a community farm or garden in your neighborhood, you are actively helping feed people in your community.

**Looking for more information or tips on where to eat or shop?
Go to www.cultivatekc.org/events/eat-this-kc**



FARMERS MARKETS & FARM STANDS

Westport Commons Farm Stand
Every other Thursday 4-6pm
300 E. 39th Street
Kansas City, MO 64111

Ivanhoe Farmers Market
4th Saturday of each month 9-1
3210 Michigan Ave
Kansas City MO 64109

**Farmer's Market @
Young Family Farm KC**
Saturdays 9-1
3819 Wayne Ave
Kansas City, MO 64109-2759

KCK Farmers Market – Rosedale
Sundays 9-1
4020 Rainbow Blvd
Kansas City KS 66103

City Market
Saturdays 7-3 & Sundays 9-3
20 E 5th St.
Kansas City MO 64106

KCK Farmers Market – Downtown
Wednesdays & Saturdays 7-1
501 Minnesota Ave
Kansas City KS 66101

Brookside Farmers Market
Saturdays 8-1
6425 Wornall Road
Kansas City MO 64113

KC Farm School at Gibbs Road
Wednesdays 2-6
4223 Gibbs Rd
Kansas City KS 66106

Overland Park Farmers Market
Saturdays 7:30 – 1
& Wednesdays 7:30 -1
8101 Marty St
Overland Park KS 66204

**Independence Uptown
Farmers Market**
Saturdays 8-1 & Wednesdays 8-1
211 W. Truman Rd.
Independence MO 64050

Parkville Farmers Market
Saturdays 7-12 & Wednesdays
12-4
English Landing Park
1 East St.
Parkville MO 64152

Lenexa Farmers Market
Saturdays 8-12 & Tuesdays 9-1
17201 W. 87th St. Pkwy
Lenexa KS 66219

**Historic Downtown Liberty
Farmers Market**
Saturdays 7-12
118 N. Main St., Suite C
Liberty MO 64068

Bonner Springs Farmers Market
Saturdays 8-11
215 Elm Street
Bonner Springs KS 66012



RECOMMENDED RESTAURANTS

Brookside Poultry Company
Cafe Sebastienne
The Farmhouse
Fox and Pearl
Happy Gillis
The Town Co.
Waldo Thai
The Antler Room

Westside Local
Heirloom Bakery
Ibis Bakery
Canihaveabite
Rye
Café Sebastienne
Local Pig
Pigwich

Room 39
Novel
Urban Café
Gigi's Vegan Café
Brown and Loe
Seven Swans Creperie
Affare
Cafe Gratitude

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