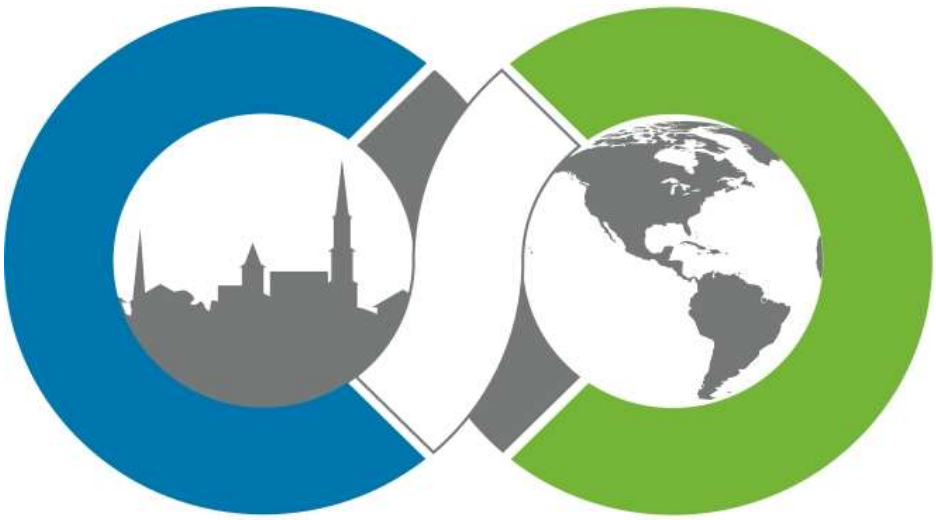

COLLEGE of CHARLESTON

OFFICE OF SUSTAINABILITY

Hosting A More Sustainable Event

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Introduction

So you're thinking of planning an event and want to make it more sustainable? Well, you've come to the right place! We've developed this packet to help provide guidance and advice on how to utilize more sustainable practices when holding on-campus events. A lot of planning goes into making an event as sustainable as possible: from food choices, to the transportation of your guests, and even to the serviceware you use. While these details can get overwhelming, have no fear--we're here to help!

In this packet, we have identified four target areas to improve sustainable practices at events. These areas include:

- **Food and Beverages**
- **Resource Recovery**
- **Marketing**
- **Transportation**

You'll also find a section containing contact information for the individuals we list throughout the packet. Finally, there are some extra resources that we have provided for you in the appendices.

For each category we will present more sustainable options, give detailed suggestions to help implement them, and provide additional information you might find helpful. Just like sustainability itself, these categories should not be seen in isolation of one another. In fact, all four areas are interconnected and will impact one another. We've tried to highlight some of the areas where these connections are most important, but be sure to keep this in mind!

Sometimes you'll find that more sustainable options cost a little more than their non-sustainable counterparts. If you really want to make more sustainable choices, but are constrained by funding, consider submitting a request to ECOllective Student Project Committee (ESPC) to help offset the cost of more sustainable choices. Check out the ESPC's guidelines to see if your event qualifies for funding.

As "the hub for teaching, research, and practice of sustainability on campus and in the greater Charleston community", the Office of Sustainability is always willing to answer any questions you may have and offer advice on how to prioritize sustainability when hosting an event. If you have any questions, need suggestions or HAVE suggestions, feel free to contact us through the methods listed below.

Address: **284-B King Street, Charleston SC 29424**

Email Address: **SustainableEvents@cofc.edu**

Website: **sustainability.cofc.edu**

Facebook: **facebook.com/SustainCofC**

Food and Beverages

As we all know, food and beverages can either make or break an event. By using the following tips, however, we will guide you through making more sustainable food choices that will leave your guests happy! In this section, we will answer the following questions:

- **What sustainable food options are available?**
- **Ok, I've picked out my menu, now what?**
- **What other logistics should I consider when placing a food order?**

As the contracted foodservice provider for the College, ARAMARK (through our Dining Services department) is your one-stop shop for getting your event catered. Several sustainable food options are available through ARAMARK; you just have to ask for them! Because sustainable food options are just starting to gain popularity at the College, there are a few things to keep in mind when requesting them.

- Plan ahead: Be sure to provide enough time for ARAMARK to accommodate your request. Sustainable food options are available, but it's always better to allow for extra time to source the items you request. We recommend establishing your menu at least three weeks prior to the event. Also, be sure to share your sustainability goals with Dining Services. This keeps everyone on the same page and will lead to better outcomes for your event.
- Focus your efforts: If you're new to this, it might be tricky to try to incorporate all possible sustainable options the first time around. There are

a lot of directions you can take; don't feel like you have to incorporate all of them at once, especially if this is your first time. Consider choosing one area to focus on and adding more as you gain additional experience. For example, start by adding a few local food options. Then, as you become more accustomed to incorporating sustainable food choices into your menu, you can always expand.

- Support sustainability!: If vendors experience a greater demand for sustainable items, the more readily they will provide new options to meet that demand. This means you'll be able to get them more easily for future events. Remember, your input and requests have the power to change what's provided.

What sustainable food options are available?

As we've said before, there are a lot of approaches you can take to making more sustainable food choices. The Yale Sustainable Food Purchasing Guide (found in the Appendix A) is a great resource for more information on sustainable food purchasing. With this guide you can figure out the right questions to ask about your food, find a glossary that provides definitions for some of the terms we use below, and explore the best and worst choices you can make for each category.

Now, let's walk through some of the food and beverage choices you can make to create a more sustainable event! Here are some items to consider incorporating:

- Items that are healthy for you and your guests:

ORGANIC: USDA certified organic produce is grown without chemical pesticides, fertilizers, or herbicides. Organic animal products are produced without antibiotics or growth hormones and are fed organic feed. By choosing these products you are avoiding chemicals and compounds that can have detrimental effects on your health. Organic items also have a reduced impact on the direct growing environment and are healthier for the people and animals that produce them. Use the Dirty Dozen (plus a few) and Clean 15 lists to help you prioritize when to purchase organic. These lists are based upon extensive research (conducted by the non-profit organization Environmental Working Group) investigating which types of produce consistently contain the highest and lowest chemical loads.

To acquire organic items through ARAMARK, talk with them about what products are available and choose local farms that use organic growing processes.

GMO FREE: GMO stand for Genetically Modified Organisms. These items have been genetically altered to produce a desirable quality/trait. Testing is limited or even non-existent on the long-term effects of genetic modification in food products. When purchasing from ARAMARK, look for and ask to have items that are marked GMO free. You can also use the Buycott App to find out what causes the companies you purchase from support financially. This is a great way to discover which companies are and are not supporting GMO friendly practices.

POTLUCKS: For smaller scale events, consider having your guests bring their own dish for a potluck. Not only will this eliminate some of the issues around

knowing what goes in your food and cut down on your budget, but it will also foster a community atmosphere. When people put effort into making a dish or sharing a family recipe, they are investing in the group of people they are sharing it with. Community building is a critical element to building a more sustainable society and a potluck is a fun way to highlight this!

- Items that are healthy for the environment:

LOCALLY SOURCED: One of the easiest requests for Dining Services to accommodate is for local food options, which is food sourcing from less than 250 miles from the campus. Did you know the average meal travels 1,500 miles before reaching your plate? Local food can be a great option as you are not only supporting your local economy, but also contributing fewer greenhouse gas emissions by choosing an option that travels a shorter distance. Keep in mind that not all local farms are created equal. While they all cut down on the emissions generated to deliver the food to your plate, some local farms may still be using unsustainable growing processes or unfair labor practices. You can use the Farm Fresh Food Guide (found in Appendix B) to obtain contact information for local farms and ask them about their practices.

To get locally sourced items through the Catering department of ARAMARK, you'll first want to check out what items may be in season in the Charleston area. Lowcountry Local First provides both a Farm Fresh Food Guide and an In-Season Produce Guide (you can find these in Appendix B and Appendix A , respectively) that can give you a good idea of what produce may be in season at the time of your event. You'll also want to contact food vendors Limehouse Produce and GrowFood Carolina for currently available local produce. Next,

work with the Catering department to build your menu off of these locally available items. Their chefs can help you create something tasty!

FEWER/NO ANIMAL PRODUCTS: By simply choosing more vegetarian and vegan options your event will already be more sustainable than a typical event on campus. Meat production requires more resources, emits more greenhouse gasses, and typically causes more environmental damage than produce. Dining Services has the ability to create veggie-only menus, just ask!

- Items healthy for the people and animals that produce them:

FAIR TRADE/FAIR LABOR: Products and companies which have practices that support fair compensation and safe, healthy working conditions for the producers of your products are an important piece to having more sustainable food and beverage choices. You can look to organizations such as Fair Trade USA and Workers Rights Consortium that provide certifications for these practices. When using local farms, ask about their practices to see if they are safe for the workers that produce your food. The Yale Guide has great questions to ask to get the answers you're looking for.

NATURAL, FREE-RANGE, GRASS-FED, ETC: Terms like these refer to how the animals that produce the products you eat are treated as they are handled and raised. These processes can be better for the animals and can lead to healthier food products for us. However, many of these terms are un-regulated and companies that claim to practice these processes are not third party reviewed. The AASHE Guide to Developing a Sustainable Food Purchasing Policy has a glossary of terms like these that can help you separate out the truly good practices from those only claiming to be. We've included

this glossary in Appendix G. If you have access to items that meet these guidelines, think about incorporating them into your menu!

Okay, I have my menu picked out, what's next?

Once you've decided on what kind of food you would like to offer, Dining Services will work with you to place your order. Again, letting them know you've established sustainability goals for your event gets everyone on the same page working toward these goals. The only thing left is to decide how much to order.

One of the best ways to host a more sustainable event is by not using more food than you need. A LOT of resources, person power, carbon emissions, etc. go into getting our food to our tables. By simply ordering an appropriate amount of food you can lower the impact of your event and be more sustainable. Here are some tips for not over-purchasing and reducing the amount of food waste created by your event:

- Consider hosting an RSVP event: RSVPs can give you a better idea of how many portions are needed.
- Don't over-order: Err on the side of fewer people attending in order to reduce your chances of having a lot of leftovers.
- Consider offering food leftovers to event workers or volunteers.

What other logistics should I consider?

Events require more than just a menu. Additional decisions will need to be made on how you're serving your refreshments including what type of cutlery,

cups, tables, and linens you will be using. Your choices here are absolutely vital to hosting a more sustainable event. Consider these options when purchasing:

No/Minimal Serviceware: Some foods don't need serviceware, such as appetizers you can eat with wooden toothpick or even just your fingers. This is the most sustainable choice because it eliminates waste all together. If you are composting, napkins and toothpicks can be included in the composting stream.

Reusable Serving Materials: When you have to use serviceware, reusables are your most sustainable option. Talk with Dining Services about how to get reusables at your event. Even if you are not using their food services, they can provide you with serviceware.

Compostables: Compostable serviceware is now available for your catering requests. It is important that you only choose compostable products if you KNOW they will be composted. Plant-based, compostable plastics can't survive the recycling recovery process that other plastics can and will end up in the landfill, and unfortunately they do not break down properly in a landfill environment. To be sure composting is an option for your event, discuss logistics with Dining Services. Let them know you want your waste to be composted! It's also important to ensure that your guests know that the serviceware is compostable and that it can be put in the compost bin with any leftover food.

Disposable: When choosing disposables, you'll want to be sure that you can at a minimum recycle the materials after the event. If composting is not available, plastic is a better choice than paper because it is very difficult if not impossible to recycle used paper plates. However, when using plasticware choose #1 or #2 plastics. These can be identified by the small triangle with a number 1 or 2 in the

center. They are the most durable, least toxic and lead to the best quality materials when they are recycled. Always avoid #6 plastics (Styrofoam) as they not only contain toxic materials but are also very difficult to recycle. Be sure to check the location where your event is being held to ensure plastic is recyclable.

Condiments: When you serve your condiments, opt for large dispensers instead of packets. If dispensers are not available, go for reusable condiment bottles. Avoid using plastic cups to dispense condiments into or individually wrapped single-serve condiments. If condiment cups are necessary, make sure they are compostable if composting is being offered at your event or recyclable if composting is not available.

There will be more information in the Resource Recovery section about serviceware. So be sure to read on for more tips on making your event more sustainable!

Resource Recovery

Wait… What's resource recovery? Don't you mean "waste"? Even though we typically throw "away" materials (we know they don't actually go AWAY!) when we are finished with them, they can be converted into usable resources. The next step in making your event more sustainable is not to think of "waste" but to think of used materials as by-products of your event that can be turned into resources and used again. Then, you can incorporate ways to recover those resources into the structure of your event and reduce the amount of materials you send to the landfill!

In this section, we'll answer the following questions:

- **What are the different options available for resource recovery?**
- **How do I decide which Resource Recovery Option is best for my event?**
- **How do I set up logistics for resource recovery?**
- **What are some best practices to consider when planning for maximum resource recovery?**

In addition to the information below, see the Resource Recovery Checklist provided in the Appendix D.

What are the different options available for resource recovery?

Similar to developing a plan for your menu, a resource recovery plan (RRP) needs to be a part of planning a more sustainable event from the beginning. While it may seem a little daunting and unfamiliar, a RRP is simply a step-by-step strategy for where, how, and what kind of resources you plan to recover from

your event. It doesn't have to be long but a simple RRP is vital to making resource recovery as successful and effective as possible.

Listed below are the options available to start the process of turning "waste" back into usable resources from event. They are organized in order of priority starting with the MOST SUSTAINABLE!

- Reducing total waste: The most sustainable option is to simply reduce your overall usage and not create the waste in the first place! A lot of resources go into making your food and serviceware. Conserving these resources from the beginning can help you reduce the overall footprint of your event. By planning ahead with the information from the Food and Beverage section, you can structure your event to have as little waste as possible!
- Re-using: Sometimes you just can't avoid using materials. When this is the case, it's always best to reuse as much as possible. When planning your event, consider providing options like reusable plastic cups (avoid some plastics) to drink out of. This can be a great marketing opportunity for your organization as well. Or, consider having your guest bring their own plates, cups and utensils from home. As described above, you can also rent reusable utensils from Dining Services.
- Composting: Did you know that food waste takes up more space than any other material in American landfills? According to the EPA, more than 36 million pounds of food waste were disposed of into landfills in 2011, emitting methane (a greenhouse gas 21 times more harmful than CO_2) as they decompose. Instead of contributing to this, both food waste and compostable

serviceware from your event can be composted! Composting is a cyclical process that converts waste, such as uneaten food and used serviceware into high quality, nutrient rich soil. At CofC, for every 2,000 pounds of food waste we send to the compost facility, we are given back 40 pounds of usable soil that we use to amend soils on campus to create lush, healthy landscaping and to help grow our Urban Garden at the Political Science Building. Cyclical processes such as composting are more sustainable because they regenerate resources instead of just using them up.

- Recycling: While not as sustainable as composting, recycling is another option for turning your waste into reusable items. In Fiscal Year 2013, the College generated 1,235 TONS of waste. Of that, 26 tons were composted and 139 tons were recycled giving us a **recycling rate of only 13%**. In 2011, the average American recycled about 35% of our total waste, so this is definitely an opportunity for improvement! It is important to note that while materials such as plastic and aluminum can be recycled, food waste cannot. Therefore, while you may be recycling the serviceware for your event, food waste is also an important factor to consider in determining your RRP.

How do I decide which option is best for my event?

We know there are a lot of factors to consider when planning for resource recovery at an event on campus. Here a couple of things to consider when constructing your resource recovery plan:

- Serviceware: What type of serviceware is being used for your event? Deciding on serviceware is crucial to knowing the best way to recover resources. As mentioned earlier in the guide, compostables are great for

reducing the overall footprint, but only if they are actually composted. Plant based serviceware (compostables) will not breakdown in the landfill and cannot survive the high-heat washing process it takes to recycle other plastics. So if you don't have compostable serviceware or high volumes of food waste, composting might not be a good choice. Similarly, in order for plastic serviceware to be recycled, they must actually make it to the recycling facility. You'll need to make sure plans are made to take materials to the proper location so you don't spend a lot of time organizing recovery, just to have the materials end up in the landfill. The Resource Recovery Checklist in the Appendix D will help with this. It is usually best to use one type of serviceware (recyclable, compostable, OR reusable china) for all of the items for your event in order to create a more streamlined process. The less thinking your guests have to do, the better results you will see!

- Receptacles: You'll also need to know what receptacles are already found in your event venue and which ones you would have to request to be added for your event. Consider a visit to the venue to gather this information and to determine where you would like to place everything needed for your event.
- Removal from the Venue: Another important factor to consider is who will be responsible for the removal of your compostable and/or recycling following the event. If your event is catered, work with Dining Services to determine the available options for your resource recovery. It is important to remember that even though your compostables and recyclables may be placed in a compost/recycling bin, they will only be composted/recycled if removed from the venue and taken to the proper facility. While this may

seem like a no-brainer, this factor is commonly forgotten when planning an event.

Take all of this into consideration, along with your choices for food and beverages, and choose the most sustainable option that works for your event and venue. If you need some advice on what is best, contact us! We're here to help!

How do I set up logistics for resource recovery?

When you've chosen what resources you will recover at your event, you'll need to set up logistics to make it happen! Below are the key items you'll need to work out the details for. Again, the Resource Recovery Checklist in the Appendix D is a great tool for this. You'll also want to see our Contact Information for ways to get in touch with different departments on campus.

- Receptacles: Make sure the proper receptacles are provided and that they are grouped together in a resource recovery station. By grouping your receptacles, like in the picture below, and never having different types of bins in isolation, you can reduce landfill waste AND contamination in your recycling or composting. If your venue does not have adequate recycling or trash receptacles, you can submit a request to Physical Plant to add them. They will deliver trash cans or portable recycling containers to your event venue on the day of the event. If you are composting, contact Dining Services to get compostable plastic bags.

Example of a resource recovery station.

- Locations: You'll also want to make sure to place bins in convenient locations. One of the biggest keys to having successful resource recovery is to make it easy and convenient for your guests. Place bins in easy to access locations such as near exits or near heavy traffic areas.
- Signage: You'll want to provide clear, simple signage. If you are working with an outside vendor at a large event, they sometimes have signs available for use. Otherwise you'll need to create your own. Each station/bin should be labeled with what should go in it. Research shows that signage with both words and pictures works the best. A sample sign can be found in Appendix E.
- Collection: Make sure that materials are properly sorted (trash, recycling, compost in separate receptacles). Contamination levels, or the amount of material that is in a bin that does NOT belong there, can really effect the success of your resource recovery so be sure you're checking bins during the event. Volunteers can be a huge help here. See below for more info!

What are some best practices to consider when planning for maximum resource recovery?

Now that you know how to set up the logistics of your resource recovery, let's go over some tips and Best Practices for making your event go off without a hitch!

- Clear Communication: One of the most important factors to consider is how you will communicate your resource recovery plan to your guests. Their support is invaluable to the success of your plan! This message can be communicated verbally at the beginning of the event, through signage during the event, and even before the event on RSVPs and event promotion. Be sure to clearly label your bins--you want it to be easy for your guests to dispose of their leftovers properly. Big signage with pictures and clear writing help a lot.
- Collaboration: Working with multiple offices can help assist you with developing the best resource recovery plan for your event. If catered, Dining Services can help with composting both serviceware and food waste. Ask how your event can be compostable! Even large events can easily integrate composting in the overall plan. Physical Plant can also assist with recycling bins and pickup. Finally, the Office of Sustainability is always a resource to help with making your event more sustainable!
- Volunteers: Volunteers are a great way to not only ensure materials go where they are supposed to and contamination is minimized, but of engaging your guests in your sustainability efforts. If you have the available

volunteers, staff one at every station (trash, recycling, and compost) of bins. Have them assist guests in putting materials where they belong and talk to them about why you are doing it.

- Provide Follow-up Information: Consider communicating to your guests the results of your resource recovery following the event. This can be done through determining a recycling rate or the total amount of resources recycled and composted at your event and then getting that information to your guests. The Office of Sustainability can provide assistance with this process!

Following these tips will help you have better resource recovery results at your event and will contribute to making it more sustainable. As always, if you need further assistance with anything, please contact us!

Marketing

So now that everything is all planned for your event, you need to get people there! Marketing is tricky by itself and adding a sustainability component can get trickier if you don't know what you're doing. Hopefully we're able to help with that! What is the most sustainable way to advertise to your guests? With the many paper and electronic options available it can be overwhelming to figure out the best marketing plan for your event! In this section, we'll walk you through the following topics:

- **What print options are available?**
- **What is the best way to market my event electronically?**
- **Thinking outside the box.**

What print options are available?

While print options aren't the most sustainable way to market, there are ways to make using printed materials MORE sustainable. We'll walk you through some of these below.

- Recycled & Recyclable materials: The easiest and most obvious way to be more sustainable is to use recycled and RECYCLABLE materials. When looking for recycled materials, you'll want to consider a few different things. First is the percentage of recycled content in the paper. This tends to be 30%, 50%, 75% or 100% and, as you would expect, the higher the content the more sustainable! Second, you'll want to consider whether that content is pre-consumer or post-consumer. Pre-consumer recycled paper is made from paper scraps and materials from a factory that were not used to

in the final manufactured product. The post-consumer recycled paper designation means that the paper used went through the entire recycling process--from consumer to recycling center and finally to the paper you are using for your event. Post-consumer is the more sustainable option, but pre-consumer is still better than paper that is not recycled at all! Finally you'll want to take into consideration if the paper is RECYCLEBLE after you're finished with it.

- Sustainable-certified Papers: Besides recycling, there are a number of other ways to get paper that has a smaller impact. From the way it's grown to the way it is processed there are more sustainable options out there. There are a few organizations that provide certifications that indicate what companies have used more sustainable practices and looking for paper products with those certifications is a good place to start. The **Chlorine Free Products Association** (CFPA) certifies that the volatile and dangerous element chlorine was not used in the bleaching process to make the paper white and **Forest Stewardship Council** (FSC) sets standards for sustainable tree growth practices. Look for and request papers that have these certifications.
- Non-Chemical Inks: Many of the inks that typical printers use contain harmful chemicals called volatile organic compounds (VOCs) that can create some major indoor air quality and health problems. There are more sustainable options out there including inks that don't have the dangerous VOC chemical make-up, such soy-based inks and inks that use a non-VOC solvent for their inks, such as solid-ink printers.

Here are some other tips when considering using print-based marketing tools:

- Collaborate with the Copy Center: The Copy Center is a great resource for all of your printing needs! They offer up to 100% pre-and post-consumer recycled paper options for posters. Be sure to give the Copy Center enough time to have your posters printed and ready. Don't forget to advertise the recycling content of your paper on your poster! Just like with sustainable foods and beverages, the more requests they get for these items, the more they will carry!
- Be Strategic: Plan your advertising locations prior to placing your print job. What buildings will give you the biggest bang for your marketing buck? Focus on marketing toward your desired audience such as locations populated mostly by students, faculty, staff or community members. Printing is expensive! Save time, money, and resources by planning out your marketing locations. Don't forget to check with each building on their poster regulations!

What is the best way to market my event electronically?

Let's face it--most people are too busy to notice posters and printed signs and the cost for making them can add up quickly. Advertising your event electronically is a great way to get the message out in a cheap, effective, and more sustainable way!

- Flat Screen TVs: There are a number of buildings across campus including the Stern Center, New Science Building, and Addlestone that have flat

screen TVs that are used to replace messy bulletin boards that get over cluttered with paper. You can make one or more PowerPoint slides with the details of your event and request that your information be included on the TVs. Each building has a different person to contact for this, and you can find that information in the Contact Information section. You will need to do this AT LEAST TWO WEEKS in advance for it to be effective, but it is a great way to eliminate paper resources all together!

- Social Media: Facebook and Twitter are great tools to communicate your events! Create a Facebook event and invite friends you may think would be interested in attending. To further your reach, tag any speakers or organizations that may also be a part of your event. Don't forget to "share" the event on your page and ask members of your organization to share the event on their wall as well. Twitter can also be a great way to get the word out by tweeting at involved organizations and promoting the event by re-tweeting.
- Press Release: Is your event press release worthy? Consider writing a press release if your event is collaborative or shows a unique aspect to the College of Charleston. Contact Marketing prior to your event for more information and whether a press release is applicable.
- Email Blast: Email communication is a quick and effective method to getting the word out. Compile a list of group members, key supporters, department administrators, directors, and any other staff members you may think would be interested in attending. Academic administrators can also pass along the message to students. At events, consider bringing a paper or electronic sign-up sheet for interested attendees to get more

information on future events. Developing an email listserv can help increase promotion for your event. Don't forget to include an electronic version of your poster in the email!

- Event Calendar: Did you know the College of Charleston offers an event calendar accessible to all students, faculty, and staff? Contact the Office of Sustainability with all your event details. Adding an event is not only simple, but also increases promotion prior to the event taking place. You may also want to consider sharing a Google, iCal, and Outlook Invitation of your event. This will allow attendees to add your event to their calendar for easy access and reminders.
- Calendar Invites: Email program such as Outlook and Gmail have calendar functions built into them and you can create and send invites through these calendars. This is a great way to get people to prioritize your event as you can set reminders to keep invitees in the loop.
- Electronic Newsletters: One of the best ways to promote your event is by advertising early. Electronic newsletters are an easy, effective and creative way to advertise events on a weekly or monthly basis. Be sure to include links to any Facebook events, press releases, or general information you may have on the event!
- Listservs: Did you know the College of Charleston has multiple listservs available to get information out? Consider sending your event information to the Faculty/Staff or even Parents Listserv for increased awareness. Reaching out to student groups and event community organizations can help promote the event as well. You can even promote your event through

the Student Activities listserv by emailing the event information to studentactivities@cofc.edu.

Thinking Outside the Box.

With marketing, the name of the game is getting noticed. You are competing with DOZENS, even HUNDREDS of other things people could be doing during your event. You want to make them think that missing your event is just not possible. A really effective way to do this is with innovative, outside-the-norm marketing. The good news here is that often, some really effective atypical marketing techniques are also more sustainable! Here's a couple of really neat and resource-minimal ways to market your event.

- Face-to-face invitation: The easiest and surprisingly most neglected way of getting people to events is a simple face-to-face invitation. People feel more welcome, more wanted, and are more likely to come to an event if you take the time to personally invite them. Consider using handbills to have the info for them to take away with them. It's ¼ the size of an 8.5'x11' poster and has a much more targeted effect!
- Flash mob invitation: Really want to get people's attention? Think of doing something BIG, such as a flash mob, to create a buzz about your event. Make sure you structure it around providing the information about the event by incorporate signage and or handbills.
- Tabling at Cougar Mall: One of the most popular thoroughfares on campus has the option of hosting a table to get information out. To reserve a spot here, contact the Office of Student Life. Don't forget to reserve your table and chairs through Physical Plant!

- Dorm Storm: Over 3,000 students live in on-campus housing. This is a HUGE marketing opportunity! Consider going door-to-door to invite people to your event. Bring handbills. You'll have to clear it with security and have an escort that lives in that building so make sure you leave time for planning this.
- Class Visits: Is there a class this semester that currently addresses a topic that is relevant to you event? Contact that professor and see if you can have a few minutes of their time to talk about the event. Shoot them an email or even drop by that class and catch them before or after.

Transportation

How your attendees arrive to your event can be a large portion of the overall impact of your event. Consider providing information on the following options to your guests prior to the start of your event in order to be more sustainable:

- Walking: Charleston is a gorgeous city so encourage your attendees to enjoy the community by walking to your location! Provide detailed directions from different points on campus for easy traveling and even consider including potential weather conditions so your guests can bring rain boots if needed. You can even develop a Google Doc sign-up sheet so attendees won't have to walk alone and can enjoy the trip together!
- Biking: Biking is another great way to get around Charleston; your guests won't need to worry about gas, garage prices, or those pesky parking tickets! Visit the bike.cofc.edu website for tips on how to maximize your biking experience near campus. The Office of Sustainability also has a handy map of all bike rack locations on campus that can be included in your next RSVP. Again, the more details you can provide (directions, places to park bikes, the buddy systems, etc.) the more successful you will be!
- Bike Share: Did you know that the College has a Bike Share program that all students, faculty, and staff have access to? Located at the Stern Center, this is a great option for any attendees who want to attend your event when walking isn't an option. Visit bike.cofc.edu for more information about how to get signed up to use the program!

- Public Transportation: Public transportation is a great way to encourage attendees to lower their carbon footprint. All CofC faculty, staff and students can ride the CARTA buses for free and route options are available online. Make it easy for your guests by listing the nearest bus stop to your event location in your promotional materials.
- Carpooling: Carpooling can be easily accommodated with the correct organization. Create ways for attendees to carpool easily by making a Google Doc sign-up sheet or Facebook event so your guests can easily carpool together. A sample sign-up sheet is found in Appendix F. The more you help to facilitate this, the more successful it will be!

Whenever possible, why not combine some of the above methods and encourage multi-modal transit? For example, if guests are worried that they don't live near enough to a CARTA stop, let them know that all CARTA buses can also accommodate bikes via their rack-and-ride bike racks on the front of buses. There are many ways to overcome the first or last mile of a journey and linking the above methods together can really enhance the alternative transportation experience.

Here are a couple of additional tips to make more sustainable transportation successful at your event:

- Promotion: Don't forget to promote the use of these transportation options! The easier and more readily the information is available the better chances you have of being successful. Include details for bike and bus routes, carpooling etc. on your advertising.

- Incentives: Consider offering incentives for guests to use more sustainable modes of transportation. This can be prizes, better parking (if you're using a venue that this is an option for), or even simple recognition at the event (e.g. stickers saying "I carpooled") If hosting multiple events, consider offering a point system for those who choose a more sustainable transportation option.

Contact Information

We've mentioned many people throughout this packet that can help you make your event more sustainable. Here's how you can get in touch with them!

Office of Sustainability

W: http://bike.cofc.edu P: 953.0749

http://sustainability.cofc.edu E: SustainableEvents@cofc.edu

http://recycle.cofc.edu

Dining Services Catering

W: http://www.campusdish.com/en-US/CSSE/Charleston/ Catering/

P: 953-5669

E: JulienMD@cofc.edu

Food Sourcing Vendors

Growfood Carolina

W: http://growfoodcarolina.com/ P: 727-0091

E: info@growfoodcarolina.com

Limehouse Produce

W: http://www.limehouseproduce.com/ P: 556-3400

Copy Center

W: http://copycenter.cofc.edu/ P: 953.5924

E: copycenter@cofc.edu

Request form:
http://copycenter.cofc.edu/documents/CopyCenterRequestForm.pdf

Marketing

W: http://marcomm.cofc.edu P: 953.6462

E: whetzelm@cofc.edu

Physical Plant

W: http://physicalplant.cofc.edu/ P: 953.5550

E: physicalplanthelp@cofc.edu

Inter-departmental Transfer (IDT)

http://controller.cofc.edu/accounting-forms/index.php

Flatscreen TV Contacts

Stern Center: Mandi Bryson, brysonmc@cofc.edu

New Science Center: Lisa Calvert, calvertlw@cofc.edu

Addlestone: James Williams, WilliamsJ@cofc.edu

CARTA

W: http://www.ridecarta.com/riding-carta/routesmapsschedules

http://www.veoliavision.com/shadow/Route_Status.aspx

P: 724-7420

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Fish

	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
BLACK SEA BASS						J	J	A	S	O	N	D
BLUE CRAB	J	F	M	A	M	J	J	A	S	O	N	
CLAMS	J	F	M	A	M				S	O	N	D
GROUPER	J				M	J	J	A	S	O	N	D
RED PORGY	J				M	J	J	A	S	O	N	D
SOFT SHELL CRAB				A								
SHRIMP	J				M	J	J	A	S	O	N	D
WILD OYSTERS	J	F	M	A	M				S	O	N	D
WRECKFISH	J			A	M	J	J	A	S	O	N	D
VERMILLION SNAPPER		F	M				J	A	S	O		

Meat

	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
BEEF	J	F	M	A	M	J	J	A	S	O	N	D
CHICKEN	J	F	M	A	M	J	J	A	S	O	N	D
GOAT	J	F	M	A	M	J	J	A	S	O	N	D
LAMB	J	F	M	A	M	J	J	A	S	O	N	D
PORK	J	F	M	A	M	J	J	A	S	O	N	D
TURKEY											N	

Vegetables

	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
ARUGULA	J	F	M	A					S	O	N	D
ASPARAGUS			M	A								
BASIL					M	J	J	A	S	O		
BEETS	J	F	M	A	M					O	N	D
BEANS					M	J	J			O	N	
BOK CHOY			M	A					S	O	N	
BROCCOLI	J	F			M						N	
CABBAGE	J	F	M	A	M	J				O	N	D
CARROTS	J	F	M	A	M						N	D
CELERY					M	J	J					
CHARD	J	F	M	A	M	J				O	N	D
CHIVES						J	J	A	S	O		
CILANTRO	J	F	M	A						O	N	
COLLARDS	J	F	M	A						O	N	D
CORN						J	J	A	S			
CUCUMBERS					M	J	J		S			
DILL				A	M	J				O	N	
EDAMAME						J						
EGGPLANT						J	J	A	S	O		
FENNEL					M	J				O	N	
GARLIC					M	J						
GREEN ONIONS			M	A	M							
GREEN TOMATOES				A	M	J						
KALE	J	F	M	A	M	J			S	O	N	D
LADY PEAS								A				
LEEKS					M	J						
LETTUCE	J	F	M	A	M				S	O	N	D
MESCULINE MIX				A	M					O	N	
MUSHROOMS	J	F	M	A	M	J	J	A	S	O	N	D
MUSTARD	J	F	M	A						O	N	D
OKRA						J	J	A	S	O		
ONIONS				A	M	J				O	N	
PARSLEY			M	A								
PARSNIPS												D
PEAS					M	J			S	O		
PEPPERS					M	J	J				N	
PEA TENDRILS				A								
PICKLE CUCUMBERS					M	J						
PICKLED / CANNED PRODUCE	J	F	M	A	M	J	J	A	S	O	N	D
POTATOES					M	J						
PUMPKINS									S	O	N	
RADISH			M	A	M					O	N	
RUTABAGAS	J										N	D
SCALLIONS				A	M				S			
SPINACH	J	F	M	A	M	J				O	N	D
SQUASH BLOSSOMS				A	M	J	J		S			
SUMMER SQUASH					M	J	J		S			
SWEET POTATOES										O	N	
TOMATOES						J	J				N	
TURNIPS				A	M					O	N	D
WINTER SQUASH											N	D

Dairy

	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
CHEESE	J	F	M	A	M	J	J	A	S	O	N	D

"THE FIGHT TO SAVE FAMILY FARMS ISN'T JUST ABOUT FARMERS. IT'S ABOUT MAKING SURE THAT THERE IS A SAFE AND HEALTHY FOOD SUPPLY FOR ALL OF US. IT'S ABOUT JOBS, FROM MAIN STREET TO WALL STREET. IT'S ABOUT A BETTER AMERICA." – WILLIE NELSON

Lowcountry Local First advocates the benefits of a local living economy by strengthening community support of our local independent businesses and farmers.

Our Sustainable Agriculture Initiative focuses on strengthening local farms and producers by creating partnerships with local restaurants, institutions, and the community. LLF envisions a strong regional food system incorporating a diversity of rural farms and a robust urban farming component that preserves ecosystems, reduces pollution, promotes social justice, provides education about the environment, and invigorates rural and urban economies. By bringing producers and consumers to the same table we are promoting a close connection between you and those in our community who grow and raise our food.

LOWCOUNTRY LOCAL FIRST

WWW.LOWCOUNTRYLOCALFIRST.ORG

USDA

CRAFTED WITH LOCAL LOVE BY J FLETCHER DESIGN

Eat Local

A GUIDE TO WHAT'S IN SEASON

FARM FRESH FOOD GUIDE

LOWCOUNTRY

LOCAL FIRST®

Lowcountry Local First (LLF) advocates the benefits of a local living economy by strengthening community support for independent, locally-owned businesses and farmers. Our two initiatives are Buy Local and Eat Local.

Buy Local is a grassroots campaign that educates Lowcountry residents to Think Local when they are considering where to make purchases, to Buy Local whenever possible, and to Be Local by supporting businesses that keep our community unique. We want to increase the market share to independent, locally-owned businesses by increasing awareness about the personal and community benefits of choosing local.

Eat Local focuses on strengthening relationships between local farmers, producers, and the community. Our long-range goal is to increase the availability of local, sustainably-produced products for chefs, grocers, and consumers by increasing the number of locally based producers; support those invested in the local economy with workshops, networking, and classes; and enhance public awareness in the significance of supporting local farmers.

Questions? Email agdirector@lowcountrylocalfirst.org or visit www.lowcountrylocalfirst.org

AgSouth Farm Credit

RURAL AMERICA'S LENDER OF CHOICE

Who We Are

AgSouth Farm Credit is a member-owned lending cooperative and a member of the Farm Credit System, which was created in 1916 to provide farmers with a lender prepared to meet their special financial needs.

AgSouth Farm Credit is one of the largest lending cooperatives in the southeast. Headquartered in Statesboro, Ga., with administrative offices in Spartanburg, S.C. and Orangeburg, S.C., the cooperative has 27 offices serving 34 South Carolina and 59 Georgia counties, and serves more than 7,000 members.

What We Do

AgSouth Farm Credit provides loans for land, farms, recreational tracts, rural homes, automobiles, equipment, buildings and commercial operations. AgSouth also provides financial services such as crop insurance, life insurance and leasing. Additionally, AgSouth makes secondary home loans through a division of the company—AgSouth Mortgages—which provides loans for home purchases and refinances for those who do not qualify under established Farm Credit guidelines.

The Cooperative Way

AgSouth Farm Credit is a member-owned cooperative, sharing its profits with its members through AgSouth's patronage program. Since 1991, AgSouth has distributed more than $355 million IN CASH to its members.

AgSouth Farm Credit, ACA

Drew McClam or Jerry Bishop
702 Kate Lane | Summerville, SC 29303
843-821-6758 | 800-868-6758
www.agsouthfc.com

EQUAL HOUSING LENDER

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Special Thanks
This guide made possible by AgSouth Farm Credit.

Farmers' Markets

Farmers' Markets are an excellent opportunity to meet farmers directly to find out about their products, production practices, and buy your groceries. Below is a list of farmers' market in our area. There are more markets opening everyday, so this is by no means an exhaustive list!

Charleston Farmers' Market
Marion Square
329 Meeting Street
Charleston, SC 29403
April 13 – December 21, 2013
Saturdays, 8 am – 2 pm
843.724.7309
Contact: Harrison Chapman
chapmanh@charleston-sc.gov or farmersmarket@ci.charleston.sc.us
http://www.charlestonfarmersmarket.com/

Coosaw Pointe Farmers' Market
Dorchester and Ashley Phosphate
April – November
Wednesdays, 12 pm – 6 pm
843.607.5474
Contact: Peggy Withrow
jpeg323@hotmail.com
SFMNP – senior checks, WIC vouchers accepted

Cross Community Center Farmers' Market
1690 Old Hwy 6
Cross, SC 29436
Tuesdays, Thursdays and Saturdays, 8:30 am – 11:30 am
April – August
Community Center: 843.753.2196
Contact: Yvonne Bradley
tiresyvonne@yahoo.com

Daniel Island Farmers' Market
Island Park Drive (road-side)
Daniel Island, SC 29492
May – September
Thursdays, 3 pm – 7 pm
843.971.9200
Contact: Jennifer Carrigan
jennifer.carrigan@dicommunity.org
http://www.myislandtown.com/daniel-island-farmers-market/

Freshfields Village Farmers' Market
149 Village Green Lane
Johns Island, SC 29455
Crossroads of Kiawah, Seabrook, and Johns Island
June – August
Mondays, 4 pm – 8 pm
843.768.6491
Contact: Trish Pruitt
tpruitt@kiawahisland.com
http://www.freshfieldsvillage.com

Goose Creek Farmers' Market
150 Howe Hall Road
Goose Creek, SC 29445
Saturdays, 8 am – 2 pm
March – December
843.224.8533 / 843.514.6376
Contact: Kathy Patterson
pattersk1@yahoo.com

James Island Community Market
Bishop Gadsden
Camp Road (between Folly and Riverland)
Mondays, 3:30 pm – 6 pm
April – October
843.506.6546
Contact: Kimberly Farfone
communitymarket@bishopgadsden.org

James Island Presbyterian Church Farmers' Market – Seeds of Hope
1632 Ft. Johnson Road
Charleston, SC 29412
Seasonal
Wednesdays, 1 pm – 6 pm
Fridays, 1 pm – 6 pm
Saturdays, 9 am – 6 pm
843.795.3111
Contact: Donna Bryan
dhbryan@bellsouth.net
http://www.jamesislandpresbyterian.org/farmers_market.htm
SFMNP – senior checks, WIC vouchers accepted

John Wesley United Methodist Church – Seeds of Hope
661 Savannah Highway
Charleston, SC 29407
Saturdays, 8 am – noon
Seasonal, June – October
Church Phone: 843.766.5596
Contact: Donna Bryan
dhbryan@bellsouth.net
EBT/SNAP, WIC vouchers accepted

Monck's Corner Farmers' Market
Gulledge & Heatly Streets
Moncks Corner, SC 29461
June – October
Saturdays, 8 am – 2 pm
843.257.2727
Contact: Danny Mims
http://www.local-farmers-markets.com/market/4268/moncks-corner/moncks-corner-farmers-market
SFMNP – senior checks, WIC vouchers accepted

Mt. Pleasant Farmers' Market
Mt. Pleasant Farmers' Market Pavilion
645 Coleman Boulevard
Mt. Pleasant, SC 29464
(next to Moultrie Middle School)
April – October
Tuesdays, 3 pm – dusk
843.884.8517
Contact: Tracy Ritcher
trichter@townofmountpleasant.com
https://www.facebook.com/MountPleasantFarmersMarket
SFMNP – senior checks, WIC vouchers accepted

Mt. Pleasant Towne Centre
1600 Palmetto Grande Drive
Mt. Pleasant, SC 29464
Saturdays, 9 am – 2 pm
May – October
843.216.9900
Contact: Kristi Tolley
mptcfarmersmarket@gmail.com

MUSC Farmers' Markets - 3 Locations
Ashley River Tower
25 Courtenay Drive
Wednesdays, 6 am – 6 pm
Year-round
843.876.3143
Contact: Karen Boinest
boinestk@musc.edu
SFMNP – senior checks, WIC vouchers accepted

First floor of the Hollings Cancer Center
86 Jonathan Lucas Street
Thursdays, 10 am – 5 pm
Seasonal
843.792.6966
Contact: Diane Aghapour
aghapour@musc.edu
WIC vouchers accepted

continued ...

171 Ashley Ave, the Horseshoe
Fridays, 7 am – 3:30 pm
Year-round
843.792.1245
Contact: Susan Johnson/Susan Whelan
Musc-empwell@musc.edu
WIC vouchers accepted

North Charleston/Park Circle Farmers' Market
4800 Park Circle
North Charleston, SC 29405
Seasonal
Thursdays, 2 pm – 7 pm
843.745.1028
Contact: Belinda Swindler
belindaswindler@yahoo.com
http://www.northcharleston.org/visitors/events/farmersMarket.aspx

Ralph H. Johnson VA Medical Center
109 Bee Street
Charleston, SC 29401
Wednesdays, 8 am – 2 pm
April – December
843.789.7607
Contact: Nancy Gannon
nancy.gannon@va.gov
SFMNP – senior checks, WIC vouchers accepted

Summerville Farmers' Market
200 South Main Street
Summerville, SC 29483
First Citizens Bank (next to Town Hall)
April – November
Saturdays, 8 am – 1 pm
843.851.5211 / 843.871.6000
Contact: Doyle Best
dbest@summervillesc.gov
http://www.summerville.sc.us/index.asp?Type=B_BASIC&SEC=%7BC3B5504E-A0C4-47C3-ABBB-7E0FEFC574A9%7D
SFMNP – senior checks, WIC vouchers accepted

Sunday Brunch Farmers' Market
2101 Medway Road
James Island, SC 29412
Sundays, 11 am – 3 pm
April – July, October – December
Contact: Meg Moore
sundaybrunchfarmersmarket@gmail.com

Walterboro Farmers' Market
506 E. Washington Street
Walterboro, SC 29488
Tuesdays, 2 pm – 6 pm
Saturdays, 8 am – noon
843.599.3672
Contact: Elaine Inabinett
http://www.walterboro.org/index.php?option=com_content&view=article&id=60&Itemid=63

Grower, Producer and CSA Listings

Below is a list of many of the growers and producers in the area, but again, this list is by no means exhaustive. Many on the list participate in the Community Supported Agriculture or CSA model. The CSA model allows for someone to purchase a share in the farm for a season and in return they receive a specific amount of produce/meat each week. Some farms have pick-up locations while others will deliver and most offer different size shares. It is important to think about purchasing a share before the season is in full swing so the farmers can plan accordingly and plant enough for everyone. If it is your first time, it is recommended that participants get a smaller share or split a share with a friend or neighbor until you are used to the process. In addition to produce, Charleston also has CSAs for seafood (Community Support Fishery (CSFs)), beef and other locally raised animal products. All growers and producers participating in a CSAs are denoted with an *.

Abundant Seafood *
Mark Marhefka
843.478.5078 or 843.452.7352
abundantseafood@gmail.com
www.abundantseafood.com

Fresh, local seafood harvested sustainably with hook and line. Owner Mark Marhefka is also the captain of Shem Creek snapper and grouper boat and most of the seafood sold by Abundant Seafood is caught by Mark and his crew then delivered fresh to your door.

Methods of Sale – Wholesale, Community Supported Fishery (CSF)
Best Time and Method of Contact – Phone calls anytime, leave a message, he may be out fishing
Products – snapper, grouper, tilefish, triggerfish, amberjack, black sea bass, etc …
Production Practices – Seafood is harvested sustainably with hook and line. We sell whole, fresh fish.

Community Supported Fishing Shares:
Spring/Summer/Fall/Winter – 12-week cycles
Half Share – $120
Full Share – $240

Ambrose Family Farm *
Pete Ambrose & Babs Ambrose
2349 Black Pond Land at Selkirk Plantation Road
Wadmalaw Island, SC 29487
843.559.9999 (Market) / 843.559.0988 (Farm) / 843.729.7328 (Pete)
www.ambrosefamilyfarm.com
ambrosecsa@stonofarmmarket.com

Ambrose Family Farm has an off-farm retail market, the Stono Market at 842 Main Road, Johns Island, S.C., 29455, which has a full line of local produce, shrimp, prepared foods and year-round gifts. The Tomato Shed Café (inside the Stono Market) serves lunch daily of fresh meats and produce. The farm and market are tightly woven as a continuation of each other. They offer a large CSA to the community with spring or fall season.

Methods of Sale – CSA, U-pick, Internet, retail farm market and cafe, and wholesale

Best Time and Method of Contact – Farm is open mid-March through mid-July and October through November. Market is open all year Monday – Friday, 9 am – 6 pm and Saturday, 9 am – 5 pm. Phone calls during business hours and email anytime.

Products – Asparagus, basil, beans (lima, snap), beets, blackberries, blueberries, bok choy, broccoli, cabbage, cantaloupe, carrots, cauliflower, chard, cilantro, collards, sweet corn, cucumbers, dill, edamame, eggplant, fennel, garlic, gherkins, greens, mustard and turnip greens, kale, kohlrabi, lettuce, melons, okra, onions (green, sweet), parsley, peas, peppers (bell, hot), potatoes, radishes, rosemary, rutabagas, spinach, squash, strawberries, summer and winter squash, tomatoes, turnips, watermelon, zucchini, and wild caught shrimp

Production Practices – All produce, fruit, and herbs are locally grown, natural, and sold fresh, frozen, and prepared/packaged. Shrimp wild caught locally, and sold fresh or frozen.

Community Supported Agriculture Shares:
Spring/Summer: April – early July
Fall/Winter: October – early December
Small Share – $208
Medium Share – $325
Large Share – $481

continued ...

Extra Large Share – $585
Premium Share Upgrade (custom box selected by customer) – $70

Standard Pick-Up Hours:
Monday – Saturday: 9 am – 6 pm
Sunday: Noon – 5 pm (April – mid-May)
CLOSED on ALL holidays and if raining

Asya's Organic Farm *
Azeez or Shaheed Mustafa
320 West Brewington Road
Sumter, SC 29153
803.469.0116
azeezmustafa@yahoo.com

An organic farm growing seasonal multiple vegetable crops.

Methods of Sale – CSA, Farmers' Market, on-farm Sales, and Wholesale
Best Time and Method of Contact – On farm Monday – Saturday by appointment or call ahead to order. Also available through email.
Products – asparagus, basil, beans, pole beans, snap beans, beets, broccoli, cabbage, cantaloupe, carrots, catnip, chard, cilantro, collards, sweet corn, cucumbers, eggplant, greens, mustard greens, turnip greens, kale, lettuce, mint, okra, green and sweet onions, peas, sweet, hot and bell peppers, pumpkins, rosemary, sage, spinach, squash, sweet potatoes, tomatoes, turnips, watermelon, wheat, zucchini
Production Practices – All products are fresh, locally grown, and certified organic.

Barefoot Farms
John Frazier
939 Sea Island Parkway (Hwy. 21)
St. Helena, SC 29920
843.838.7421

Methods of Sale – Year Round U-pick in their greenhouse with summer vegetables and greens. Sunday through Saturday (every day), from 9 am – until.

Bee City Honey
1066 Holly Ridge Lane
Cottageville, SC 29435
843.835.5912
beecityllc@gmail.com
www.beecity.net

Method of Sale – Gift shop on-site
Best Time and Method of Contact – phone or email
Products – beeswax, honey, hand lotion, chocolate-covered honey candy

Also provide field trips and educational activities.

Big Dam Plantation
Preston Wilson
9 Limehouse Street
Charleston, SC 29401
843.610.0634
pwilsonsc@bellsouth.net

Methods of Sale – Direct to chefs and grocers
Best Time and Method of Contact – Phone call anytime
Products – Sun chokes (Jerusalem artichokes)

Blackbird Farms
Billy Haynes
1808 Bohicket Road
Johns Island, SC 29455
843.559.0193

Methods of Sale – Area restaurants, Blackbird Market (retail space on Bohicket Rd)
Best Time and Method of Contact – Phone, Wednesday – Saturday, 10 am – 7 pm
Products – Varied produce
Production Practices – Low-spray

Blue Dog Farms
Alyssa Olson Callahan
5376 Peerless Place Drive
Wadmalaw Island, SC 29487
www.bluedogherbs.com
843.729.3156

Blue Dog Farms is a producer of quality herbs and micro greens.

Products – We deliver live trays to local area restaurants. Custom micro green mixes and specialty herbs are available.
Production Practices – Organic

Blue Pearl Farms
Cheri and Robert
9760 Randall Road
McClellanville, SC 29458
info@bluepearlfarms.com
843.887.3554

Methods of Sale – U-pick, farmers' markets, direct sales
Products – Blueberries and muscadines

Also host Blueberry Jam music events on the third Sunday of the month.

Bonneau Pepper Farm LLC
Roger Spateholts
1224 Spiers Circle
Bonneau, SC 29431
843.825.6625
bonneaupepperfarm.com

Methods of Sale – Wholesale, restaurants
Products – Multiple varieties of hot peppers
Production Practices – Natural, hydroponic, pesticide-free

Boone Hall Farms *
1235 Long Point Road
Mt. Pleasant, SC 29464
843.856.8154 (farm) or 843.884.4371 (plantation)

andy@boonehallfarms.com
www.boonehallfarms.com or www.boonehallplantation.com

Offer U-pick and various other agri-tourism activities. There is on-farm produce sales as well as a full line, year round market housed across the street in an old packing facility that once packed and shipped crops for many growers throughout the region.

Methods of Sale – CSA, farmers' market, U-pick, roadside stand, delivery, on-farm sales, retail storefront, and wholesale
Best Time and Method of Contact – Farm open seasonally Monday – Saturday, 9 am – 6 pm and Sunday, 12 pm – 5 pm. Retail market open year round Monday – Saturday, 9 am – 7 pm and Sunday, 10 am – 7 pm. Email anytime.
Products – Asparagus, blackberries, blueberries, broccoli, cabbage, cantaloupe, collards, sweet corn, cucumbers, eggplant, lettuce, melons, muscadines, okra, onions, peppers, pumpkins, squash, strawberries, tomatoes, heirloom tomatoes, watermelon, zucchini
Production Practices – All products are locally grown and come fresh or prepared and packaged.

Community Supported Agriculture Shares:
Spring and Fall Shares
$250 for a 12-week box
On-farm pick-up at Boone Hall Farm Store
2521 Highway 17, Mt. Pleasant SC, 29466
andy@boonehallfarms.com

Brant Family Farm
Don and Susan Brant
3585 Pineland Road
Varnville, SC 29944
843.726.9308
dhbrant@gmail.com

Products – Vegetables, blueberries, chicken and beef
Production Practices – Chemical free, free range and environmentally sensitive

Breland Hill Strawberry Barn
Jerry Breland
15096 Lowcountry Highway
Ruffin, SC 29475
843.866.7560
brelandstrawberrybarn.com

Methods of Sale – U-pick and We-pick
Best Time and Method of Contact – call ahead for times and days open
Products – Strawberries, watermelon, cantaloupe, squash, cucumber, tomato, string beans, peppers

Brewton Plantation
Diane Terni or Stephen Gavel
2 Brewton Plantation Drive
Yemassee, SC 29945
843.589.5595
dianeterni@starband.net

Methods of Sale – On-farm sales and wholesale
Best Time and Method of Contact – Telephone calls 9 am – 9 pm. Email anytime.
Products – Spring lamb and kid goat meat, wool blankets
Production Practices – All products are locally raised, pasture fed and hormone free.

Brickyard Point Farms
Jim Rathbun
240 Johnson Landing Road
Beaufort, SC 29907
843.521.1400 / 703.915.5208
www.brickyardpointfarms.com
njrathbun@embarqmail.com

Methods of Sale – Farmers' market and roadside stand
Best Time and Method of Contact – Call or email for appointment to visit.
Products – Pears, pecans, persimmons and pomegranates
Production Practices – All products are locally grown, and sold refrigerated, fresh or dried.

Brownswood Nursery
Ryan Watkins
1290 Brownswood Road
Johns Island, SC 29455
843.559.3425
brownswoodnursery.com

Methods of Sale – Retail and wholesale
Best Time and Method of Contact – In person: Monday – Friday 8 am – 5 pm, Saturday 9 am – 4 pm
Products – Vegetable seed, chicks, bunnies, goats, fruit trees, vegetables, herbs

Bugby Plantation
Adair McKoy
1884 Bugby Plantation Road
Wadlamaw Island, SC 29487

Method of Sale – U-pick
Products – Strawberries, cantaloupes, tomatoes, watermelons, sweet corn

Burden Creek Dairy
Katherine and Kip
2755 Exchange Landing Road
Johns Island, SC 29455
843.559.1035
opossumtrap@gmail.com

Family owned pastured fed goat farm located on Johns Island.

Products – Goat cheese and raw goat's milk

Carolina Heritage Farm *
Grá Moore
Pamplico, SC
843.687.4413
http://www.facebook.com/pages/Carolina-Heritage-Farms

Method of Sale – Heritage Meat Sampler
Best Method of Contact – Facebook page
Products – pork
Production Practices – certified heritage pastured pork

Charleston Bees and Honey
Larry Sexton
9 Timmerman Drive
Charleston, SC 29407
843.573.0810

Method of Sale – Retail, farmers markets
Best Time and Method of Contact – Phone anytime
Products – Raw honey, beeswax candles, hand cream
Production Practices – Kosher

Charleston Tea Plantation
Jane Knight
6617 Maybank Highway
Wadmalaw Island, SC
843.559.0383
charlestonteaplantation.com

Methods of Sale – On-site, website, wholesale
Best Time and Method of Contact – Website or in-person
Products – Loose or bagged tea in a variety of flavors

Chucktown Chicken
Michael and Ailyn Milligan
187 River Run Drive
Vance, SC 29163
803.308.3661
chucktownchicken@gmail.com
www.chucktownchicken.com

Methods of Sale – Farmers' market, retail
Best Time and Method of Contact – Phone or email
Products – Whole broilers, breasts, thighs, eggs, gizzards
Production Practices – Pastured, hormone- , antibiotic-, and vaccine-free

"Clammer" Dave's Sustainable Gourmet *
David Belanger
1522 Macoma Road
Mt. Pleasant, SC 29466
843.343.2970
www.clammerdave.com
dbelag@email.com or dave@clammerdave.com

Both a shellfish producer and a catering service. Products include guaranteed grit free, white tablecloth, raw half-shell quality. After harvesting from the pluff mud bottom, clams and oysters are held in racks suspended in the water column for several days before delivery. The digestive tract and inner shell are purged of soil particles and replaced by pure algae yielding a cleaner, sweeter tasting meat.

Methods of Sale – Wholesale, retail, direct to consumer and CSA
Best Time and Method of Contact – Anytime through phone or email
Products – Farm raised clams in a full range of sizes. Wild harvested oysters both small and large sizes.

Community Supported Fishery Shares:
January 15 – July 15 or July 15 – January 15
Full Share – $325

Cordray Farms *
Michael Cordray
6708 County Line Road
Ravenel, SC 29470
843.766.7922
www.cordrays.com
michael@cordrays.com or claudia@cordrays.com

Fresh and frozen all natural local beef available in the customer service center August to January.

continued ...

Methods of Sale – CSA with beef shares (1/8 of a cow), beef sides and whole cattle and retail cuts
Best Time and Method of Contact – Phone or email anytime, Farm store open January 2 – August 14 by appointment. August 15 – January 1, 9 am – 9 pm, Monday – Saturday
Products – Beef including individual cuts, 1/8 shares, quarters, sides or whole cattle. Beef summer sausage, two flavors of beef jerky, jalapeno and cheese-smoked sausage, and beef cheddarwurst. Pork products include fully cooked applewood smoked bacon, pork hams and four different flavors of pork sausage links.
Production Practices – Grass and hay fed beef that is antibiotic and hormone free

Community Supported Ranching Shares:
Shares available year-round
Farm store open August 15 – January 1
One share is 1/8 of an animal, approx. 50–55 lbs for approx. $275
*Beef shares and beef sides by appointment.
*Sides require a $200 deposit

Compost in My Shoe *
Jim Martin
James Island and Dirt Works Incubator Farm
3907 Betsy Kerrison Highway
Johns Island, SC 29455
dig@compostinmyshoe.com
compostinmyshoe.com

Dedicated to growing and developing high quality produce, products and services while nurturing the life-giving bond we all have with the land, Jim Martin with Compost in My Shoe will be cultivating a "boutique" farm known for high quality vegetables, herbs and cut flowers utilizing a hybrid farming model based in low-impact farm practices.

Methods of Sale – CSA, direct sales, restaurant sales
Best Time and Method of Contact – Email
Products – Diverse varieties of heirloom vegetables and honey listed on website
Production Practices – Organic methods

Crosby's Fish and Shrimp Co.
Joan Cooksey and Ellie Berry
2223 Folly Road
Charleston SC 29412
843.795.4049 / 843.200.7138
jcooks8@aol.com

Crosby's is a locally owned and operated seafood market since 1975. Offering a wide variety of local wild caught seafood unloaded off their own boats. They offer bait and tackle for all fishing needs. The market and fishing pier are open daily.

Methods of Sale – Retail and wholesale
Best Time and Method of Contact – Phone calls, email, or store visit seven days a week, 6 am – 6 pm (summertime hours 6 am – 7 pm)
Products – Locally caught and harvested fish and shrimp

Cypress Artisan Community Supported Ranching Share *
Craig Deihl
843.937.4012 ext. 265
www.therealdeihlchef.com
www.magnolias-blossom-cypress.com
Pickups in March, June, September and November
Full Share – $200

Dempsy Farm and U-pick
1576 Sea Island Parkway
St. Helena Island, SC 29920
(843)838-3656
dempseyfarms@dempseyfarmsupick.com

Products – Mix of fruit and vegetables

Dirt Hugger Farms *
Meg Moore
P.O. Box 13708
Charleston, SC 29422
843.557.9266
meganmooreveg@gmail.com

continued ...

Small one-woman farm operation located on James Island dedicated to CSA with some restaurant sales.

Methods of Sale – Direct sale, Sunday Brunch Market, CSA
Production Practices – GMO free, naturally grown.

Community Supported Agriculture Share:
Spring: mid-May – late-July
Small Share – $120 (15 shares available)
Large Share – $300 (10 shares available)
All vegetables are organically grown and will be customer's choice

Fiddle Farms
Gina Perez
Dirt Works Incubator Farm
3907 Betsy Kerrison Highway
Johns Island, SC 29455
843.568.3145
fiddlefarms@gmail.com

Gina Perez will be farming a one-acre vegetable, fruit and flower farm using integrated organic weed, pest and disease management, along with the organic approach to fertility and nutrient management.

Methods of Sale – Wholesale, farmers markets, food trucks, restaurants
Products – Garlic, arugula, heirloom squash, winter greens, specialty crops
Production Practices – Organic fertility and nutrient management, organic pest/weed/disease management

Fili-West Farm
Nathan and Ghie Boggs
2298 Vance Road
Vance, SC 29163
803.496.7557
filiwestfarms@yahoo.com

Products – Chicken and eggs
Methods – Free range

Freeman Farm
Oliver Freeman
3768 Betsy Kerrison Parkway
Johns Island, SC 29455
843.697.2612
owfreeman52@hotmail.com

Methods of Sale – Farmers' market, retail
Best Time and Method of Contact – Phone and farm stand
Products – Okra, collards, turnips, broccoli, bell peppers, butter beans

Geechie Boy Market and Mill
2995 Highway 174
Edisto Island, SC 29438
843.209.5220
gregjohnsman@yahoo.com.

Method of Sale – Store open 9 am – 5 pm, Thursday – Saturday
Products – Produce, stone ground grits and corn meal, gift shop, snacks and refreshment stand

Gooden Farm
Teresa and Rustin Gooden
McClellanville, SC 29458
843.887.3007
https://www.facebook.com/GoodenFarm

Methods of Sale – Market downtown McClellanville & email "grocery list"
Production Practices – Sustainable, organic based, permaculture methods
Products – Vegetables, eggs, etc

Green Grocer
Celeste and George Albers
2463 Leadenwah Drive
Wadmalaw Island, SC 29487
843.559.5095

Methods of Sale – Direct sales, farmers' market
Products – Eggs and raw cow's milk
Production Practices – Organic and free range

Green Wood Farm
Pat Beichler
346 Haig Point Road
Daufuskie Island, SC, 29915
bowwow@hargray.com
www.daufuskieislandconservancy.org

Farm tours are available seven days a week. Since the island is accessible only by boat, reservations must be arranged for ferry transportation. Embarkation is available from Hilton Head, Bluffton and Savannah for groups.

Methods of Sale – Roadside trading post, retail sales, direct to consumer
Best Time and Method of Contact – Email any time
Products – Fresh eggs, herbs, vegetables in season. Locally made crafts and fine art.
Production Practices – All products are grown locally and naturally without pesticides or herbicides.

Gruber Farms *
Stanley Gruber and Susan Kirlin
265 Old Bell Road
St. George, SC 29477
843.563.1159/ 843.693.7069
http://gruber-csa-farm.com/

Method of Sale – CSA
Best Time and Method of Contact – By phone anytime
Products – Mixed produce, melons, peaches, peanuts, figs, blueberries, grapes, potatoes and strawberries
Production Practices – All produce is fresh and locally grown

Community Supported Agriculture Share:
Spring/Summer: late-April – mid-July (12 weeks of fresh produce)
Fall/Winter: late-August – late-November
Small Share – $250 (1–2 people)
Medium Share – $350 (small family, 3–4 people)
Large Share – $450 (large family, 5–6 people)

Hickory Bluff Nursery and Berry Farm
Walter and Cathy Earley
245 Hickory Bluff Lane
Holly Hill, SC 29059
843.743.8244 / 843.822.6920
www.hickorybluffberries.com
hickorybluff@gmail.com
Hours: April 1 – July 4, 8 am – 6 pm

Methods of Sale – U-pick and we-pick strawberries, blueberries and blackberries, roadside stand, Charleston and Mt. Pleasant farmers' markets, local deliveries, wholesale
Best Time and Method of Contact – Email anytime, phone 8 am – 6 pm
Products – Strawberries, blueberries, blackberries, produce, cut flowers, garden plants, hanging baskets, bedding plants, honey, jams
Prodcution Practices – Naturally grown, limited sprays

Hudson Family Farms *
Edward Hudson
158 Cattle Creek Road
Rowesville, SC 29133
843.200.7275
info@hudsonfamilyfarmsc.com
http://www.hudsonfamilyfarmsc.com/

Products – Produce, melons, greens
Production Practices – All products are fresh and locally grown. Member of the South Carolina Forest Stewardship Program.

Community Supported Agriculture Shares:
Spring/Summer: April 15 – July 25
Fall: September 5 – November 18
Small Share – $200
Medium Share – $300
Large Share – $400

Irvin-House Vineyards and Winery
Erin Byrne or Ann Irvin
6775 Bear's Bluff Road
Wadmalaw Island, SC 29487
843.559.6867
www.charlestonwine.com
info@charlestonwine.com

Our farm offers wine sales, winery tours, and a tasting room with gift shop.

Methods of Sale – Farmers' market, U-pick, on-farm sales, retail storefront, and wholesale
Best Time and Method of Contact – Retail: Wednesday – Saturday, 10 am – 5 pm. Wholesale: Monday – Friday, 10 am – 5 pm.
Products – Muscadines and wine
Production Practices – All grapes are fresh and locally grown

Jeremiah Farm and Goat Dairy
Casey Price
3853 Platt Road
Johns Island, SC 29455
843.559.1678
www.jeremiahfarm.com
jeremiahfarmsc@aol.com

Jeremiah Farm welcomes families and small groups to tour the gardens and visit the animals by appointment. They also offer private cheese making classes at your home using raw Grade A milk.

Method of Sale – On-farm sales
Best Time and Method of Contact – By phone anytime or email for appointment
Products – Produce, herbs, eggs, goat meat (on the hoof), and Grade A raw goat's milk (seasonal, by the half gallon or gallon)
Production Practices – All produce and herbs are locally grown, natural, and pesticide free. Meat products are free range, locally raised, natural, and hormone and antibiotic free. Goat's milk is locally raised, antibiotic and hormone free, unpasteurized, and comes fresh or frozen.

Joseph Fields Farm *
Joseph and Helen Fields
3129 River Road
Johns Island, SC 29455
843.559.5349 / 843.729.9606 / 843.830.8612
jfieldsfarmllc@bellsouth.net
www.josephfieldsfarms.com

Joseph Fields is a third-generation farmer growing certified organic product with his wife Helen Fields and their family.

Methods of Sale – Farmers' markets, U-pick, roadside stand, delivery, on-farm sales, retail storefront, and wholesale. Open May – August, Sunday – Saturday, 8 am – 6 pm
Products – Produce, melons, herbs, muscadines, berries
Production Practices – All products are certified organic, fresh, and locally grown.

Community Supported Agriculture Shares:
Spring: early April – late June, Summer: mid July – late September, Fall: mid October – late December
Small Share (4.5 lbs) – $200
Medium Share (9 lbs) – $325
Large Share (15 lbs) – $425

Keegan-Filion Farm
Mark and Annie Filion
1475 Keegan Drive
Walterboro, SC 29488
843.538.2565
www.keeganfilionfarm.com
akfilion@yahoo.com

Methods of Sale – Farmers' market, delivery, on-farm sales, and wholesale
Best Time and Method of Contact – Farm sales: Monday and Friday 1 pm – 6 pm, other times by appointment. Summerville farmers' market: Saturdays, 8 am – 1 pm. Email anytime.
Products – Produce, beef, turkey, chicken, eggs, and pork. We start taking holiday turkey orders in early July.

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Production Practices – All produce is fresh, locally grown, natural, and pesticide free. All meat products are free range, hormone and antibiotic free, locally raised, grass fed, and USDA inspected. The processing plant used is certified humane.

Kennerty Farms
Dan or Karen Kennerty
1928 Rackity Hall Road
Wadmalaw Island, SC 29487
843.494.8269
karenkennerty@yahoo.com

Methods of Sale – Farmers' markets and delivery
Best Time and Method of Contact – 9 am – 5 pm through phone or email
Products – Mixed produce, greens, blackberries, melon, squash blossoms
Production Practices – All products are fresh and locally grown

Kurios Farms
Wes Melling
354 Kurios Lane
Moncks Corner, SC 29461
843.509.0473

Methods of Sale – Farmers' market, on-site store
Best Time and Method of Contact – In person Monday – Friday, 9 am – 5 pm, and Saturday, 9 am – 1pm, or call ahead
Products – Lettuce, cucumbers, cherry tomatoes, basil
Production Practices – Hydroponic

Lazy B Quail Farm
Bonnie Caracciolo
843.810.1898
lazyb@birdlover.com

Method of Sale – On-site
Best Method of Contact – Call or email for appointment
Products – Quail eggs

Legare Farms *
Helen and Thomas Legare
2620 Hanscombe Pt. Road
Johns Island, SC 29455
843.599.0763 / 843.559.0788
legarefarms@bellsouth.net
http://legarefarms.org/

Legare Farms has a very active agritourism program, which includes a pumpkin patch/corn maze in October, farm summer camp, and many farm related school field trips. Linda, Helen, Thomas Legare are all ninth-generation family farmers.

Methods of Sale – CSA, delivery,on-farm sales, retail and wholesale
Best Time and Method of Contact – Phone calls or farm visits Monday – Friday, 8 am – 4 pm. Saturday by appointment only.
Products – Herbs, produce, berries, melons, jams, jellies, pickles, salsa, beef, chicken, eggs and pork
Product Practices – All produce is fresh and locally grown. All meat products are locally raised, free-range, certified humane, hormone and antibiotic free.

Community Supported Agriculture Shares:
May – November
Full Share – $330 + $25 registration fee
Half Share – $220 + $25 registration fee

Little Creek Plantation
Kurt or Cassie Larsen
1845 Turpentine Still Road
Brunson, SC 29911
803.943.5358
www.littlecreekplantation.com
littlecreek@wildblue.net

Methods of Sale – Farmers' market and on-farm sales.
Best Time and Method of Contact – Email anytime. Farm visits by appointment.

continued ...

Products – Produce, seed starts, organic vegetable seeds, eggs, Bourbon Red turkeys, Navajo-Churro wool and yarn. We are a distributor for Seven Springs Farm, and stock a variety of organic gardening supplies. If we do not have what you need, there is a good chance we can order it!
Production Practices – All herbs and vegetables are certified organic, SC Certified locally grown and GMO free. All meat products are pastured, USDA inspected and antibiotic free.

Lowland Farms
Kenneth Melton
3702 River Road
Johns Island, SC 29455
skinnyziggy@yahoo.com

Methods of Sale – CSA, farmers' market, direct sales
Production Practices – Organic and sustainable farming methods
Products – Diverse heirloom vegetables, herbs, flowers and eggs

Community Supported Agriculture Share:
12-week small share for 1–2 people at $250
12-week large share for 4–6 people at $400
Pick-up sites include off farm, downtown, James Island and North Charleston

Lucky Cluck Co-op
Michael Milligan
3469 Muligan Drive
Mt. Pleasant, SC 29466
843.308.3661
luckycluck@gmail.com

Methods of Sale – Farmers' market and mail order
Products – Chicken
Production Practices – All of our chickens are locally raised, natural, hormone and antibiotic free, and pasture raised.

Marshview Community Organic Farm –
Young farmers of the Lowcountry *
Sara Reynolds
12 Georgees's Trail
St. Helena, SC 29920
843.838.3709 / 843.812.0202
marshviewfarm@gmail.com
svreynolds@earthlink.net
sara.reynolds@beaufort.k12.sc.us

Marshview Community Organic Farm – Young Farmers of the Lowcountry is a five-acre organic farm that provides high quality food using traditional, ecological and organic farming methods. The goal of the farm, which is run by youth from the community and other adult mentors, serves as a source of nutritious food for the community and a 30-member CSA. It instills entrepreneurial skills among the young farmers, promoting problem solving skills, constructive communication, and team-building skills to equip them with education, expertise, and experience to be good stewards of the land.

Methods of Sale – CSA, farmers' market, U-pick, delivery, on-farm sales and wholesale
Best Time and Method of Contact – Call or email as needed. We will beon-farm from January – May as needed to prepare for spring, and June – September daily from 8 am – noon, and 5 pm – 7 pm.
Products – Produce, herbs, melons
Production Practices – All products are certified organic, fresh, locally raised

Community Supported Agriculture Shares:
May – November
Full share – $280

McCutchen Grass Fed Beef
Travis McCutchen
30 Ward Road
Kingstree, SC 29556
843.697.2905
www.mccutchenbeef.com
travis@mccutchenbeef.com

continued ...

The beef is processed at a local USDA inspected facility in Kingstree, S.C. Grass fed beef can be purchased in many different ways from McCutchen. Buyers can buy as little as 20 pounds or take the beef in whole, 1/2 or 1/4 sides.

Method of Sale – Farmers' market, delivery and wholesale
Best Time and Method of Contact – 8 am – 5 pm, seven days a week
Products – Grass fed beef
Production Practices – All beef products are locally raised, grass fed, certified humane, and hormone and antibiotic free.

Mepkin Abbey Mushrooms
Fr. Guerric
1098 Mepkin Abbey Road
Moncks Corner, SC 29461
843.761.8509 / 843.224.2097
www.mepkinabbey.org
guerric@mepkinabbey.org

Methods of Sale – On-farm sales, wholesale, select Piggly Wiggly stores
Best Time and Method of Contact – Phone calls 9 am – 4:30 pm, Monday – Friday, email any time.
Products – Oyster mushrooms
Production Practices – All products are fresh and locally grown

MiBek Farms
Michael or Becky Worrell
465 Washington Street
Barnwell, SC 29812
803.259.2361 / 803.300.1360
www.mibekfarms.com
mibekfarms@bellsouth.net

Methods of Sale – Farmers' market, on-farm sales, retail storefront and wholesale
Best Time and Method of Contact – Retails sales are available six days a week, 9 am – 6 pm, at the Country Cupboard in Barnwell. Call or email to arrange on-farm sales. Bluffton farmers' market on Thursdays, Habersham farmers' market on alternate Fridays, and Aiken farmers' market on Saturdays.

Products – Beef
Production Practices – All beef products are locally raised, pasture grazed, hormone and antibiotic free, Halal and state inspected. Meat comes fresh or frozen and vacuum packed.

Millgrove Farm *
Carol Williams
296 Benton Williams Road
Georgetown, SC 29440
843.546.5075
millgrovefarms@gmail.com
www.millgrovefarms.com/

Products – Wide range of produce and eggs

Community Supported Agriculture Shares:
Summer only – begins June 27, 10 weeks, eggs optional.
Foodie CSA: Family of 4 – $600, Family of 2 – $400, Family of 1 – $200
Standard CSA: Family of 4 – $450, Family of 2 – $350, Family of 1 – $175

Happy Cow Milk, butter and cheeses along with McCarley's Bakery baked goods, other products will be available additionally each week.

Myers Blueberries
Peggy Myers
206 Twin Lakes Drive
Summerville, SC 29483
843.873.8695

Method of Sale – U-pick (will reopen in June 2013)
Best Time and Method of Contact – Phone anytime for info
Products – Blueberries

Newton Blueberry Farm
Sarah Newton
7834 Highway 162
Hollywood, SC 29449
843.889.2358

Method of Sale – U-pick
Best Time and Method of Contact – Phone anytime
Products – Blueberries

Our Local Foods, LLC *
Maria Baldwin
Thorn Hill Farm
10882 Highway 17 North
McClellanville, SC 29458
843.887.3500
www.ourlocalfoods.com
info@ourlocalfoods.com

Methods of Sale – CSA, farmers' markets, on-farm sales and wholesale
Best Time and Method of Contact – Anytime via email or phone. Weekdays the farm is open to visitors. Special events upon request.
Products – Herbs, mixed produce, grapes, gourds, greens and melons
Production Practices – All products are fresh, locally grown and certified organic.

Community Supported Agriculture Shares:
Order online weekly
Spring: early April – mid July
Fall: late August/early September – early November/mid November
Store Hours: Tuesday – Friday, Noon – 5 pm, Saturday, 10 am – 4 pm
CLOSED Sunday and Monday

Ovis Hill Farm
Charlie Ovis
1501 Weaver Street
Timmonsville, SC 29161
843.346.3646
charlie@ovishillfarm.com
www.ovishillfarm.com

Alice and Charlie Caldwell are currently shepherding about 400 sheep, grazing 35 dairy and beef cows as well as pasture raised chickens and gathering eggs from a small flock of laying hens. The Caldwells sell pasture raised, grass fed lamb, beef, poultry, eggs, and dairy products as well as wool and yarn from their sheep. All meat is USDA inspected, hormone and antibiotic free.

Products – Produce, dairy, eggs and meat

Owl's Nest Plantation
David Howe
155 Hooter's Lane
Cross, SC 29436
843.753.1857
roan_stallion@yahoo.com
www.localharvest.org/farms/m7471
hooters@homesc.com

Methods of Sale – Charleston Farmers' Market, Mt. Pleasant Farmers' Market, Daniel Island Farmers' Market and wholesale
Best Time and Method of Contact – Email anytime. Call the farm anytime.
Products – Heirloom vegetables, fruits and specialty cut flowers
Productions Practices – Organic/certified naturally grown
Products available April – December

Pinckney's Produce *
Urbie and Ashby West
17 Christine Drive
Beaufort, SC 29907
843.321.8344
www.pinckneysproduce.com
www.restparkfarm.com

Methods of Sale – CSA, farmers' market, roadside stand, delivery and wholesale
Products – Mix of produce, melons, berries, etc
Production Practices – All products are locally grown and Certified SC Grown/Naturally Grown with safety and freshness as priorities for our members.

continued ...

Community Supported Agriculture Shares:
Spring: April 19 – July 15
Small Share – $234
Medium Share – $299
Large Share – $429
Extra Large Share – $559

Raul's Seafood
Kimberly or Bobby Carroll
100 Church Street
Mt. Pleasant, SC 29464
843.388.8046 / 843.327.6240
sccrab@comcast.net

Methods of Sale – Retail, wholesale, direct to customer, restaurant, grocery store and retail distributor
Products – Local east coast white and brown graded shrimp, live blue crabs (dozens and bushels), stone crab claws, clams, soft shell crabs, fresh fish fillets, (mahi, grouper, tuna, etc.)
Production Practices – Seafood is wild caught, fresh or frozen, whole or processed. Raul's is WASI Certified Wild American Shrimp and has HACCP FDA Certification since 1992. DHEC Certified.

Rebellion Farm
Owner: Jeff Allen
Farmer: Jen Wassum
Ravenel, SC
http://www.rebellionfarm.com/
rebellionfarm@gmail.com
jallen1872@hotmail.com

Method of Sale – Local restaurants
Best Time and Method of Contact – Email
Products – Variety of specialty and market vegetables and micro-greens.

Rest Park Farm *
Urbie West
843.592.3535
info@restparkfarm.com

Find Rest Park Farm produce at the Port Royal Farmers' Market on Saturdays and the newly opened Rest Park Farm Produce Stand, located in the Beaufort Plaza Shopping Center on the corner of Robert Smalls Parkway and Boundary Street in Beaufort.

Community Supported Agriculture Shares:
Season – Spring and Fall
Cost – $360 for full share and $180 for half share
Pick-up – At produce stand in Beaufort Plaza

River Run Farms
Ray or Les Oliver
187 River Run Drive
Vance, SC 29163
803.492.9878 / 803.928.0035
riverrunfarms@live.com

Methods of Sale – Farmers' markets and on-farm sales
Best Time and Method of Contact – Charleston Farmers' Market, Saturdays 8 am – 2 pm. Mt. Pleasant Farmers' Market, Tuesdays 3 pm – dark. Email or call to arrange a farm visit.
Products – 100% grass fed beef, beef jerky, snack sticks and all beef garlic brats, kiwifruit, jams, loofa sponges, home-churned ice cream and compost
Production Practices – 100% grass fed, locally raised, antibiotic and hormone free, certified humane and USDA inspected. Products come frozen and vacuum packed unless prior arrangements are made.

Rosebank Farm *
Sidi Limehouse and Louise Harrison
3951 Betsy Kerrison Parkway
Johns Island, SC 29455
843.768.0508 / 843.870.6622 / 843.768.9139
www.rosebankfarms.com
email@rosebankfarm.com

Methods of Sale – CSA, U-pick, roadside stand, delivery, on-farm sales, wholesale

continued ...

Best Time and Method of Contact – 9 am – 6 or 7 pm (depending on the time of the year), 7 days a week
Products – Greens, mixed produce, berries, melons, grapes, gourds, millet, muscadines, sugar cane, Jerusalem artichokes, flounder, grouper, shrimp, snapper, tuna, molasses, house made pies, dips and soups
Production Practices – All produce is fresh and locally grown. Seafood products are locally caught, and grains are locally grown and GMO-free

Community Supported Agriculture Shares:
Spring: April 13 – July 1
Summer: July 6 – September 21
Fall: September 28 – December 14
Small Share – $200 (perfect for 1–2 people)
Medium Share – $300 (family of 4)
Large Share – $400 (best for a large family)
Egg Share – $36 (spring and summer)/$21 (fall)
Flower Share – $64 (spring)/$96 (summer)/$48 (fall)

Sacred Sky Farms and Greenhouses
Johnny or Karel Ivey
516 McLaughlin Road
Effingham, SC 29541
843.667.3639 / 843.229.4062
ive516@yahoo.com

Methods of Sale – Farmers' market, delivery, on-farm sales and wholesale
Best Time and Method of Contact – Call or email. Monday through Friday 12 pm – 6 pm and Saturday 8:30 am – 2 pm. Wholesale and deliveries early morning and by appointment. Farm visits by appointment.
Products – Mixed produce, berries, melons, herbs, wheat
Production Practices – All produce, fruit, and herbs are good agricultural practices (GAP) certified, locally grown, natural, and preservative and pesticide free.

Sea Island Savory Herbs
5920 Chisolm Road
Johns Island, SC 29455
843.559.1446 / 843.860.5548
www.seaislandsavoryherbs.com
info@seaislandsavoryherbs.com

Methods of Sale – Farmers' market, on-farm sales, retail storefront, and wholesale
Best Time and Method of Contact – Monday through Saturday, 9 am – 5 pm and by appointment
Products – Herbs and a wide selection of fruit and vegetable plants
Production Practices – All products are fresh cut or potted plants, natural and locally raised.

Silver Acres Farm *
May Jones
4144 Silver Road
Manning, SC 29102
843.991.0580
mayh.jones@att.net

Best Time and Method of Contact – Email anytime, or call 8 am – 8 pm
Products – Vegetables, specialty vegetables, herbs
Production Practices – Uncertified organic

Community Supported Agriculture Share:
Spring is 8 weeks, and Fall and Winter 10-12 weeks each
Full share (3–5 people) is $250
Half share (1–2) people is $175
Pick-up/Drop Locations include Sullivans Island, downtown (specific address to be determined)

Simmons Farm
Frank Simmons
2735 Mullet Hall Road
Johns Island, SC 29455
843.478.1592

Methods of Sale – Farmers' market, roadside stand, delivery, and wholesale
Best Time and Method of Contact – By phone anytime
Products – Mixed produce, melons, berries
Production Practices – Fresh, locally grown fruit and vegetables

Sol Haven Farms
Bo Collins
Dirt Works Incubator Farm
3907 Betsy Kerrison Drive
Johns Island, SC 29455
843.437.6653
info.solhavenfarm@gmail.com
www.Solhavenfarm.com

Utilizing one acre of land on John's Island, this farm seeks to provide a wide variety of fresh produce, herbs and cut flowers to Charleston area residents, tourists, restaurants and businesses in response to the growing demand for locally grown food.

Methods of Sale – Direct order by email, phone, or website; farmers markets
Best Time and Method of Contact – Phone, late afternoon
Products – Wide variety of fresh produce, herbs, and cut flowers
Production Practices – Sustainable methods based in creating healthy soil ecosystems

Spade and Clover Gardens *
Andrew Werth and John Warren
Dirt Works Incubator Farm
3907 Betsy Kerrison Drive
Johns Island, SC 29455
803.479.5731
thespadeandclover@gmail.com

Methods of Sale – CSA, farmers' market
Best Time and Method of Contact – Phone or email
Products – Native and heirloom vegetables
Production Practices – Fresh, naturally grown, earth-friendly practices

Community Supported Agriculture Share:
February 13 – May 1
Half Share (12 weeks) – $180
Full Share (12 weeks) – $240

Sweet Bay Acres Farm
Ted and Susan Chewning
Summerville, SC
chewningsusan@yahoo.com

Products – Turkeys, chickens, pigs and vegetables

Sweetbay Produce and Nursery
George Nelson
1541 Charity Church Road
Huger, SC 29450
843.336.3907
sweetbayproduce@gmail.com
www.sweetbayproduce.com

Methods of Sale – Wholesale, retail to select Piggly Wiggly stores, Our Local Foods, Vegetable Bin, Freshfield Kiawah Island.
Best Time and Method of Contact – 8 am – 5 pm by phone, or email.
Products – Year-round production of lettuces, basils, edible flowers, microgreens, specialties
Production Practices – Hydroponic greenhouses, organic methods controlled IPM

Sweetgrass Garden
Dale Snyder
3105 Plow Ground Road
Johns Island, SC 29455
843.270.0889

Sweetgrass cultivates a variety of fruits and vegetables, using sustainable methods and good agricultural practices, as we educate the public about farming, composting, and distributing food to people in need and the organizations that serve them.

Method of Sale – Only to area food aid groups
Best Time and Method of Contact – Website, call or email
Products – Mixed produce
Production Practices – Responsible farming methods, including grant-funded fish compost research

Thackeray Farm
Shawn Thackeray and Ellis Grossman
1364 Harts Bluff Road
Wadmalaw Island, SC 29487
843.559.9058
info@thackerayfarms.com
http://thackerayfarms.com/

Products – Vegetables, flowers, pork

Three Sisters Farm
Mary Connor and Priscilla Coleman
threesistersfarm@hargray.com
3sistersorganicfarm.com
843.757.2363
For Bluffton and Hilton Head Orders: Mary Connor 843.368.5828
For Beaufort Orders: Priscilla Coleman 843.597.0856

Three Sisters Farm is a USDA Certified Organic farm located in beautiful Bluffton, S.C. Nestled on a peninsula within a peninsula of the Okatie and Colleton Rivers it is the ideal location for growing premium flowers and vegetables year round.

Method of Sale – Produce and flowers are available in the summer months at the Bluffton and Port Royal farmers' markets.
Production Practices – Certified Organic

Tiverton Farms
Lou, Maria and Frank Denaro
1437 N. Highway 52
Moncks Corner, SC 29461
843.899.3004
www.tivertonfarms.com

Methods of Sale – Farmers' market, website, wholesale
Best Time and Method of Contact – Phone
Products – Mixed produce, herbs, flower bulbs, ornamental shrubs, honey

Turkey Range Farm
Sam Ormont
7170 Bull Run Lane
Adams Run, SC 29426
843.697.3000
saormont@yahoo.com

Method of Sale – On-farm sales
Best Time and Method of Contact – Email anytime or call for appointment
Products – Chicken, eggs, turkey. Turkeys for Thanksgiving and Christmas must be reserved in advance.
Production Practices – All animals are free range, locally raised, hormone and antibiotic free, and USDA inspected. Products can be purchased fresh, frozen or live.

Wabi Sabi Farm
Johnna and Jimmy Livingston
685 Anderson Lane
Cordesville, SC 29434
843.312.0856
http://www.facebook.com/pages/Wabi-Sabi-Farm

Methods of Sale – Farmers' markets, U-pick strawberries
Best Time and Method of Contact – Facebook, phone anytime
Products – Mixed vegetables, strawberries, clams
Production Practices – No-spray

Walters Farms *
Steven Walters
Mt. Pleasant, SC
waltersfarms@hotmail.com
843.599.7088
CSA information available upon request

Williams Muscadine Vineyard and Farm
David Williams
21 Gabriel Place
Nesmith, SC 29580
843.354.2169 / 803.397.1859
williamsvineyard.com

Method of Sale – On-site
Best Time and Method of Contact – Call for appointment
Products – Muscadine cider, grapes, mixed vegetables

Also provides educational experiences of early African-American farm life in the rural south.

Wren's Nest Farm
Stephen Marchetti
199 Seaside Road
St. Helena Island, SC 29920
843.524.1226
wrensnestfarm@hotmail.com

Wren's Nest Farm on St. Helena Island practices sustainable agriculture to provide not only healthful products, but to enhance our coastal environment. We have lots of water and sandy loam soil that accounts for the natural sweetness of our veggies. This is particularly true of our St. Helena Island Sweet Onions, "St. Helena Sweeties" are a local favorite on the Island!!

Method of Sale – Products available through www.silo-beaufort.com
Production Methods – Sustainable agriculture

Purveyor and Distributor Listings

Cordray Farms
Michael Cordray
6708 County Line Road
Ravenel, SC 29470
843.766.7922
www.cordrays.com
michael@cordrays.com

Cordray's Venison Processing is a family run business concentrating on custom processing of wild game, farm raised animals, and retail sales of Cordray Farms all natural beef. They also offer custom cutting, vacuum packaging, and smoking for wild game, and processed animals.

Methods of Sale – CSA with beef shares (1/8 of a cow), beef sides and whole cattle and retail cuts
Best Time and Method of Contact – Phone call anytime or email

Farm store open January 2 – August 14 by appointment. August 15 – January 1, 9 am – 9 pm, Monday – Saturday

GrowFood Carolina
General Manager: Sara Clow
Warehouse Manager: Benton Montgomery
Marketing and Sales: Jessica Diaz
990 Morrison Drive
Charleston, SC 29403
843-727-0091
http://growfoodcarolina.com/
info@growfoodcarolina.com

Warehousing, distribution, marketing and sales of locally sourced products in Charleston, S.C.

Limehouse Produce Company
Weston Fennell: Local Food Buyer
Ken Strange: Customer Relations/Fleet Manager
4791 Trade Street
N. Charleston, SC 29418
843.556.3400 / 843.556.3950
www.limehouseproduce.net
info@limehouseproduce.net or weston@limehouseproduce.com

Limehouse Produce is a family-owned and operated fruit and vegetable wholesaler located in Charleston, S.C. They supply fresh quality produce to restaurants, grocery stores, and retail outlets in Charleston, Dorchester and Berkley counties.

Best Time and Method of Contact – Phone calls anytime

MeatHouse
Jason and Katie Houser
843.469.6000
meathouse1@gmail.com

Artisan pork products, grass-fed, all-beef hotdogs, duck eggs, and special order beef, lamb and chicken.

Marion Square every Saturday, 8 am – 2 pm

Native Meats
380 Pennsylvania Avenue
Greer, SC 29650
864.801.2320
www.nativemeats.com
info@nativemeats.com or jeremy@nativemeats.com

Native Meats connects small-scale farmers who follow our sustainable, pasture-raised protocol in order to supply a consistent, quality product. Our goal is for everything to be bred, born, raised and processed in South Carolina and delivered to only South Carolina customers.

Methods of Sale – Wholesale, retail and farmers' market
Best Time and Method of Contact – Email anytime. Call from 8 am – 4 pm.

Our Local Foods:
Kitchen Table Cuisine Market
1190 Clement's Ferry Road (at Two Rivers Center)
Charleston, SC 29492
843.849.0080
Store Hours: 7 am – 6 pm, Monday – Saturday

Our Local Foods @ Thornhill Farm
10882 Highway 17 North
McClellanville, SC 29458
843.887.3500

Williamsburg Packing Co., Inc.
President and CFO: Sep Harvin, III
Manager: Rocky Cart
920 Eastland Avenue
Kingstree, SC 29556
843.355.6447 / fax 843.355.3150
wmsbrgpack@ftc-i.net or sep3@harvinmeats.com

A federally inspected small custom slaughter and processing facility, they process and harvest swine, sheep, goat, cattle, chicken, and turkey and will also further process into fresh cuts, sausage, etc. They also dry cure pork belly and hams for bacon and country cured hams. They are Certified Humane and Animal Welfare Approved by third-party inspectors.

Hours of Operation – Monday – Friday, 7:30 am – 5 pm, and Saturday (retail only) 8 am – 1 pm
Best Time and Method of Contact – Phone calls or email

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LOWCOUNTRY

LOCAL FIRST®

"The fight to save family farms isn't just about farmers. It's about making sure that there is a safe and healthy supply for all of us. It's about jobs, from Main street to Wall street. It's about a better America."

-Willie Nelson

www.lowcountrylocalfirst.org

SUSTAINABLE FOOD PURCHASING GUIDE

FIRST EDITION

ACKNOWLEDGMENTS

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INTRODUCTION

In the US today, there is a growing movement to purchase local, seasonal, and sustainable food. College students are a vocal part of this movement, and college and university purchasers, dining directors, and chefs across the nation are responding. They know that the way we eat and the way we produce food can slow the rate of global warming, build strong communities, and improve our health.

This guide was created to help institutions and individuals who want to do the right thing. It strives to eliminate the confusion that can come with new purchasing practices and sets a framework so you can purchase food that is good for you, your customers, the community, and the land.

Unlike other guides, this one focuses on agricultural practices, because these practices are inseparable from nutrition and sustainability. This guide establishes best – and worst – practices in the field. It provides a list of questions you need to ask to get the very best product for your institution. It also offers helpful hints, so that you can learn from work that has been done.

We believe that the most satisfying and sound purchasing decisions come out of having a relationship with your farmers and distributor: visit farms and get to know your growers. We hope that as you use this guide, you will let us know how it works for you. We think of it as a first, very necessary, version, and we aim to improve it with your input.

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HOW TO USE THIS GUIDE

The first section of this guide provides a general overview on what sustainability means and how it applies to food and agriculture. It is important to have this background information when reading the rest of the guide.

The “Purchasing Categories” section is broken down into categories that will make sense to institutional purchasers. The charts in these sections outline the questions you need to ask growers or distributors. We have ranked practices as “best,” “good,” or “avoid” to help you determine your very best options. Look for farms that have most of their answers in the “best” category.

You’ll also find sections on “Easy First Steps” and “Some Strategies for Implementing Institutional Change“with suggestions for planning institutional change and working with distributors, farmers, and food processors. The Glossary is an invaluable list of terms, and the Resources section will aid you as you start to explore sustainable purchasing.

We hope this guide will be a resource for you, and we want to make it as useful as possible. We’re eager to hear your feedback as we revise it for the next edition; please send your comments and your questions to us at food.purchasing@yale.edu.

WHAT IS SUSTAINABILITY?

A sustainable practice can continue indefinitely without degrading the systems on which it depends.

WHAT MAKES FOOD "SUSTAINABLE"?

Sustainable food is

- **produced by farmers and ranchers who care for the health of their animals and the land**
- **sourced locally and seasonally directly from family farms or farm cooperatives**
- **cooked from scratch to minimize processed ingredients**
- **good for the environment, the people who grow it, and the people who eat it**

WHY PURCHASE SUSTAINABLE FOOD?

It is fresher and more nutritious, and it tastes better.

- Nutrients degrade quickly after harvest, so you want food that is fresh from the field, not food that has traveled for days. After a week in the fridge, spinach retains just half of its folate and around 60% of its lutein (an antioxidant associated with healthy eyes).[1] Broccoli loses about 62% of its flavonoids (antioxidant compounds that help ward off cancer and heart disease) within ten days.[2]
- Organic produce is grown in healthier, more nutrient-rich soil than conventional produce, so its nutrient content is higher. Recent studies have shown that organic peaches and pears have higher levels of vitamins C and E, and organic berries and corn have more of the antioxidants that promote cell health and reduce the risk of cancer.[3]

Sustainable purchasing is better for the environment and the land.

The food we eat and the way we produce it can slow, or hasten, the rate of climate change. Determining the precise level of emissions from food and agriculture is tough, but by one count as much as 31% of greenhouse gas emissions can be attributed to food and agriculture, including emissions from land-use changes such as deforestation to make way for pasture-raising livestock or growing feed for livestock or biofuels. Note that this estimate does not include emissions from food transportation, waste, or manufacturing.

Purchasing locally preserves regional farmland and food security.

Connecticut loses between 6,000 and 9,000 acres of farmland a year to development. As of 1997, Massachusetts was losing around 6,000 acres of farmland a year, and New York around 18,000 acres of farmland a year. Nationally, America loses two acres of farmland every minute, and it lost 12% of its cropland between 1982 and 2003. Keeping local land in farms preserves a region's diversity, in terms of both ecology and culture.

Purchasing locally supports the local economy.

Purchasing from local farms and using local processors drives a robust local economy.

[1] S. Pandrangi and L. F. LaBorde, "Retention of Folate, Carotenoids, and Other Quality Characteristics in Commercially Packaged Fresh Spinach," *Journal of Food Science* 69, no. 9 (2004).

[2] Fernando Vallejo, Francisco Tomas-Barberan, and Cristina Garcia-Viguera, "Health-Promoting Compounds in Broccoli as Influenced by Refrigerated Transport and Retail Sale Period," *Journal of Agricultural and Food Chemistry* 51, no. 10 (May 2003). Released April 10, 2003, at http://pubs3.acs.org/acs/journals/doilookup?in_doi=10.1021/jf021065j.

[3] "Organically Grown Foods Higher in Cancer-Fighting Chemicals than Conventionally Grown Foods," *Science Daily,* March 4, 2003. Available at http://www.sciencedaily.com/releases/2003/03/030304073059.htm; The Rudd Center for Food Policy and Obesity, "Who We Are," online at http://www.yaleruddcenter.org/who/projectfaq.html#three.

OUR CRITERIA

WHAT ARE SUSTAINABLE AGRICULTURAL PRACTICES?

Sustainable agriculture refers to the ability of a farm to produce food indefinitely, without causing irreversible damage to the health of the ecosystem. Sustainable agriculture practices nourish the long-term health of the soil through crop rotation, green manures, and composting.

Sustainable animal husbandry builds an environment that reflects the needs of the animal (what farmer Joel Salatin calls "the chickenness of the chicken") and provides an animal with the diet it evolved to eat; it does not impose an industrial system of production on a set of living beings.

WHAT DOES "LOCAL" MEAN?

The definition of "local" will vary depending on your location and what is available to you. Institutions often choose to define "local" as coming from within 200 miles, or a day's drive. Don't get hung up on state borders or mileage limits. Think about minimizing distance from the source of the food to you, to cut down on fuel emissions from transportation.

WHAT DOES "SEASONAL" MEAN?

Eating in season means eating fruits and vegetables available locally when they're ripe and fresh, full of flavor and nutrients. Eating in season allows us to indulge in the best-tasting food while limiting the ecological impact of transporting food across the country.

This doesn't mean that if you live in the Northeast or somewhere with a similar climate you are left with just root vegetables and squash all winter. You can encourage local farmers to use a variety of techniques to extend the growing season (see p. 9). You can also freeze, bottle, or can local vegetables in peak season, when they taste best and are cheapest to buy (see p. 27).

WHAT IS A "FAMILY FARM"?

Like the term "local," the definition of "family farm" or "small farm" is fluid. A small wheat farm measuring 100 acres would be a very large vegetable farm in the Northeast. Don't measure in acres; measure in the relationship between the person primarily responsible for the farm's operations and his or her relationship to the land.

Look for farmers that own their own animals or land, participate in the daily labor and management of their farms, and get a good portion of their livelihood from their farms. Note that there are good farmers who don't own their own land, but who may lease it long term from organizations like The Nature Conservancy. If you find a farmer who doesn't own his or her own land but fits other criteria, ask more questions about land ownership.

HOW DO WE THINK ABOUT FARM LABOR?

We believe all workers should be paid a fair wage and have dignified working conditions: reasonable hours, fair treatment, good training, safe conditions, and proper washing facilities as minimums. The agricultural sector often depends on seasonal work and on migrant work, and abuses of workers have been widely documented. Though there is not a single certifying agent who evaluates labor practices on farms, you might inspect farm facilities and ask about their labor practices and wages.

SOME OTHER BASICS TO KEEP IN MIND

Know your terms
Terms like "organic," "grass fed," "naturally raised," and "cage free" don't always mean what they seem to mean. Some of these labels (like "organic") are third-party certified—meaning that a grower has to follow a certain set of practices in order to use this label. While certification holds growers accountable, it often falls short of a gold standard of sustainability. Other terms, like "naturally raised," aren't certified at all, and the label means very little. To avoid getting tripped up on these concerns, you need to know what questions to ask to get at the reality of a producer's practices rather than taking all labels at face value.

Go to the Glossary to find out exactly what these terms mean, and which are certified. The "Best Practices" section of this guide will give you more tools to make informed decisions.

Get ready for complexity
When you make purchasing decisions on the basis of sustainability, you will often be faced with a range of possible choices. Sometimes there is a clear best choice, but most of the time you will be weighing a number of competing factors. This guide will arm you with the tools for gold-standard sustainability.

Think about "big organic"
The national press carries big debates about "big organic," a term used to describe farms that follow the USDA's standards for organic certification but produce on an industrial scale. Is it good enough? Does it count as sustainable? At the Yale Sustainable Food Project our priority is to grow organic or sustainable markets that are both close to home and scaled in a way that means that farms' agricultural practices are in harmony with natural systems. This second goal is more difficult to achieve in large industrial agriculture systems.

We start by looking for local organic or sustainable producers; only once we find that a local organic or sustainable producer is not available do we turn to the organic commodity market. Right now, just 3% of the nation's market is organic. By supporting local organic producers whenever possible, we contribute to growing the organic sector overall.

Buy "farm-friendly" food from local people you trust, and almost all the problems of the industrial food system—its unconscionable cost in energy, public health, environmental degradation, and the deterioration of work and community—will pretty much take care of themselves.
— Michael Pollan

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Fruits and Vegetables

Eat food. Not too much. Mostly plants. — Michael Pollan

A healthy plant doesn't make for a healthy bug. — Wayne Young, High Hill Orchard, Connecticut

FACTS

Professor Alyson Mitchell and colleagues at the University of California at Davis collected ten years of data from tomatoes grown in carefully controlled organic and conventional systems. Antioxidant contents varied from year to year but were consistently higher in the organic tomatoes.[4]

According to the EPA, chemical pesticide use in agriculture in the United States has increased from about 900 million pounds in 1992 to about 940 million pounds in 2000: this is more than three pounds of pesticides for every person in the United States.

HELPFUL HINTS

Apples and stone fruits: Apples and stone fruits (plums, peaches, and apricots) are hard to grow organically in the Northeast because of temperature (if it drops below negative 10 degrees Fahrenheit, their buds will freeze) and dampness (which causes an increased likelihood of disease, especially rot). Good apple and fruit farmers in the Northeast use integrated pest management techniques. While conventional growers spray chemical pesticides on a calendar schedule and without consideration for the number of pests actually in the field, an integrated pest management (IPM) farmer who follows the best practices will use a minimum of pesticides and spray only when his crop faces a pest problem rather than regularly. Make sure to ask questions of your IPM farmer to ensure he or she is using the best practices.

We recommend that if you are in the Northeast you choose local, ecologically grown apples from the region over organic apples from across the country. Since apples are heavy, it requires a great deal of fuel to truck them from Washington or Oregon. There is also a long tradition of apple farming in the Northeast, and purchasing from northeastern farms allows you to choose among the best-tasting eating varieties like MacIntosh, Macoun, and Empire.

[4] Alyson E. Mitchell, Yun-Jeong Hong, Eunmi Koh, Diane M. Barrett, D. E. Bryant, R. Ford Denison, and Stephen Kaffka, "Ten-Year Comparison of the Influence of Organic and Conventional Crop Management Practices on the Content of Flavonoids in Tomatoes," *Journal of Agriculture and Food Chemistry* 55, no. 15 (2007).

Tropical Fruits: The following fruits have become staples of the American diet (regardless of season) in the past fifty years. Though you won't find a local banana or a local orange in most parts of the country, you can still find smart ways to serve them.

CITRUS: Serve oranges and other citrus fruits when they are in season (January, February, and March), even if they are not in season in the northern parts of the United States.

BANANAS: Fair-trade, organic options are readily available. Making an institution-wide change to fair-trade organic bananas is an easy, labor-neutral way to make your purchasing more sustainable. In all-you-can-eat locations, put bananas out for students at breakfast. Students who want them later in the day can ask a staff person to provide one.

MELONS: Eliminate honeydew and cantaloupe from your menus when they are out of season. Serve them during summer months and in the early fall, when they are in season and taste good. During other months, replace melons with hot cereal or other smart options for your area, like berries that were frozen in season.

Extend the season: You can have locally grown greens in January in the Northeast. Farmers can practice season extension through unheated greenhouses, hoophouses, or cold frames. These structures vary in size: some are the size of a building; others, often called "low tunnels," are just two or three feet high. Either way, the basic idea is the same: a frame of metal or wood is covered with a thick layer of transparent greenhouse plastic. The plastic keeps wind and snow out, helps stabilize temperature, and traps sunlight and warmth. The most environmentally sound options are unheated or minimally heated and use little or no fuel.

The unheated structures are perfect for growing early crops of peas or greens, and late crops of spinach, kale, mache, and claytonia. Work with local farmers to explore these options. For more information, look to expert Eliot Coleman's "Winter Harvest Manual" (http://www.fourseasonfarm.com/main/harvest/harvest.html), talk directly to your own farmers, or visit the Yale Farm.

Avoid hothouse tomatoes: Heated greenhouses require fuel for heat and electricity for grow lights. This makes hothouse tomatoes expensive to grow, expensive to purchase, and expensive for the environment. Save using fresh tomatoes for summer months, when they are truly in season.

Minimize pesticide residue: If you find that you must buy conventionally grown crops, consult this list developed by the Environmental Working Group (www.ewg.org) and choose crops with minimum pesticide residue.

MOST PESTICIDE RESIDUE	LEAST PESTICIDE RESIDUE
peaches	onions
apples	avocado
sweet bell peppers	sweet corn (frozen)
celery	pineapples
nectarines	mango
strawberries	peas (frozen)
cherries	asparagus
lettuce	kiwi
grapes (imported)	bananas
pears	cabbage
spinach	broccoli
potatoes	eggplant

BEST

Healthy soil makes for healthy plants. Truly sustainable growers focus on the promotion of soil health through composting, mulching, cover cropping, crop rotation, and crop diversity. These practices build soil fertility by returning nutrients to the soil, building soil structure, and preventing erosion. By building soil health as a foundation, farmers eliminate the need for chemical pesticides, fertilizers, and herbicides.

While organically grown crops are best, ecologically grown or IPM crops are a second-best option. "Ecologically grown" is an uncertified label that signifies that a crop is grown without the use of chemical herbicides or fertilizers. Products with this label can be grown using IPM practices, which minimize but don't rule out the use of chemical pesticides. IPM growers use a variety of techniques: they apply natural substances like kelp, rock powders, and compost to keep crops disease resistant. They monitor trees and set traps to capture insects. Ideally, IPM growers use pesticides only as a last resort, when pest damage would keep them from bringing in a profitable crop.

A note on IPM: If you are working with IPM growers, make sure to listen closely to what they say about their practices. Some less scrupulous growers will adopt the term IPM but still spray regularly.

AVOID

Chemical farming and monocultures
Produce from conventional farms is grown using chemical pesticides, herbicides, and fertilizers. Chemical fertilizers feed the plant just three nutrients: nitrogen, phosphorus, and potassium (N-P-K) and skip a whole variety of trace minerals that are important for soil, plant, and human health. Chemical fertilizers are produced from petroleum, a limited natural resource, and are responsible for a large share of agriculture's greenhouse gas emissions. Nitrogen fertilizers are also responsible for nitrous oxide — the fourth largest contributor to climate change, leading to 6% of global warming.

Monoculture is a single crop grown over many, many acres. Growing a single crop over vast acreage, year in and year out, pulls the same nutrients from the soil every year. Even in a single growing season, this practice depletes the health of the soil and increases pest pressure.

Red flags:
If you hear any of the following comments, ask more questions of the grower.
"You can't grow organic produce in the Northeast."
"Organic crops can only be grown on the West Coast."
"We don't spray that much."

QUESTIONS TO ASK

	Best	Good	Avoid
Are your crops organically grown?	Certified organic Organic but not certified Transitional organic *	IPM (Integrated Pest Management)* Ecologically grown*	Non-organic
How do you fertilize your soil?	Composting Composted manure Cover crops/mulching Crop rotation Crop diversity		
How do you manage pests?	Encourage soil health Encourage holistic soil and plant health Diverse habitat for beneficial insects	Natural pest repellents (hot pepper wax, garlic juice, etc.) Exclusively organic pesticides IPM (integrated pest management) Trapping or monitoring insects for spot spraying or infrequent spraying	Chemical pesticides exclusively
Where is your farm located?	Locally	Regional National	International
What size is your farm? Who owns and operates it?	Family farm Small/mid-sized farm		Large corporate farm Monoculture/agribusiness
What are your labor practices/ policies?	Cooperative of small farms Livable wages Proper washing facilities Proper safety conditions and training (OSHA) Employee benefits/perks		Below minimum wage pay Unsafe work conditions Lack of washing facilities

*See Glossary for details, and ask more questions to determine actual farming practices.

Dairy

FACTS

Milk from pasture-raised organic cows has been shown to have significantly higher levels of vitamin E, omega 3 fatty acids, beta carotene, and other antioxidants than milk from cows raised in confinement.

Your best option is to go organic, but as a minimum first step, eliminate rBST.
Injecting cows with the genetically engineered growth hormone rBST (first engineered by Monsanto in the early 1990s and sold under the label Posilac) enables them to produce up to 10% more milk than they would naturally. At first glance this might seem like a good idea, but it causes severe health problems in dairy cows, such as mastitis, a bacterial infection of the udders. Cows fed rBST face a nearly 25% increase in the risk of clinical mastitis, a 40% reduction in fertility, and a 55% increase in the risk of lameness.[5]

rBST is prohibited in Canada, Japan, Australia, New Zealand, and in the twenty-seven countries of the European Union.

HELPFUL HINTS

Packaging
Work with dairy farmers, cooperatives, or distributors to package their sustainably produced milk in five-gallon pouches for institutional service usage. This eliminates unnecessary packaging and makes the milk usable for your facility. Building a purchasing cooperative with other local institutions could give you the purchasing power to change packaging.

Purchase transitional milk
Transitional dairies are dairies switching from conventional practices to organic practices. Federal regulation requires a three-year conversion period. Because this transitional milk cannot be sold with the organic label, it is less expensive. Purchasing transitional milk can save costs for your institution and support the switch to organic farming.

Cheese
Artisanal cheeses may be most suitable for tastings, special occasions, or catered events. Other cheeses, such as Cabot or Organic Valley cheeses, are more affordable and appropriate for large-scale institutional food service.

[5] I. R. Dohoo, L. DesCôteaux, K. Leslie, A. Fredeen, W. Shewfelt, A. Preston, and P. Dowling, "A Meta-Analysis Review of the Effects of Recombinant Bovine Somatotropin," *Canadian Journal of Veterinary Research* 67, no. 4 (2003).

BEST

Cows are grazing animals, and their stomachs are made to digest grass. Their diets can be supplemented with grain but should not be primarily composed of it. They should never be given rBST or other growth hormones. Animals should be outdoors year round, and their pasture should be free from chemical sprays. Any additional feed they receive should be organic. In the ideal system, cow manure is used as a resource to fertilize pasture.

AVOID

Animals raised in CAFOs (Confined Animal Feeding Operations) are crowded in and fed a grain (usually corn-based) diet, and they are routinely given growth hormones. Their diets might also include animal by-products (the remains of other animals). In this system, manure is a waste product, and it collects in lagoons or is dumped.

QUESTIONS TO ASK

	Best	Good	Avoid
What do your cows eat?	AGA grass-fed certified Pasture-raised (grasses) Pasture-raised (hay and grain silage in winter)	USDA-certified grass-fed*	Conventional grain-fed (contains antibiotics and animal by-products)
What percentage of their diet comes from grazing on pasture?	All Most (they are mostly pasture-raised, except in bad weather)	Some	None (feedlot livestock raised in confinement on grain)
Are cattle given growth hormones or antibiotics?	No growth hormones No antibiotics	Antibiotics only if animals are sick	Routine growth hormone usage
How often are cows/goats milked?	Once or twice a day, seasonally		
Where is your farm located?	Locally	Regional National	International
What size is your farm? Who owns and operates it?	Family farm Small/mid-sized farm Cooperative of small farms		Large corporate farm Monoculture/agribusiness
What are your labor practices/ policies?	Livable wages Proper washing facilities Proper safety conditions and training (OSHA) Employee benefits/perks		Below minimum wage pay Unsafe work conditions Lack of washing facilities

*See Glossary for details, and ask more questions to determine actual farming practices.

Eggs O

The Certified Humane label assures our customers that we care not only about the quality of our eggs but about the well-being of our hens. — Kiasa Stiebrs, Stiebers Farm, Washington

A farm should make room for the chickenness of the chicken. — Joel Salatin, Polyface Farms, VA

FACTS

According to the USDA's Nutrient Database, factory-farm eggs contain 20% less iron and 59% less vitamin A than they did in 1975.

Eggs from pasture-raised chickens are healthier than their factory-farmed counterparts. A study from Pennsylvania State University found that eggs from pasture-raised birds have 10% less fat, 34% less cholesterol, 40% more vitamin A, and four times more omega-3s than factory-farmed birds.[6]

The terms "cage free" or "free range" as defined by the USDA means **the birds have "access" to the outdoors.** Farmers have to take only minimal steps to provide this kind of access; they may, for example, cut one small doorway in a barn filled with thousands of chickens. Many of the birds will never actually be able to go outside. Even if they do go outside, farmers may provide only a yard covered in concrete or gravel, or an area full of animal feces, rather than a space with the grass and bugs chickens need to graze on.

If producers or distributors call their birds "cage free" or "free range," **ask more questions** to determine if their farming practices are actually sustainable and humane.

[6] "Transitioning to Organic Production," Sustainable Agriculture Research and Education Bulletin, available online at http://www.sare.org/publications/organic.htm.

BEST

Eggs from birds raised on pasture, roaming and grazing, with room to peck and eat bugs. The birds' feed should be organic, all-vegetarian feed; this ensures that they are not eating animal by-products. Their food should also be free of antibiotics.

AVOID

Factory-farmed eggs from birds raised in unsanitary and inhumane conditions, like tiny cages or huge, overcrowded barns. Because birds want to peck, farmers debeak them so that they won't peck one another in their packed cages. These chickens are fed conventional grain feed, which sometimes contains animal by-products or genetically modified (GMO) grains, as well as antibiotics to help them fight off the illnesses brought on by their unsanitary living conditions.

QUESTIONS TO ASK

	Best	Good	Avoid
What do your chickens eat?	Certified organic feed, and they graze outside every day	All-vegetarian feed with no antibiotics, and they graze outside every day Certified organic feed*	Conventional grain feed (contains antibiotics and animal by-products)
Are your chickens free range or cage free?	Yes, they spend a good portion of every day outside grazing on grass and pecking dirt	Yes, they have access to outdoors*	Yes, but they "prefer" to stay in the barn No, they are caged or in a crowded barn
Are your chickens debeaked or force-molted?	No debeaking or force molting Certified humane beak trimming		Debeaking Forced molting
Where is your farm located?	Locally	Regional National	International
What size is your farm? **Who owns and operates it?**	Family farm Small/mid-sized farm Cooperative of small farms		Large corporate farm Monoculture/agribusiness
What are your labor practices/ policies?	Livable wages Proper washing facilities Proper safety conditions and training (OSHA) Employee benefits/perks		Below minimum wage pay Unsafe work conditions Lack of washing facilities

*See Glossary for details, and ask more questions to determine actual farming practices.

Poultry

In sullen moments I blame almost everything on the vertical integration of the broiler industry. — Calvin Trillin

FACT

Eggs from free-range hens have more folic acid and vitamin B12—both of which promote healthy skin—than eggs from caged hens raised on factory farms.

HELPFUL HINTS

Free-range birds tend to vary in size compared with industrially raised birds. For example, one case of free-range boneless chicken breasts may contain breasts that range in size from three to seven ounces. When developing recipes, use chicken parts **by weight rather than by piece** to have more accuracy in production and ordering. Large cutlets could be filleted to meet the appropriate portion size, or chicken could be sliced rather than using whole breasts.

Beware of chicken breast overkill: Cuts like thighs and legs are cheaper and can be braised or roasted for large-scale production. Using these parts also gives you an opportunity to show students through your menu that there is more to chicken than just the breast.

BEST

Poultry raised on pasture, roaming and grazing, with room to peck and eat bugs. The birds' feed should be organic, all-vegetarian feed; this ensures that they are not eating animal by-products. Their food should also be free of antibiotics.

AVOID

Factory-farmed poultry raised in unsanitary and inhumane conditions, like tiny cages or huge, overcrowded barns. Because birds want to peck, farmers debeak them so that they won't peck one another in their packed cages. These chickens are fed conventional grain feed, which sometimes contains animal by-products or GMO grains, as well as antibiotics to help them fight off the illnesses brought on by their unsanitary living conditions.

QUESTIONS TO ASK

	Best	Good	Avoid
What do your birds eat? Are they organic?	They graze outside every day (in season and weather permitting) and eat certified organic feed	All-vegetarian feed with no antibiotics, and they graze outside every day Certified organic feed, with outdoor access	Conventional grain feed (contains antibiotics and animal by-products) raised in a cage or crowded barn
Are the birds ever given antibiotics?	Never given antibiotics	No routine antibiotics, only when a flock is sick	Routine antibiotic usage
Are your chickens free-range or cage-free?	Yes, they spend a good portion of every day outside grazing on grass and pecking dirt	Yes, they have access to outdoors*	Yes, but they "prefer" to stay in the barn No, they are caged or in a crowded barn
Are your birds debeaked?	No debeaking Certified humane beak trimming		Yes
Where is your farm located?	Locally	Regional National	International
What size is your farm? Who owns and operates it?	Family farm Small/mid-sized farm Cooperative of small farms		Large corporate farm Monoculture/agribusiness
What are your labor practices/ policies?	Livable wages Proper washing facilities Proper safety conditions and training (OSHA) Employee benefits/perks		Below minimum wage pay Unsafe work conditions Lack of washing facilities

*See Glossary for details, and ask more questions to determine actual farming practices.

Beef & Lamb

If humane treatment and animal health are the focus of the producer, most of the other best practices will follow suit. — Craig Haney, Stonebarns Center for Food and Agriculture

FACTS

"Compared to grain-fed meat, grass-fed meat is lower in saturated fat and higher in omega-3 fatty acids, vitamin E, and conjugated Linoleic Acid (CLA), a nutrient associated with lowered cancer risk."
— www.sustainabletable.org

Cow and lamb stomachs are made to eat grass, not grain. Grain fattens cows and lambs up more quickly but also changes the acidity in their stomachs, leading to **the presence of *E. coli* bacteria 0157:H7,** which can cause severe illness or death in humans. Crowded, unsanitary conditions in feedlots where animals are often knee-deep in manure mean that manure (and *E. coli*) gets on animal hides. At slaughterhouses, the manure and *E. coli* are spread from the hides to the meat itself.

HELPFUL HINTS

Farmers may be able to sell expensive cuts like tenderloin to restaurants and retailers but have a hard time moving less costly cuts of meat. Offer to use the rest of the animal and incorporate the cheaper cuts into your menus. These cuts tend to be more flavorful and better suited to institutional markets. For instance, many farmers have ground beef in excess and will make purchasing deals if you can buy it in bulk. Incorporate it into the burgers, meatloaf, lasagna, and tacos on your menu.

Deli meats: Deli meats often have added preservatives and other artificial ingredients. Look for deli meats free of nitrates, sodium benzonate, corn syrup, artificial colors, or flavors. Be wary of phrases like "natural flavors," which often mean very little.

Grass-finished or grain-finished: Try to find animals that are grass fed and grass finished. Know that the best grass-finished beef is available only during the grazing season (late spring, summer, and early fall). During the rest of the year, animals are finished on grain, which adds some fat to the meat. If you can only find animals that are grass fed and grain finished, look for animals that have been grain finished for as short a time as possible (this will usually mean the last 60 to 90 days of the animals' feeding period) by small or mid-sized farmers. Find out what the finish diet is composed of; a good producer will feed cows a finish diet that is 50% forage (grass based). Be wary if the finish diet is 80% to 90% grain. Conventional beef production takes calves that began their life on pasture and brings them to confinement feedlots, where they are brought to weight on grain. It is possible to spin this process and describe it as "grass fed, grain finished."

We believe that there is a difference between a conventional beef operation that does this and a local, mid-sized grass-based grower who, for the last six weeks of a cow's life, incorporates grain into its diet. Although the grass-fed, grass-finished diet is the gold standard, it may not be practical in all parts of the country. The best advice is to know your farmer and understand what works best for your local agricultural community.

BEST

Cows and lambs are meant to graze on grass and to be outdoors year round. Their pasture should be free from chemical sprays. In winter months, they may be fed silage or bailage, since snow cover makes grazing impossible. They should not be routinely fed antibiotics or growth hormones. Any additional feed they receive should be organic. In this system, manure is a source of fertility and is used to fertilize pasture rather than collecting in lagoons that pollute the air, surface water, and ground water.

AVOID

Conventionally grown beef, beef that is grain fed, and beef from feedlots. Cows in CAFOs eat a diet that is designed to be cheap and to fatten them up quickly; they eat mostly grain and are routinely given growth hormones and antibiotics. These diets might also include animal by-products (the remains of other animals). In this system, manure (which is contaminated by the animals' unnatural diet and the antibiotics and growth hormones given to the animals) is a waste product and collects in lagoons.

QUESTIONS TO ASK

	Best	Good	Avoid
What do your herds eat?	Grass (AGA certified grass-fed) Pasture (grasses) Pasture hay and grain silage in winter)	Fresh pasture, hay and grain USDA-certified grass-fed	Conventional grain feed (contains antibiotics and animal by-products)
What percentage of their diet comes from grazing on pasture?	All Most, except when season does not permit	Half	None
Are cattle given growth hormones or antibiotics?	No growth hormones No antibiotics	Antibiotics only if an animal is sick	Routine growth hormone usage Routine antibiotic usage Antibiotics mixed into feed
Where is your farm located?	Locally	Regional National	International
What size is your farm? Who owns and operates it?	Family farm Small/mid-sized farm Cooperative of small farms		Large corporate farm Monoculture/agribusiness
What are your labor practices/ policies?	Livable wages Proper washing facilities Proper safety conditions and training (OSHA) Employee benefits/perks		Below minimum wage pay Unsafe work conditions Lack of washing facilities

*See Glossary for details, and ask more questions to determine actual farming practices.

Pork

Someone has observed that a pig resembles a saint in that he is more honored after death than during his lifetime.
— The Joy of Cooking

FACT

Pigs are omnivores: they eat both plants and animals. They are intelligent animals that need the stimulation of grazing, rooting, and foraging for food.

HELPFUL HINTS

Chose "trash" cuts: To stretch your budget, don't buy pork loins or pork chops; cuts like the shoulder or butt are more economical, since fewer chefs and home cooks know how to use them. They will be most tender and delicious when slow cooked.

Additive free: Ham, bacon, and other pre-made pork products will often have added preservatives and other artificial ingredients. **Look for meats free of nitrates, sodium benzonate, corn syrup, and artificial colors or flavors.** Avoid meats with "natural flavors" added; these are often highly processed additives.

BEST

Pigs should be raised on pasture where they can root, roam, and forage, not in cages or barns. When inside, they need deep hay for bedding. Some very admirable producers raise their pigs in Swedish-style large barns; this is an acceptable practice if, and only if, the barns are deeply bedded, so that sows can make nests when pregnant.

While pigs may eat some grain, organic feed is best. Their feed should contain small grains like barley, oats, rye, triticale, and wheat, which all have higher amounts of protein than corn. They may also receive pre-consumer food scraps. They should not receive antibiotics or growth stimulants. Pregnant or nursing sows should not be kept in cages, and piglets should be cage free, or in deeply bedded pens, from birth.

Make sure that 100% of the hogs raised by your suppliers meet your standards. Some factory producers will raise most of their pigs in factory conditions but a few in humane and sustainable conditions, then use the economies of scale from factory operations to undercut the prices of smaller producers who raise all of their hogs humanely.

AVOID

Avoid pigs raised in confinement and fed on corn-based feed that may contain animal by-products and usually contains antibiotics. Industrially raised pigs are confined to cages or overcrowded barns, often with concrete floors rather than the hay they need for bedding. Pregnant and nursing sows are kept in tiny cages with no bedding or room to turn around.

QUESTIONS TO ASK

	Best	Good	Avoid
What do your pigs eat? Are they organic?	Pasture and certified organic feed Pre-consumer food scraps Pasture (grasses and legumes) Some small grains (barley, oats, rye, triticale, and wheat)	Organic grain	Conventional grain feed (contains antibiotics and animal waste products) Garbage Bakery waste
Are pigs given antibiotics?	No	Antibiotics only if an animal is sick	Antibiotics are mixed into their feed
Where do your pigs live?	Outside much of the day (weather permitting) and in barns with plenty of hay for deep bedding Pasture for roaming and rooting Pregnant sows have plenty of room to roam and rest		Industrial feed lot Crowded pens Gestation and farrowing pens Concrete floors
Do you practice nail clipping or nose ringing?	No	No	Yes
Where is your farm located?	Locally	Regional National	International
What size is your farm? Who owns and operates it?	Family farm Small/mid-sized farm Cooperative of small farms		Large corporate farm Monoculture/agribusiness
What are your labor practices/ policies?	Livable wages Proper washing facilities Proper safety conditions and training (OSHA) Employee benefits/perks		Below minimum wage pay Unsafe work conditions Lack of washing facilities

*See Glossary for details, and ask more questions to determine actual farming practices.

Fish

Sometimes the best fish is farm raised, sometimes it is wild caught—it all depends on the species, its environment, and (for farmed fish) the farm on which it was raised. Monterey Bay Aquarium's Seafood Watch program and the Marine Stewardship Council are the best sources for thinking about how to purchase sustainable fish: they provide questions to ask your suppliers and lists of fish that are sustainable, depending on your region.

The Monterey Bay Aquarium's Seafood Watch Program, www.mbayaq.org
Download or order free copies of comprehensive pocket-sized seafood buying guides that are tailored to your region, or refer to a national guide that can be used anywhere in the United States. The pocket guides are updated annually and recommend fish that are caught in a way that is good for the environment and that are safe for humans to eat.

Marine Stewardship Council, www.msc.org
A global nonprofit certification of sustainably caught fish; the Marine Stewardship Council does not address farmed fish.

BEST

From Seafood Watch:
"Farmed oysters, clams and mussels are a good choice."

"The best way to raise fish may be inland, far from coastal waters where wild fish feed and breed. Tilapia, a plant-eating fish, is easy to raise, and produces protein for people without using wild fish as feed. Catfish and trout are raised inland in the United States."

For more information, go to Seafood Watch (www.seafoodwatch.org) or to the Marine Stewardship Council (www.msc.org).

BEST CHOICES	GOOD ALTERNATIVES	AVOID
Arctic Char (farmed)	Basa, Swai (farmed)	Chilean Seabass/Toothfish*
Barramundi (US farmed)	Clams (wild)	Cod: Atlantic
Catfish (US farmed)	Cod: Pacific (trawled)	Crab: King (imported)
Clams (farmed)	Crab: Blue*, King (US), Snow	Flounders, Soles (Atlantic)
Cod: Pacific (Alaska longline)+	Crab: Imitation/Surimi	Groupers*
Crab: Dungeness, Stone	Flounders, Soles (Pacific)	Halibut: Atlantic
Halibut: Pacific+	Herring: Atlantic/Sardines	Lobster: Spiny (Caribbean imported)
Lobster: Spiny (US)	Lobster: American/Maine	Mahi mahi/Dolphinfish (imported)
Mussels (farmed)	Mahi mahi/Dolphinfish (US)	Marlin: Blue*, Striped*
Oysters (farmed)	Oysters (wild)*	Monkfish
Pollock (Alaska wild)+	Scallops: Sea	Orange Roughy*
Salmon (Alaska wild)+	Shrimp (US farmed or wild)	Rockfish (Pacific)
Scallops: Bay (farmed)	Squid	Salmon (farmed, including Atlantic)*
Striped Bass (farmed or wild*)	Swordfish (US longline)*	Sharks*
Sturgeon, Caviar (farmed)	Tuna: Bigeye, Yellowfin (troll/pole)	Shrimp (imported farmed or wild)
Tilapia (US farmed)	Tuna: canned light, canned white/Albacore*	Snapper: Red
Trout: Rainbow (farmed)		Sturgeon*, Caviar (imported wild)
Tuna: Albacore (US+, British Columbia troll/pole)		Swordfish (imported)*
Tuna: Skipjack (troll/pole)		Tuna: Albacore, Bigeye, Yellowfin (longline)*
		Tuna: Bluefin*

Support Ocean-Friendly Seafood

Best Choices are abundant, well-managed and caught or farmed in environmentally friendly ways.

Good Alternatives are an option, but there are concerns with how they're caught or farmed – or with the health of their habitat due to other human impacts.

Avoid for now as these items are caught or farmed in ways that harm other marine life or the environment.

Key

* Limit consumption due to concerns about mercury or other contaminants. Visit www.edf.org/seafood
+ Some or all of this fishery is certified as sustainable to the Marine Stewardship Council standard. Visit www.msc.org

Seafood may appear in more than one column

QUESTIONS TO ASK

Is the fish farm raised or wild caught?

Where is it from? (What country, state, and region?)

How was it farmed or caught?

Note: As mandated by the federal Farm Bill, large retailers are required to label most of their seafood with information about whether it was farmed or wild and what country it is from. Therefore, more and more suppliers have this information readily available.

BASIC ISSUES

Overfishing:
"Overfishing means catching fish faster than they can reproduce. Overfishing pushes the fish population lower and lower."[7]

Habitat Damage:
There are many different methods of catching fish. Some cause substantial damage to the sea floor, destroying fish habitat.

"Bottom trawlers catch fish by dragging nets across the seafloor. Some trawlers put rockhopper gear, including old tires, along the base of their nets to roll over rocky reefs so they can catch fish hiding between the rocks. Dredges drag nets with a chain mesh base through soft sand or mud to catch scallops and sea urchins. These types of fishing gear crush life on the seafloor and damage the places where fish feed and breed."

Bycatch:
"According to the United Nations Food and Agriculture Organization, one in four animals caught in fishing gear dies as bycatch—unwanted or unintentional catch. . . . Dolphins, sea turtles, seals and whales all get caught by accident in fishing gear and drown. Seabirds, including endangered albatrosses, drown when they snatch baited hooks and are pulled under water."

Unsustainable fish farms:
Net-pen farming can be a messy business:
"Many farmed fish, including most farmed salmon, are raised in net pens, like cattle in a feed lot. Thousands of fish concentrated in one area produce tons of feces, polluting the water. Diseases can spread from fish in the crowded pens to wild fish."

Shrimp farming can harm the coast:
"In Thailand, Ecuador, and many other tropical nations, coastal forests of mangroves once sheltered wild fish and shrimp, which local people caught to feed their families. Mangroves also filter water and protect the coast against storm waves. Many mangrove forests have been cut down and replaced with shrimp farms."

To learn more about these issues and to access more resources, go to www.seafoodwatch.org and access their "Tools for Retailers & Restaurants" Web page.

[7] The quotes in this section have been excerpted from Monterey Bay Aquarium's "Seafood Watch" guide; see www.seafoodwatch.org.

Dry Goods, Oils, Spices

FACT

Rats know the difference: a team of Swiss and Austrian scientists recently concluded a twenty-one-year study of organic wheat production. As an "integrative method" for assessing quality, they gave forty rats a choice of biscuits made from organic or conventional wheat. The rats ate significantly more of the organic wheat biscuits. The authors call this result remarkable, because they found the two wheats to be very similar in chemical composition and baking performance.[8]

HELPFUL HINTS

Find out what's already available, then work to expand your options.
Ask your distributors or check with local farmers' markets or local bottling facilities to find local products that are already available. Honey, jam, bread, grains, and bottled sauces are all good possibilities. Some businesses may be willing to make an organic version of a product they already produce if your institution can commit to buying a large enough volume.

Partner with others and buy in bulk
Some organic products are available in two ways on the market: by shipping container or in retail packs. Neither really works for an institution. You might be able to negotiate purchases of large quantities by partnering with other schools, institutions, and local businesses who are also looking for the same product and working with a local distributor. If you can aggregate adequate volume over time (either on your own or with partners), the distributor can hold a product in a warehouse and deliver to you and your partners as needed for a small fee.

[8] Harold McGee, "Organic, and Tastier: The Rat's Nose Knows," *The New York Times*, October 3, 2007.

BEST

Purchase organic and local bulk dry goods whenever possible. As a second-best option, use organic products from U.S. producers outside your region. If you can't get U.S. organic, get international organic.

Oils
Ideally, purchase an organic oil or an organic expeller-pressed oil, if your budget allows. As a second choice, buy oils that are less likely to be made from ingredients that are genetically modified. The vegetable oils used in most kitchens are usually made of corn, soy, or canola, all of which (if they're not organic) are likely to be genetically modified. Switching from a non-organic vegetable oil to a non-organic safflower or sunflower oil would be a good choice; these oils still have a high smoke point but are less likely to be genetically modified.

Try switching all cooking oil to organic non-olive oil (such as canola). For raw oils (such as for use in salads) go with 50% good organic olive oil and 50% organic non-olive oil.

Another important step is to remove trans fats from your kitchen: get rid of hydrogenated, partially hydrogenated, or interesterified oils. A number of cities are now outlawing trans fats in restaurant kitchens, and educated consumers often want to avoid them.

Sugar and spices
Organic sugars are now widely available. Start offering only organic sugar with coffee. In your baked goods, proceed more carefully: organic sugar is a great choice, but you'll need to test and refine recipes when you substitute organic for conventional sugar, as it will change the texture of whatever you're baking.

Organic spices are also available, but because there is limited production of organic spices, these items tend to be costly. Make the switch if you can afford to. If you need to use those dollars elsewhere, keep an eye on this market, as it will grow in the future. In the meantime, partner with local farmers to produce the fresh herbs you need.

Coffee, Tea, Chocolate

These items are usually impossible to source locally, but they're also not items an institution usually wants to give up. Making a universal change to fair trade and organic coffee, tea, and chocolate is an easy and labor-neutral change to implement and will send a clear message about your sustainability priorities.

At many universities, students have advocated for fair trade coffee, tea, and chocolate because these industries have been heavily based on exploitative working conditions. They have also been environmentally destructive, involving the clear cutting of rainforests to make way for plantations and extensive air and water pollution from chemical pesticide and fertilizer use.

Today, there are many good choices in the market: look for certified organic, certified fair trade, and sustainably grown brands.

BEST

Because you probably won't be able to visit or talk directly to a grower when purchasing coffee, tea, or chocolate, rely on third-party certification, particularly the certified fair trade and organic labels. The organic label certifies that the product is grown in an ecologically sound manner, and the fair trade label holds growers and distributors to an international standard of both environmental sustainability and fair labor practices. The best option is a fair-trade organic product. Coffee should be fair trade, organic, and shade grown, meaning that it was planted in the shade of trees rather than in land that was clear-cut for coffee production.

QUESTIONS TO ASK

Where is the coffee, tea, or chocolate grown?

Is it organically grown?

Is it fair-trade certified?

Can you give me the brand names, so that I can check their Web site to learn more about the company's practices?

Is the coffee, tea, or chocolate available in bulk quantities?

SUCCESS STORIES

WILLIAMS COLLEGE: INDIVIDUALLY QUICK FREEZING

The dining services at Williams College, in Williamstown, Massachusetts, have been preserving the summer's bounty. Every summer the staff Individually Quick Freeze (IQF) summer produce. Director of Dining Services Bob Volpi comments that this is a powerful way to use twelve-month employees during the summer months.

YALE'S SALSA

In 2005 Yale University Dining Services and the Yale Sustainable Food Project collaborated with George Purtill at Old Maids Farm in South Glastonbury, Connecticut, to produce 26,000 pounds of salsa.

Yale University Dining Services found the processor, tested a recipe, and then worked with George and the processor D'Onofrio's to scale up production. The Sustainable Food Project helped George select a good tomato variety (one with low water content and high flavor that would ripen during a small window of time). George planted three acres in tomatoes, cilantro, onions, garlic, and peppers.

Yale got a great salsa to use in its dining halls and sell in retail locations. George had income he could count on: he had already sold three acres of produce before he even put seeds in the ground. Partnering with George in advance for a high volume of tomatoes reduced the price by 60% and also discounted the price of organic tomatoes served in salads and on sandwiches in Yale's dining halls last fall. The partnership also saved more than 1,000 gallons of diesel fuel and decreased Yale's contributions to greenhouse gases.

TELL US YOUR STORIES

We are looking for your input on the next edition of this guide. If you have a success story about your institution, please share it with us by e-mailing it to food.purchasing@yale.edu.

HOW: EASY FIRST STEPS

At the outset, making the switch to sustainable purchasing may seem overwhelming, but you don't need to do it all at once. Here are some preliminary steps to take.

Before you start
Lay out a clear plan for changes, with a timeline.

Talk to your purveyors and work with what is already there, then ask for more
Let your purveyors or distributor know that you are interested in making more local and/or organic purchasing choices. See what products they already have that meet your objectives. Find out what is available and when. If you work with a distributor who doesn't have specifics about farmers' growing practices, ask for farm names and start contacting farms yourself. See the "Purchasing Categories" section of this guide for what to look for and questions to ask.

Tweak existing recipes to fit what's locally and seasonally available
Start organizing your recipe database by season. See what local or seasonal ingredients you can swap into recipes you already have. As you are doing this, make sure to focus on the recipes that taste great: select, test, and refine recipes to make sure the food you serve will be delicious; doing so will ensure its popularity with students.

Create menu flexibility
Create recipes that are similar but that allow you to change a key ingredient as the seasons change. This will allow you flexibility as the seasons change, or even within a season if you unexpectedly find yourself low on a key seasonal ingredient.

Switch from pizzas topped with fresh tomatoes and eggplant in September to ones topped with broccoli rabe or leeks and onions in the late fall. In winter months, the same pizza can be topped with roasted slices of delicata squash, sage, and Gruyère cheese, or with thinly sliced potatoes and rosemary.

Don't sweat the small stuff
If you want to make a quick impact, change high-volume products first. Start with the main ingredients and move forward from there.

Every single minute of every day, America loses two acres of farmland. — American Farmland Trust

HOW: GETTING THE FOOD TO YOU

The Institutional Advantage
Often, farmers can get higher margins by selling to high-end restaurants or at farmers' markets, and not every farmer will want to give those up. Other farmers see clear advantages in partnering with institutions. Advantages include:
- Low marketing costs
- High volume
- Steady population over many years
- Predictable usage regardless of economic fluctuation
- Ability to use irregular crops (odd sizes, slight imperfections)

Talk to your distributor about finding farmers in your area who might be willing to partner with an institution. For more resources as you seek out farmers, go to the Resources section of this guide.

Institutions and distributors can use their purchasing power to help build the market for sustainably grown foods. Through their connections with farmers they can spread information about agricultural training resources to help farmers transition from conventional farming to sustainable organic farming practices. See Resources section on farmer training.

Planning ahead: track velocity
Keep track of your velocity and record what and how much you use each week. This way, you will know what you need from farmers throughout the year; as you develop relationships with them, your records can even help them plan their crop schedule for the next growing season.

WORKING DIRECTLY WITH FARMERS

You may want to work directly with a few farmers to buy your produce; if your institution is small, you could purchase the bulk of your produce this way. If you're at a large institution, you may be able to purchase directly for one particular recipe, or for produce you plan to process. This relationship can be immensely satisfying to culinary staff and to students and can lead to both lower prices for institutions and higher returns for farmers.

Talk to farmers to see what their farming practices are, what and how much they grow, and when they expect to have produce available.

Find out when farmers can deliver, what their minimum order is, and if they have product liability insurance.

If volume demands it, focus on growers who are geared toward wholesale production.

Partner and collaborate with the farmer: once you've built a relationship with him or her, you can create crop plans and delivery schedules together, and work with them to extend the growing season so that you'll have produce available to you for a longer period of time.

WORKING WITH DISTRIBUTORS

An effective distributor can do a lot of leg work for you: he or she will manage delivery, coordinate farms, manage crop availability through the season and crop substitution when an item runs out, back haul, and provide farmer training on everything from packaging to labeling to consistent case weights.

A bad distributor may try to gouge farmers with low prices or pass off conventionally grown food as organic or ecologically grown. Make certain your distributor is willing to have a transparent relationship with you, and check regularly with farmers to make certain they feel well served by that relationship. Maintain a dialogue with your distributor and write some of the sustainable food purchasing criteria into your contract with him or her.

- Tell your distributor what you are looking for. Let him or her know your institution's priorities and ask for information about the farms and their practices.
- Some distributors are already sourcing local and organic foods – see what and how much they have and when they have it.
- Connect farms that you want to work with the distributor you already use.
- If you want to work with a farmer, but he or she doesn't have the product liability insurance you need to protect your institution (and the farmer), distributors can often provide this insurance.

Managing the relationship between farmers and distributors

Once you decide to involve a distributor, you need to manage that relationship so that farmers are treated equitably. To make the relationship successful:

1. Create clear expectations
   Make sure both the distributor and the farmers know you want to pay farmers a fair price. At Yale, we ask farmers to build their pricing through covering their costs and allowing a reasonable profit. Usually this is close to the market price; sometimes it is above, sometimes it is below.
2. Communicate regularly
   Sit down and meet with farmers at least once a year. Check in with them periodically to see how they feel the relationship is going. Do the same with your distributor.
   Give the distributor and farmers your phone number, e-mail address and cell phone. They should feel free to call you when there is a problem. In particular, farmers should call you if they feel something is amiss (you are not using enough of the product you pledged to purchase, or if prices are below what was agreed upon, etc.).
3. Develop an evaluation system
   This system should measure the success of the relationship: is it working for the institution? For the farmer? For the distributor?

Working with a forager

Consider hiring a "forager" or "sourcing coordinator," as this position can more than pay for itself. Ideally, this person can work with farmers to extend their growing seasons, transition to better growing practices, and coordinate menu planning with crop availability. By maintaining a dialogue with farmers, distributors, and executive chefs, the person in this position can streamline the sustainable food purchasing system.

HOW: USING WHAT YOU GET

PRESERVE THE HARVEST

Think ahead: seasonal planning can allow you to freeze or bottle produce in season to use year round. Buying in bulk in season results in much lower pricing on local sustainably grown foods.

- Connect with farmers who might grow crops for bulk purchasing. Begin conversations about the volume and types of crops you hope to purchase.
  — **Tip:** farmers buy seed and plan their crops many months before the growing season begins. Start conversations about bulk purchases well in advance.
- Find existing food processors in your area, like a local company that makes tomato sauce, a local baker, or a local jam processor—can they make you a similar product using organic and local ingredients?
  — **Tip:** provide a recipe: this will make their job easier and ensure that the end product meets your standards.
- Connect the processor and the farmer directly to arrange harvest and delivery schedules.

LABOR — JUST-IN-TIME FOOD PROCESSING

If labor cost has a big impact on your menu planning, find an existing food processor in your area that will peel or chop vegetables for you. This way you'll be able to add more fresh produce to your menu without increasing your labor costs.

- Test your labor cost and product yield on each type of produce to see if it is cost effective to have the processing outsourced.
  — Take a case of butternut squash, weigh it, then peel and seed it. What is your final yield? How long did it take to process? What are your labor costs? Decide if it is worth it to buy a pre-processed product..
- Find out how much lead time the processor needs to have on each item, and what quantities they can work with.
- Connect farmers directly with the food processor.
- Keep standards high:
  — Choose to process produce whose quality won't suffer. Garlic and onions lose their zing when they're cut more than a day before use, but butternut squash and carrots don't.
  — Don't let processed produce wilt in walk-ins at the processor or at your institution. Process, deliver, and use produce so that it is as fresh as it would be if it were processed in house. Set up systems with your processor and in your dining hall that will enforce this.

SOME STRATEGIES FOR IMPLEMENTING INSTITUTIONAL CHANGE

1. Develop a strategic plan (long-term and short-term goals)
- Define what sustainable food means to your institution.
- What are your long-term and short-term goals?
- What is your timeline for implementing these goals?
- What is the budget for making these changes?

2. Build a leadership team
- Build a team to define and implement your goals.
- Include staff at all levels so that everyone in the institution is aware of your goals and plans and will support them.

3. Develop an operational plan
- How are you going to implement your strategic plan?
- What is your process for finding local ingredients, planning menus, engaging staff, marketing your program, managing waste, and so on?

4. Document changes and successes
- Keep track of successes you have and changes you make. This will help you to gauge your progress and reevaluate purchasing decisions over time.

AN INSTITUTION-WIDE SUSTAINABILITY PLAN:
Find your allies, build bridges, and pool resources

Food is only a part of creating a sustainable institution. Do a little investigating and see if there are other people working on sustainability from a different angle. See if you can join forces to accomplish more.

Areas to consider:
- **Transportation**
- **Water usage and quality**
- **Energy: greenhouse gas reduction, lighting**
- **Buildings: design and construction**
- **Land care**
- **Procurement: supplies**
- **Facilities: cleaning supplies**
- **Waste management: recycling and compost**
- **Education**

See Resources section for more information.

GLOSSARY

ALL-NATURAL
No artifical ingredients were added in processing. Produce grown with chemical pesticides and meat raised with antibiotics or hormones can be labeled “all natural.” The label applies only to what happens after the growing process; for example, if preservatives are added as fruit becomes juice or meat becomes deli cuts, these products cannot be labeled “all natural.”

ANTIBIOTIC FREE
No antibiotics were given to the animal during its lifetime. If an animal becomes sick and is given antibiotics just to treat that illness, it can not be sold with this label.

CAGE FREE
Birds were not raised in cages. They may still have been kept in overcrowded barns with no access to the outdoors. Ask more questions to see if birds were “pasture raised” rather than just cage free.

CERTIFIED HUMANE
Official certification that indicates that egg, dairy, meat, and poultry products have been produced with the welfare of the farm animal in mind. Animals must be allowed to engage in their natural behaviors and must have sufficient space to live in, appropriate conditions, time outdoors, fresh water, gentle handling by farm workers, and a healthy natural diet free of antibiotics, hormones, or animal by-products. These animals must also be slaughtered using a higher standard than the Federal Humane Slaughter Act.

COOPERATIVE
An autonomous association of persons united voluntarily to meet their common economic, social, and cultural needs and aspirations through a jointly owned and democratically controlled enterprise.

DAIRY COOPERATIVE
A dairy producer jointly owned and operated by a group of small farmers. This allows small dairy farms to pool their resources and share in milk processing costs, and often allows farmers to maintain more sustainable farming practices.

CONVENTIONALLY GROWN
Food grown using chemical fertilizers, pesticides, and herbicides.

CROP ROTATION
The practice of alternating different crops in a field in planned cycles in order to improve soil health and reduce the need for fertilizers. This practice increases the long-term productivity of the soil and reduces the number of insects and diseases plants have to contend with.

DEBEAKING
The practice of cutting off one-half to two-thirds of a bird’s beak to reduce birds’ “cannibalistic” pecking (i.e., pecking one another to death), a behavior that is a result of the severe overcrowding of birds in factory farms. Debeaking is not the same as humane beak trimming.

ECOLOGICALLY GROWN
An uncertified label that signifies that a crop is grown without the use of chemical herbicides or fertilizers. Products with this label can be grown using integrated pest management (IPM) practices, which minimize but don’t rule out the use of chemical pesticides. When you see this label, ask more questions to find out what practices the farmer is actually using.

FAMILY FARM
A farm managed by a family or individual who owns the animals or land, gets a good portion of their livelihood from the farm, and participates in the daily labor to work and manage the farm. The USDA also defines a family farm as having less than $250,000 gross receipts annually.

FAIR TRADE
A certified label that guarantees that farmers and their workers got a living wage and a fair price for their labor and their product, and that the product was produced in an ecologically sound manner.

FREE RANGE
A USDA-certified label that guarantees that animals (usually poultry) had room to move around and "access to the outdoors." These standards apply to poultry bred for eating only, not to hens that produce eggs. It does not guarantee that the animals ever went outside or that the outdoor space provided was good pasture. When you see this label, ask more questions to find out what practices the farmer is actually using.

GMO CONTROVERSY
Certified organic products may not contain GMOs. The USDA states that genetically modified organisms (GMOs) are safe for human consumption, but since GMOs remain a fairly new development in agriculture, there is no long-term evidence to support this claim. The general consensus is that there are few reliable data available at this point to prove either the safety or the risks of GM foods. Labeling of any product containing GM ingredients is required in the European Union but not in the United States. Worldwide and in the United States, the four most commonly genetically modified crops are corn, canola, cotton, and soy.

GRAIN FINISHED
Livestock who are fed only grain before slaughter. Some farmers will raise their animals on grass, then feed them grain for a period of time before slaughter to make the meat fattier and give it the more marbleized look and taste Americans expect. Since Americans are used to conventionally raised (grain-fed) beef, they expect a fattier product, with the marbled appearance they are used to.

GRASS FED (AMERICAN GRASSFED ASSOCIATION (AGA) CERTIFIED)
A third-party certification that guarantees that livestock have been raised on pasture and eaten mostly grass rather than grain or corn feed. This is a much more strict and humane grass-fed certification than the USDA certification.

GRASS FED (USDA CERTIFIED)
A USDA certification that means that animals have been fed some grass. It carries no third-party verification, and loopholes allow animals to be raised in confinement and have grass or hay brought to them. There is no regulation on what portion of the diet may be food other than grass, and these animals can be given feed other than grasses as long as the farmer documents what and how much.

GREEN MANURE
A type of cover crop grown primarily to add nutrients and organic matter to the soil. Typically, a green manure crop is grown for a specific period and then plowed under and incorporated into the soil.

HORMONE FREE
Milk that comes from cows who have not been treated with rBST, also known as rBGH or bovine growth hormone.

INTEGRATED PEST MANAGEMENT (IPM)
IPM growers practice a variety of techniques: they apply natural substances like kelp, rock powders, and compost to keep crops disease resistant. They monitor trees and set traps to capture insects. Ideally, IPM growers use pesticides only as a last resort, when pest damage would keep them from bringing in a profitable crop.

LOCAL
The term "local" will vary depending on your location and what is available to you. Institutions often choose to define "local" as coming from within 200 miles, or a day's drive. Don't get hung up on state borders or mileage limits. Think about minimizing distance from the source of the food to you, to cut down on fuel emissions from transportation.

MULCH
A protective layer of material (leaves, compost, wood chips, paper, or plastic) that protects the soil from erosion, reduces plant stress, and builds soil fertility. Mulch reduces variation in soil temperature, cuts down erosion due to wind or rain, controls weeds by blocking sunlight, and decreases the need for watering by cutting down on evaporation.

NATURAL OR NATURALLY RAISED
Contains no artificial ingredients or added color and is minimally processed, meaning that it has not been processed in a way that fundamentally alters the raw product.

NITRATE FREE
Meat processed or cured without the used of sodium nitrite. Nearly all processed meats and most cured meats are made using sodium nitrite; "nitrite-free" or "nitrate-free" labels designate those that are not.

ORGANIC
Food grown without the use of chemical pesticides, herbicides, or fertilizers. Animals must be fed organic feed and cannot be given antibiotics or growth hormones. Organic foods may not be genetically modified or irradiated or contain artificial preservatives or additives. Organic meats must come from animals that are "free range."

- Certified Organic: A USDA certification that means the farm or business producing the food has gone through a USDA government certification process. While some small farmers grow their food using organic methods, they choose not to go through the certification process for economic or ideological reasons, so they cannot label their food "certified organic."
- Transitional Organic: This label has in the past been used to mean that a farmer is using organic methods but has not reached the three-year pesticide-free requirement and cannot yet use the Certified Organic label. The USDA does not currently allow the use of this label.

ORGANIC PESTICIDES
Pesticides that are made from natural sources, including plants and minerals. While they are not chemical, organic pesticides can be as or more toxic than chemical pesticides. Common organic pesticides include Rotenone and pyrethrin.

VEGETARIAN FEED
Feed that contains no animal by-products. This label became important after outbreaks of "mad cow disease," or bovine spongiform encephalopathy (BSE), a fatal neurodegenerative disease in cattle that causes deterioration of the brain and spinal cord. It is believed the disease may be transmitted to humans who eat infected carcasses.

RESOURCES

GENERAL INFORMATION ON SUSTAINABLE FOOD

The Real Food Challenge, www.realfoodchallenge.org
Geared toward students and universities looking to change the way institutions engage with food. Their goal is to shift 20% of university food purchasing, or almost $1 billion, over to real food in the next ten years.

Sustainable Table, www.sustainabletable.com
Lists farms, farmers markets, educational information, and resources on all aspects of the sustainable food movement.

Sustainable Food Policy, www.SustainableFoodPolicy.org
Guide to creating sustainable food policies. Sample food policies and information on developing a sustainable food program.

RESOURCES FOR FINDING FARMERS

Cooperative State Research, Education & Extension Service, www.csrees.usda.gov
Click on "Local Extension Office" under "quick links" to find the Extension office at your state's land grant university. This is a general agriculture resource, so you must specify that you are looking for farms with sustainable practices

The Eat Well Guide, www.eatwellguide.org
Find local food and sustainable food resources here.

Food Alliance, www.foodalliance.org
Offers third-party certification for sustainable farmers in the Midwest and the Northwest. You can use this site to find sustainable farms and distributors; click on "find certified products."

Local Harvest, www.localharvest.org
Search this site by zip code or state for sustainable farms and markets.

National Sustainable Agriculture Information Service, www.attra.ncat.org/attra-pub/localfood_dir.php
A local food directory for each state with links to farms and organizations providing access to local food.

Northeast Organic Farming Association, www.nofa.org
Click on state chapters for Connecticut, Massachusetts, New Hampshire, New Jersey, New York, Rhode Island, or Vermont to find listings of organic farms.

Organic Consumers, www.organicconsumers.org
Search by state for information on organic farms and organizations.

State Department of Agriculture
Contact your state department of agriculture to find other listings of farms and agricultural networks in your area.

FEATURED INSTITUTIONS WITH SUSTAINABLE FOOD PROGRAMS

Berkeley Unified School District, www.lunchlessons.org

Stanford University, www.stanford.edu/dept/rde/sustain.htm

University of Santa Cruz, http://casfs.ucsc.edu/

University of Florida's Office of Sustainability, www.sustainable.ufl.edu

Yale Sustainable Food Project, www.yale.edu/sustainablefood/

FINDING OTHER SCHOOLS AND INSTITUTIONS WITH SUSTAINABLE FOOD POLICIES OR PROGRAMS

The Community Food Security Coalition's Farm-to-College Resource List, www.farmtocollege.org/resources.htm
Good for administrators, students, and dining services.

Farm to School, www.farmtoschool.org
Gives information on farm-to-school programs across the United States.

Food Alliance's Sustainable Food Policy page, www.foodalliance.org/sustainablefoodpolicy/policies.html
Lists numerous institutions and their sustainable food policies.

Real Food Challenge, www.realfoodchallenge.org
Lists universities with sustainable food movements.

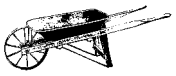
Slow Food USA, www.slowfoodusa.org
Gives information on the slow food movement in schools.

FOOD SERVICE MANAGEMENT COMPANY RESOURCES

Bon Appetit, www.bamco.com, www.circleofresponsibility.com

JOIN OUR LIST

E-mail us a description of what you're doing at your institution if you'd like to be included in the next edition of our guide. Send your information to food.purchasing@yale.edu.



YALE SUSTAINABLE
FOOD PROJECT

www.yale.edu/sustainablefood
Contact us at sustainablefoodproject@yale.edu

Resource Recovery Plan Checklist

EVENT NAME: _____

EVENT DATE: _____

EVENT COORDINATOR: _____

☐ Identify the materials you will be recovering:

☐ Compost ☐ Metal ☐ Glass ☐ Plastic ☐ Paper ☐ Cardboard

☐ Other_____

☐ Describe the bins you will use for each material and how many you will need. As a rule of thumb, it's good to have 32 gallons of bin space available for every 30 people (what bins you use will vary with what you are offering). Always put bins for your different materials together as one resource recovery station.

Example of a Resource Recovery Station

Composting

Bin _____ Number needed _____

Recycling

Bin _____ Number needed _____

Waste

Bin _____ Number needed _____

☐ Identify the contact person for each material.

Composting Contact

Name: _____ Phone: _____ Email: _____

Name: _____ Phone: _____ Email: _____

Recycling Contact

Name: _____ Phone: _____ Email: _____

Name: _____ Phone: _____ Email: _____

Waste Contact

Name: _____ Phone: _____ Email: _____

Name: _____ Phone: _____ Email: _____

☐ Arrange for delivery and pick up of bins and for removal for each material. Most of the time the person responsible for removing the bins will also remove the material, but that is not always the case. So always check to be sure.

Material	Who will deliver bins?	Who will pick up bins?	Who will remove material?
Compost			
Recycling			
Waste			

☐ Create and order signage for the event. If you are working with an outside vendor at a large event, they sometimes have signs available for use. Otherwise you'll need to create your own. Each station/bin should be labeled with what should go in it. Signage with both words and pictures works the best.

☐ Educated vendors, staff and volunteers on what will be recycled and how to properly put items in the bins.

☐ Oversee the delivery of bins and the placement of signs on the day of the event.

☐ During the event, monitor bins for correct usage and record any problems seen and actions taken to fix those problems.

☐ Record the amount of material collected for each material by weight, volume or number of bags/bins (be sure to record the volume of the bag or bin) and report on contamination levels (high – lots of things in wrong bins, med- some things in wrong bins, low – very few things in wrong bin)

Material	Total amount recovered	Contamination Level	Notes
Compost			
Recycling			
Waste			

For more information on recycling on campus, visit http://recycle.cofc.edu or contact the

Office of Sustainability at recycle@cofc.edu.

COMPOSTABLE ITEMS ONLY

Food Scraps

Coffee Grounds & Tea bags

Paper Serviceware

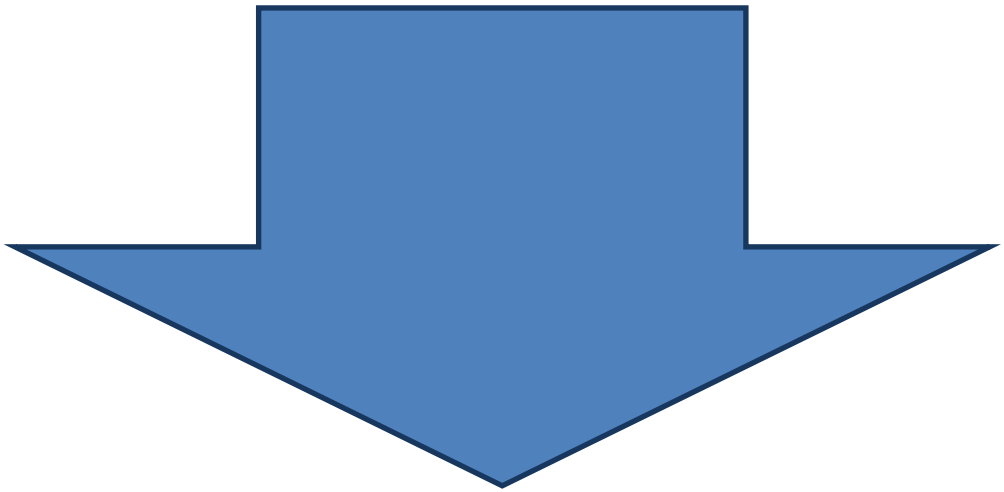
PAPER RECYCLING

CONTAINERS RECYCLING

Glass

Metal

All Plastics



Carpool Sign-up

EVENT NAME

EVENT DETAILS (Time, location, etc.)

PASSENGERS	Driver 1
1. Name: Tel:	Name:
2. Name: Tel:	Tel:
3. Name: Tel:	Location:
4. Name: Tel:	Total Passengers:
5. Name: Tel:	Notes:

PASSENGERS	Driver 2
1. Name: Tel:	Name:
2. Name: Tel:	Tel:
3. Name: Tel:	Location:
4. Name: Tel:	Total Passengers:
5. Name: Tel:	Notes:

PASSENGERS	Driver 3
1. Name: Tel:	Name:
2. Name: Tel:	Tel:
3. Name: Tel:	Location:
4. Name: Tel:	Total Passengers:
5. Name: Tel:	Notes:

PASSENGERS	Driver 3
1. Name: Tel:	Name:
2. Name: Tel:	Tel:
3. Name: Tel:	Location:
4. Name: Tel:	Total Passengers:
5. Name: Tel:	Notes:

APPENDIX: COMMON FOOD-RELATED CLAIMS AND CERTIFICATIONS

Antibiotic Claims

The USDA has prohibited use of the term "Antibiotic Free" as a label claim for meats and poultry, but allows "Raised Without Antibiotics" or "No Antibiotics Administered." These claims imply that no antibiotics were administered to the animal at any point during its life. If an animal becomes sick and requires treatment, it should be segregated from other animals and sold as a conventional meat product. There is often no independent verification of these antibiotic claims.

Beyond Organic

This term is used informally to describe farms with management practices that go beyond the minimum requirements of the USDA organic standards. The term is not regulated and has no standard industry definition, making it very difficult to evaluate as a claim. Ask suppliers using the term to describe in more detail what they mean by it. There is no independent verification of this claim.

Cage Free

This is a first party claim that poultry were raised without cages. This does not guarantee that birds were raised with access to the outdoors or on pasture. Birds may have been raised in large flocks in commercial confinement facilities with open floor plans. There is often no independent verification of "Cage Free" claims.

Certified Humane

The Certified Humane Raised & Handled Label is a consumer certification and labeling program which indicates that egg, dairy, meat or poultry products have been produced with the welfare of the farm animal in mind. Farm animal treatment standards include: Allow animals to engage in their natural behaviors; Raise animals with sufficient space, shelter and gentle handling to limit stress; Make sure they have ample fresh water and a healthy diet without added antibiotics or hormones. Producers also must comply with local, state and federal environmental standards. Processors must comply with the American Meat Institute Standards, a higher standard for slaughtering farm animals than the Federal Humane Slaughter Act. www.certifiedhumane.com

Fair Trade Certified

Fair Trade standards aim to ensure that farmers in developing nations receive a fair price for their product, and have direct trade relations with buyers and access to credit. They encourage sustainable farming practices, and discourage the use of child labor and certain pesticides. To bear the label, products must be grown by small-scale, democratically organized producers. Fair Trade Certified products include coffee, hot chocolate, tea, candy, chocolate, sweeteners, fruit, rice and grains. TransFair USA is the third-party certifier of Fair Trade goods in the US. It is one of twenty members of Fairtrade Labeling Organizations International, the umbrella organization that sets the certification standards. www.transfairusa.org

Food Alliance Certified

Food Alliance is a nonprofit organization that operates a third-party certification program for socially and environmentally responsible agricultural practices. Food Alliance certification distinguishes farmers and ranchers who: Provide safe and fair working conditions; Ensure healthy and humane care for livestock; Do not use hormones or non-therapeutic antibiotics; Do not produce genetically modified crops or livestock; Reduce pesticide use and toxicity; Conserve soil and water resources; Protect and enhance wildlife habitat; and, Demonstrate continuous improvement. Food Alliance certification distinguishes food processors, manufacturers and distributors who: Source Food Alliance Certified ingredients; Ensure quality control and food safety; Do not use artificial flavors, colors or preservatives; Provide safe and fair working conditions; Reduce use of toxic and hazardous materials; Conserve energy and water; Manage solid waste responsibly; and, Demonstrate continuous improvement. www.foodalliance.org

Free Range

Free Range and related terms are popular label claims for poultry and eggs, and sometimes seen on other meats. Free range is regulated by the USDA for use on poultry only (not eggs), which requires that birds be given access to the outdoors for an undetermined period each day. In practice, the "Free Range" claim does not guarantee that the animal actually spent any period of time outdoors, only that access was available. Birds may have been raised in large flocks in commercial confinement facilities with open floor plans. There is often no independent verification of "Free Range" claims.

Genetically Modified Organism (GMO) Claims

With growing consumer concern for genetically modified crops and livestock entering the food supply chain, a number of companies have begun to assert "GMO-Free" and related claims. In many cases, there is no independent verification of "GMO-Free" claims. Some certification programs, such as Organic and Food Alliance, prohibit genetically modified ingredients in certified foods and have corresponding inspection protocols. However, laboratory test may be necessary to provide maximum surety there has been no cross-contamination of products.

Grassfed - As defined by the American Grassfed Association, this claims means that animals live on pasture, consume a natural forage diet, and do not receive hormone or antibiotic treatments. However, the USDA, in a standard published for comment in 2006, has defined "grassfed" to only mean animals that consume a diet of grasses and silage. The USDA standard does not prohibit confinement or hormone and antibiotic treatments. Suppliers should be clear which standard they claim to meet. There is currently no independent verification of this claim under either standard. Note that "Grassfed" claims are sometimes qualified with supplemental "Grain Finished" claims. This combination describes the conventional industrial livestock feeding model, and invalidates the "Grassfed" claim.

Hormone Claims

The USDA has prohibited use of the term "Hormone Free," but meats can be labeled "No Hormones Administered" meaning that the animals in question did not receive hormone injections or feed supplements. Claims are also frequently asserted that milk products are "rBGH-Free" and/or "rBST-Free." (rBGH and rBST are hormone supplements given todairy cows to increase milk production.) Federal law prohibits the use of hormones in hogs and poultry, so hormone claims for chicken or pork should be considered misleading. There is often no independent verification of hormone claims.

Integrated Pest Management

Integrated Pest Management (IPM) is an approach to pest management that employs a variety of farming practices (such as encouraging beneficial insects) to avoid and mitigate pest problems. IPM programs use information on the life cycles of pests and their interaction with the environment, in combination with available pest control strategies, to manage pest damage by the most economical means, and with the least possible hazard to people, property, and the environment. IPM rarely appears independently in product related claims, but is a basis for pest management standards under certification programs such as Food Alliance and Protected Harvest.

Local Claims

Local is most often defined as food grown within a particular geographic area or within a specific distance from the point of consumer purchase. Defined this way, the claim is frequently linked to "food miles" as a proximate measure for environmental impact. Another way to consider "local," however, is food which comes from an identifiable community, which is grown and marketed by mid-sized and smaller producers, producer cooperatives, and producer-owned businesses. This definition speaks more to public interest in preserving family-scale agriculture, and in strengthening local and regional economies. Regardless of emphasis, local claims are most often asserted in direct marketing contexts. Local by itself does not guarantee that the food was produced to any social or environmental standard, or under any particular ownership structure. There is often no independent verification of local claims.

Marine Stewardship Council

The Marine Stewardship Council (MSC) is a non-profit organization that promotes responsible fishing practices. The MSC label assures buyers that products come from a well managed fishery and have not contributed to overfishing. The three principles of the MSC certification standard are: 1) *The condition of the fish stocks* (examines if there are enough fish to ensure that the fishery is sustainable); *The impact of the fishery on the marine environment* (examines the effect that fishing has on the immediate marine environment including other non-target fish species, marine mammals and seabirds); 3) *The fishery management systems* (evaluates the rules and procedures that are in place, as well as how they are implemented, to maintain a sustainable fishery and to ensure that the impact on the marine environment is minimized). www.msc.org

Monterey Bay Aquarium Seafood Watch Guide - The Seafood Watch guide is designed to raise consumer awareness about the importance of buying seafood from sustainable sources. The guide recommends which seafood to buy or avoid, helping consumers to become advocates for environmentally friendly seafood. Recommendations are based on peer-reviewed research and government agency reports. Seafood Watch is associated with the Seafood Choices Alliance which, along with other seafood awareness campaigns, provides seafood purveyors with recommendations on seafood choices. www.mbayaq.org/cr/seafoodwatch.asp

Natural

USDA guidelines state that "Natural" meat and poultry products can only undergo minimal processing and cannot contain artificial colors, artificial flavors, preservatives, or other artificial ingredients. "Natural" is used with similar meaning with other food products as well. Beyond this limited definition, "natural" should be considered a meaningless claim. The term does not offer any information about the social or environmental impact of the product. It does not guarantee that livestock were humanely raised, or not treated with hormones and antibiotics. It does not guarantee that crops were raised according to any standard. There is typically no independent verification of "natural" claims.

Organic

In order to be labeled "organic" products must meet the federal organic standards as determined by a USDA-approved certifying agency. Organic foods cannot be grown using synthetic fertilizers, chemicals, or sewage sludge; cannot be genetically modified; and cannot be irradiated. Organic meat and poultry must be fed only organically-grown feed (without any animal byproducts) and cannot be treated with hormones or antibiotics. In order to bear the USDA "Certified Organic" seal, a product must contain 95 to 100 percent organic ingredients. Products that contain more than 70 percent, but less than 94 percent organic ingredients can be labeled "Made with Organic Ingredients," but cannot use the USDA "Certified-Organic" seal. Organic ingredients can be listed on the packaging of products that are not entirely organic. www.ams.usda.gov/NOP/indexNet.htm

Pastured or Pasture-Raised

This claim indicates the animal was raised outdoors on a pasture, and implies that it ate primarily grasses and other naturally occurring foods commonly found in pastures. In fact, feeding practices may vary. There is typically no independent verification of "pastured" claims. (See also "Grassfed" above.)

Protected Harvest certified

Protected Harvest is a non-profit organization that independently certifies farmers for ecologically based practices in nine different management categories: Field scouting, Information sources, Pest management decisions, Field management decisions, Weed management, Insect management, Disease management, Soil and water quality, and Storage management. In order to qualify for certification, growers must stay below an established total number of "Toxicity Units" per acre and avoid use of certain high-risk pesticides. Chain-of-custody audits are implemented to ensure the integrity of Protected Harvest's certification. www.protectedharvest.org

Rainforest Alliance Certified

The Rainforest Alliance works to conserve biodiversity and ensure sustainable livelihoods by transforming land-use practices, business practices and consumer behavior. The Rainforest Alliance Certified seal is found on coffee, cocoa, chocolate, bananas, orange juice, guava, pineapple, passion fruit, plantains, macademia nuts and other tropical products. On certified farms, rainforest is conserved, workers are treated fairly, soil and water quality are not compromised, waste is managed efficiently, chemical use is dramatically reduced and relations with surrounding communities are strong. www.rainforest-alliance.org/index.cfm

Transitional Organic

Currently, the USDA does not allow a "transitional organic" label claim. However, suppliers may informally assert a "transitional organic" claim to describe food produced using organic methods on farms that are in the 3-year transition period required for organic certification. There is no independent verification of "transitional organic" claims, and no guarantee that these farms will ultimately qualify for organic certification.

Vegetarian Diet

This is a first-party claim that livestock were not fed any animal by-products. With the appearance of "mad cow disease," which is transmitted through animal by-products added to cattle feed, vegetarian diet are increasing. The claim does not indicate that animals were fed a natural forage diet. Animals may have been fed corn or other grains, agricultural by-products or food processing wastes (such as potato peels). Animals may also have received antibiotics or other feed supplements. There is often no independent verification of vegetarian diet claims.

Additional information on these and other labeling claims can be found at:

- Consumers Union Guide to Environmental Claims: www.eco-labels.org
- Sustainable Table: www.sustainabletable.org/shop/understanding/