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Start Reading Time: 9:41

Start Writing Time: 9:53

End: 10:30

Often convenience outweighs health, and many people choose to sacrifice their money, health, and pleasure for convenience. This is illustrated by the controversial locavore movement which has gained tremendous momentum in the last few years. While many people believe the locavore movement does not save energy and is far too difficult to live by, it still boosts the local economy tremendously, tastes better, and encourages small farmers.

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A major issue with Locavores is that they often do not realize that local food may not necessarily be better. The issue is present because many Locavores simply believe that because the food is grown within a 100 mile radius, that it has less of a carbon foot print. McWilliams, a contributor to Forbes.com, helps exemplify this point. He explains that the local English lamb in the UK has a far higher carbon footprint than the lamb imported from New Zealand because "the lamb is produced under intensive factory-like conditions" (McWilliams). In other words, locally grown food is not necessarily more environmentally friendly if it is industrialized. Many Locavores do not realize this, and this is further exemplified by a political cartoon by Alex Hallatt. In his comic strip, a penguin decides to become a Locavore and instead of going to a farmer's market, he goes to a super-market because it is only a mile away (cartoon). (However) others say the locavore movement is not practical at all. They believe it is too idealistic and does not come to conclusion with reality: we are a highly urbanized country. Paul Roberts supports this idea and states, "80 percent of us live in large, densely populated urban areas, usually on the coast, and typically hundreds of miles, often thousands of miles, from the major centers of food production" (Roberts). However, if an individual was able to purchase food from a *small* farmer—directly from the producer—the benefits to the individuals and the local community could be tremendous.

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Local communities could be bolstered while individuals could enjoy nutritional benefits and better tasting food if Locavores were properly educated as to what food they should buy and where they should buy it. The primary issue many people have is that Locavores believe that simply because a food product was grown locally it was not grown industrially; however, *most* local producers are in fact small farmers. The food they produce is far tastier because it is fresh with no added preservatives. Additionally, because they are allowed to ripen longer, the taste is further enhanced. Nutritionally, the food is also superior. As the food takes longer to get from the stages of picking to digestion, it loses nutrients (Maiser). This is where the food miles make an impact. A lot of opponents to Locavores argue that we should not measure "food miles but apples per gallon" (McWilliams). However, the longer food takes to travel—which is increased by how far it is away—the more it declines nutritionally. Another major impact of the locavore movement is the bolster to the local economy and small farmers. Local economies are boosted because they keep income within the community (Maiser). When a farmer earns a dollar from selling his apple, he will likely spend the dollar again within the same town. Conversely, when a CEO of a company earns a dollar selling an apple in Idaho, he will likely spend the dollar

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wherever he is—which could be in a completely different region, state, or even country. Therefore, communities should promote buying from local farmers because it will help expand their own economies.

There could be many areas where a Locavore goes wrong. He could purchase food from an industrialized producer, thus defeating his environmental goals. He could not be able to purchase local food at all because there are no local farmers, thus defeating his goal of bolstering the local economy. There are undeniably numerous areas in which the Locavore fails; however, when a Locavore succeeds he provides tremendous benefits to himself and to his community. When he fails, he is conducting the same impacts he would be otherwise. It can only help to become a Locavore.

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