



**JANUARY TIP SAVINGS: Over \$480/YR**  
**Avoided Emissions of CO<sub>2</sub>: Over 500 lbs./YR**

# \$USTAINABILITY \$AVINGS TIP

## LOCAL FOOD MOVEMENTS GAIN MOMENTUM

*Reduce your food miles with edible landscaping, CSA's and Community Gardens*

Are you looking for a New Year's resolution with some impact? How about reducing your food miles? The number of miles our food travels from the grower to our plate are called "food miles." More food miles = more fuel used = more CO<sub>2</sub> emissions. So, just think... by growing your own food or supporting your local grower, you'll be eating healthier and possibly find you are losing weight or feeling better. You will likely save money on groceries or from eating out, and all while reducing greenhouse gas emissions for the planet – talk about multiple benefits with one simple resolution!

**Make a New Year's resolution  
to grow your own food or  
start a Community Garden.**

If you can't, or prefer not to install your own garden, or if you want to supplement your harvest, visit one of the many local farmer's markets. Or, you can buy a share of a local farmer's harvest. This relatively new concept is called Community Supported Agriculture or CSA. There's also a lot of new interest in Community Gardens. A Community Garden occurs when you take a piece of land and share it with friends, neighbors and community groups for growing vegetables, fruits and flowers. Community Gardens benefit the larger community by beautifying the area, turning vacant parcels into productive spaces and by providing numerous environmental benefits.

### CHECKLIST FOR SAVINGS

- To learn more** about starting a community garden, attend our Jan. 21 1:30 p.m. workshop at Mesa Main Library, ***Dig In! Steps to Starting a Community Garden***. This program will share how to get a community garden up and growing. Visit [www.mesaaz.gov/sustainability](http://www.mesaaz.gov/sustainability) or call (480) 644-4400.
- Find books** on gardening, square foot gardening, herbs and edible landscaping at City of Mesa libraries, or visit [www.mesalibrary.org/research/living-green.aspx](http://www.mesalibrary.org/research/living-green.aspx).
- The City of Mesa Solid Waste Management Department offers:
  - **Backyard Composting Program** – compost containers are available to Mesa residents for a \$5.00 refundable deposit, visit [www.mesarecycles.org](http://www.mesarecycles.org) or call (480) 644-2221.
  - **Steps to Successful Composting** gives you simple tips to recycle your kitchen waste into a beneficial garden amendment, visit [www.mesaaz.gov/waste/successful\\_composting.aspx](http://www.mesaaz.gov/waste/successful_composting.aspx).

### RESOURCES FOR MORE INFORMATION

**Vegetable Gardening:** The University of Arizona Maricopa County Extension has guides on vegetable gardening, soil prep and gardening seasons – (602) 827-8200 or visit [www.cals.arizona.edu/maricopa/garden/pubs.htm#Vegetable](http://www.cals.arizona.edu/maricopa/garden/pubs.htm#Vegetable).

**Farmer's Markets:** The Arizona Community Farmers Markets Association provides a listing of all active markets – (623) 848-1234 or visit [www.arizonafarmersmarkets.com](http://www.arizonafarmersmarkets.com).

**Community Supported Agriculture (CSA) Membership:** Visit [www.localharvest.org](http://www.localharvest.org) to find a local CSA.

**Community Gardens:** Visit our sustainability site to learn about the iMesa Community Garden initiative.

### \$START \$AVING

Start saving money and reduce your food miles, while doing your part for *building a sustainable community*. Visit [mesaaz.gov/sustainability](http://mesaaz.gov/sustainability) for more sustainability savings tips.

*Learn to live Green*