



JANUARY TIP SAVINGS: Over \$480/YR
Avoided Emissions of CO₂: Over 500 lbs./YR

\$USTAINABILITY \$AVINGS TIP

GOOD LOCAL FOOD IS EASIER THAN YOU THINK

Reduce your food miles with gardening, CSAs and Community Gardens

Are you looking for a very personal way to impact our environment? 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 CO₂ emissions. Planting your own garden is one of the best ways to reduce your food miles. 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 **Farmers Markets**. Or, you can buy a share of a local farmer’s harvest. This concept is called **Community Supported Agriculture** or CSA. There’s also a lot of new interest in **Community Gardens**, a piece of land that is shared with friends, neighbors and community groups for growing vegetables, fruits and flowers. There are several in Mesa, including **Mesa Urban Garden** in downtown!

Make a New Year’s resolution to grow your own food or support a local farmer.



You might want to strive to be a **Locavore** meaning you’ll pay attention to where your food comes from and commit to eating local foods as much as possible. There are many great things about eating local. It supports small farmers in your area, you will likely eat healthier, save money on groceries, and all the while reducing greenhouse gas emissions for the planet – talk about multiple benefits with one simple change!

CHECKLIST FOR SAVINGS

- Community Gardens:** Visit mesaaz.gov/sustainability to learn about the many located in Mesa. Mesa Urban Garden has beds available for lease. Contact Laurie at 480-202-3022.
- FREE WORKSHOPS – Compost, Mulch and Rock** (Jan. 20), Catherine “The Herb Lady” will cover use of mulches in your garden, but the program will also include a garden book swap and garden seed giveaway. **Hands On Fruit Tree Pruning with Claud Cluff** (Jan. 27) includes how to trim different fruit trees for best fruit production. There is also a **Shade Tree Pruning** program on Feb. 3. All are located at Mesa Urban Garden, learn more at facebook.com/MesaUrbanGarden.
- Seed Lending:** Mesa Public Library along with [Garden Pool](#) created a [Seed Library](#) for library card holders to check out three seed packets per month for free. Check it out (*get the pun?*) at the Main Branch at 64 E. 1st Street and at Red Mountain Branch at 635 N. Power Road.
- Community Supported Agriculture (CSA) Membership:** Visit localharvest.org to find a local CSA.
- Vegetable Gardening:** The UofA Maricopa County Extension has guides on vegetable gardening and planting seasons at extension.arizona.edu/pubs in the gardening category.

START \$AVING

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

Learn to live Green



mesaaz.gov/sustainability