

In progress:

## One Forkful at a Time: Getting started with local foods

by Lisa Amstutz and Karen Geiser

One Forkful at a Time compiles stories from consumers and farmers about their experiences with local foods. It takes a hard look at the issues surrounding our food choices and highlights the many benefits of eating locally. One Forkful at a Time encourages readers to take simple steps toward eating closer to home and to discover the many joys and benefits of local foods.

### Chapters include:

- A Matter of Taste - local foods and flavor
  - Pay the Farmer or Pay the Doctor - health issues
  - Save a Farmer, Buy Local - benefits to local economy
  - Serving up the Harvest - cooking resources
  - Survival in the Off Season - eating local in winter
  - A Vision for the Future - our dreams and those of several contributors
- plus 7 additional topics to inspire you to add local foods to your table

Steps to take and helpful resources are listed at the end of each chapter.



### Excerpts:

For years my family struggled to eat the firm, tasteless peaches sold at our local supermarket. Since they were rock hard when we brought them home, we tried to ripen them (as directed) in a paper bag on the counter. Despite our efforts, the peaches never ripened but rotted instead. Frustrated, we stopped buying peaches until the day I happened upon a local peach orchard. My family and I devoured these peaches--sweet, velvety and fragrant--with juice running down to our elbows and collars. Each of us ate several peaches a day, hungering after the delicate flavor and texture only a "picked-ripe-off-the-tree" peach can offer.

*~Lori, suburban mother of two*

I go to the Farmer's Market every Saturday for fresh and unusual items such as Lion's Mane mushrooms grown locally, fresh bread, and fruits (strawberries, blueberries, and blackberries) which I do not grow myself. Sweet corn season is fabulous due to our local farmers who make the trip into Wooster to sell their produce. My Turkish friend is there selling her marvelous stuffed grape leaves, hummus, and tabouleh; she also makes beautiful jewelry and shawls. There is wonderful fellowship, banjo music, free kittens, locally grown beef, coffee shops close by, and the beautiful atmosphere of our lovely downtown. I like watching people leave with bouquets of fresh flowers and French bread peeking out of their own "green" grocery bags. Parents with their children in strollers and dogs on leashes add to the feeling that we live in a great community!

*~Ruth, mother of three*

Maintaining optimal health is my prime motivation for eating locally. Eating foods that are at peak quality, that have been grown free of chemical fertilizers & pesticide is one of the greatest investments I make in maintaining my health. Eating locally also contributes to creating community. There is a real joy in purchasing from people you know. You begin to forge relationships with the people you buy directly from on a weekly basis. You begin to appreciate the effort and care that goes into raising food. Besides, locally grown fresh foods just taste better.

*~Monique, caterer*

We are currently looking for a publisher and seeking more stories! If you can help, or would like more information about the book, please contact us:

Lisa Amstutz: [deeproofsfarm@sbcglobal.net](mailto:deeproofsfarm@sbcglobal.net)

Karen Geiser: [karengarden@embarqmail.com](mailto:karengarden@embarqmail.com)