

Local Food Sources

“Who’s your farmer?” – Catherine Austin Fitts

Solari Metro Chicago Goal: Grow the local foodshed in the metro Chicago area by growing as much of your food as you can, and purchasing as much as possible from local farmers and food artisans.

Weston A. Price Foundation Local Food Challenge: Spend 50% of your food budget from local farmers and artisan producers.

The Gold Standard, according to the Weston A. Price Foundation:

Dairy products are raw and whole from certified healthy grass-fed animals who are not vaccinated and are not given hormones, antibiotics or steroids. Products such as cheese, etc., have no additives, are heated no higher than 110 degrees F and are naturally smoked.

Fresh **eggs** from pastured poultry fed organic, non-soy feed.

Seafood is caught in season (crab, lobster, oysters, clams, mussels) or frozen; from wild sources; naturally smoked (kippered), dried or pickled, with no additives.

Meat from pasture-raised and -finished animals who are not vaccinated and are not given hormones, antibiotics or steroids. Processed meat should be naturally cured and smoked. (Note: Products containing hydrolyzed protein, citric acid, “spices” or “natural flavors” usually contain MSG, which should be avoided as a neurotoxin.)

Fruits and vegetables should be fresh organic, biodynamic or wild, preferably local and in season. Dried fruits or vegetables should have no added sugar, oil, additives or preservatives.

Lacto-fermented vegetables should be unheated, organic, in glass jars and made from unrefined salt and/or a culture, not vinegar.

Grains and legumes should be organic and whole (or wildcrafted, in the case of wild rice).

Bread should be sourdough, soaked or sprouted and made from freshly ground organic whole grain flour, without additives such as gluten, soy, bran and partially hydrogenated oils.

Nuts and seeds should be organic or wild raw in sealed packages. Nut butters should be soaked/sprouted organic or wild raw.

Salt should be unrefined; **herbs** and **spices** (including spice blends) should be organic and non-irradiated, without additives.

Note on the Gold Standard: Some of these are easy to find (many fruit and vegetables), some are harder to find, and some nearly impossible to find. The goal is to do what you can.

Note on the legal term “organic”: Please be aware that in order to be certified as organic under U.S. laws, there is an extensive and very expensive process that is financially out of reach for many small farmers. Unfortunately, the law prohibits any farmer from advertising their products as “organic” if they have not been certified by the nice government men, even if they have adhered to organic standards in practice. Therefore, it is important to ask farmers who do not advertise their produce as organic whether they may, in fact, have followed organic practices.

As we are looking to grow local food producers, it is important not to demonize farmers who may not use organic practices or best procedures, but instead encourage them to make what changes they can.