



*What in the World Are We Eating?*

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## *Questions...*

- ✧ Remain standing if you try to only eat food grown in the country you live in...
- ✧ Remain standing if you try to only eat food grown in the state/county or region you live in...
- ✧ Remain standing if you try to only eat food grown within 100 miles of where you live...



## *What in the World is a Localvore?*

- ✧ Everyone still standing is a localvore!!
- ✧ A **localvore** is someone who eats food grown or produced locally or within a certain radius such as 50, 100, or 150 miles.
- ✧ The localvore movement encourages consumers to buy from farmers' markets or even to produce their own food.



# *Case Studies*

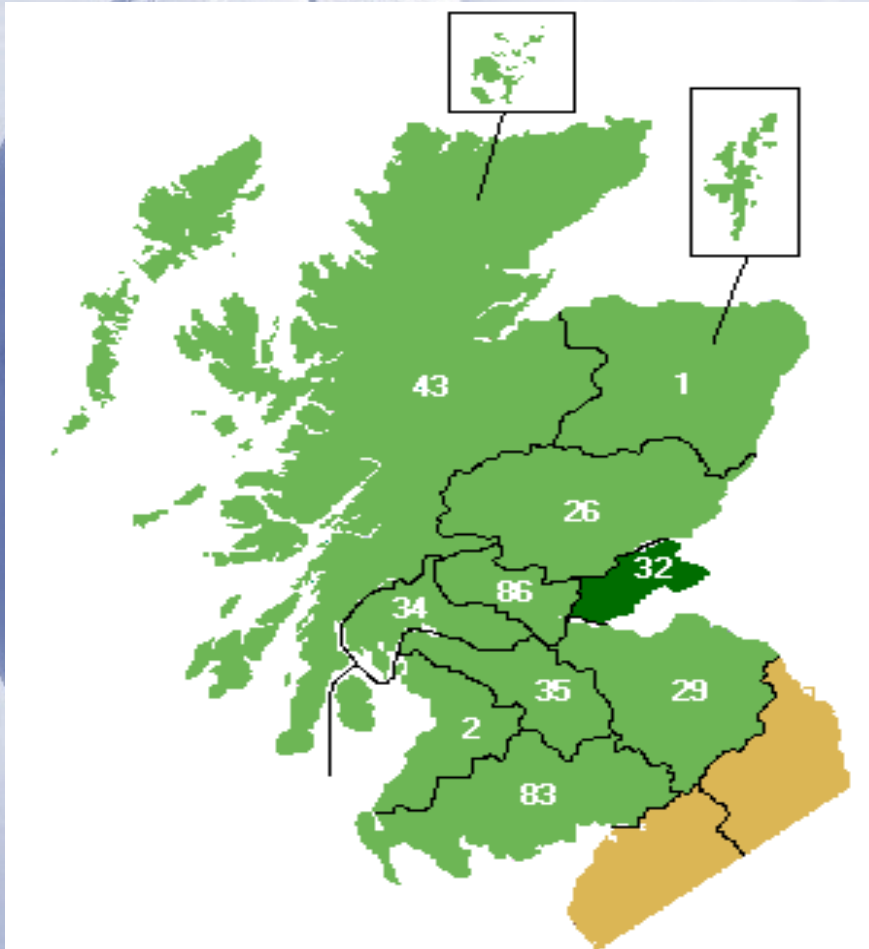
- ✧ I explored case studies of localvores or local food projects in 8 countries around the world.
  - ✧ Locally-based diets
  - ✧ Community gardens
  - ✧ Food co-ops
  - ✧ Community supported agriculture (CSAs)
  - ✧ Farmer's Networks
  - ✧ Seed savers groups
- ✧ How did the local food project start?
- ✧ How did it contribute to building a community-centered food economy?



## *Where in the World?*

- ✧ **The Fife Diet, Fife, Scotland**
- ✧ Garden Africa, South Africa
- ✧ Co-op Kobe, Japan
- ✧ **Seed Savers, Australia-based but global**
- ✧ Local Harvest, California, United States
- ✧ Slow Food Movement, Italy and globally
- ✧ Green Pumpkin, Ecuador

# *The Fife Diet*



- ✧ Fife is located in the central-eastern part of Scotland
- ✧ The population of Fife is 360,000
- ✧ Total area is 512 sq. miles



## *The Fife Diet*

- ✧ Started by Mike Small after a conversation at the Big Tent Festival in Scotland in 2007
- ✧ Between October 2007 and October 2008 the Fife Diet asked people to sign-up to eating food from the region of Fife, for a year, monitor their progress and share their experience on the Fife Diet blog.
  - ✧ The Fife Diet is still going strong!  
<http://fifediet.co.uk>
- ✧ Hundreds of people have joined and have tested what the region can and can't produce in that first year.



## *Goals of the Fife Diet*

- ✧ The project aims to:
- ✧ Bring people together to eat good local food
- ✧ Boost the local economy
- ✧ Make fresh organic produce more widely available
- ✧ Help each other re-learn how to eat seasonally
- ✧ Challenge the insanity of food miles.



## *The Fife Diet*

✧ **'The first question people ask me is: What are the Rules? There are no rules, what did you think this is? Eat what you like. I'm an enthusiastic but amateurish gardener, my income and time is limited and my home life complicated by the presence of very small children (they're young not abnormally small!). So I'm still in the position of conversion. I have cupboards full of dried stuff from round the globe. I'm not going to waste anything. Clarity not purity is the plan.'**





## *The Fife Diet*

✧ <http://news.bbc.co.uk/1/hi/scotland/7386362.stm>

✧ The diet has received lots of local attention in Scotland

✧ The Fife Diet has led to the creation of a community garden in Falkland, Fife and is looking to grow into a food coop.

✧ All of these projects are looking to build a local food economy starting with community.



## *Seed Savers' Network*

- ✧ The **Seed Savers' Network** was established in Australia in 1986 by Michel and Jude Fanton
- ✧ It quickly attracted national attention. In 1992 they began to take the message of the need to conserve traditional varieties of food plants to other countries.
- ✧ In 97/98, the network became more local by setting up regional seed banks



# *Goals of the Seed Savers' Network*

## ✧ **To develop and promote:**

- ✧ Educational programmes for the preservation of open-pollinated (non-hybrid) seeds and the genetic diversity of plant varieties;
- ✧ Non-profit seed exchange programmes;
- ✧ Preservation gardens and scientific research

## ✧ **To Provide:**

- ✧ Financial and educational assistance to community development projects - local and overseas;
- ✧ Open-pollinated seed stock to individuals, groups and communities.



## *Seed Savers' Network*

- ✧ Recognizes that seeds and seed varieties are tied to culture and place.
- ✧ There are tremendous varieties of seeds and this is slowly dying out with uniform, commercially produced seeds.



# *Seed Savers' Network*

- ✧ Community-based and self-financed through the sales of DVDs, handbooks and other materials.

- ✧ <http://www.seedsavers.net/>

- ✧ Seed Savers' Handbook: a **complete reference** for growing, preparing and conserving 117 traditional varieties of food plants. Written especially for Australian and New Zealand conditions.

- ✧ Seed Savers' Handbook for the Pacific

- ✧ Local seed network manual

- ✧ Seed Savers' Network just produced a 1 hour documentary that celebrates traditional food plants and the people that grow them globally.



# *Seed Savers' Network*

✧ [http://www.youtube.com/watch?v=1UnpW-aFLYc&feature=channel\\_page](http://www.youtube.com/watch?v=1UnpW-aFLYc&feature=channel_page)



*It starts with one person...*

***Drive. Imagination. Passion. Compassion. A fiery spirit. In every significant community development project around the globe, there are certain human qualities that shine out again and again.***

***Commitment. Energy. Love. Positivism. Left-field thinking. In every of local community doing amazing things, it all comes down to that handful of charismatic individuals who say: 'We can do this.'***

**-Commission for Rural Community Development, 2006**



## *Bringing the Local to the Global*

- ✧ Explicit global connection
- ✧ Building community resilience
- ✧ Preserving diversity
- ✧ Building community connectedness
- ✧ Building a community-centered economy

# *Global Village Residency*

- ✧ An exciting new project at IACD for members
  - ✧ Membership included with your registration to this conference
- ✧ Learning exchange (longer term residency) between practitioners globally.
  - ✧ Our first host is the Falkland Centre for Stewardship and working to build a food coop for the Fife Diet project
  - ✧ IACD will support several practitioners to travel to Scotland and spend time working around the issue of building a community-centered food economy.
- ✧ Interested? Please talk to me during the conference.



*Thank You!!*

Contact me:

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We look forward to working with you in the  
IACD network!