

**LOCAL FOOD**

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Local food, on the other hand, is fresh, perishable, and not factory produced or packaged. Our support of local food producers can better acquaint us with the process of how food makes its way to our tables and just how laborious it is to produce wholesome, fresh food. The small-scale grower-producer makes a living the hard way — with tireless work, an interest in protecting the land, and more often than not, a deep sense of community.

Locally grown and produced food also provides local economic opportunity, offers the health benefits of freshly harvested food, and better protects the environment with sound sustainable agricultural and animal husbandry practices. Add to this the connection to the community through the land and natural resources, as well as bringing people together, as neighbors, producers, consumers, and the real face of local food. We know or can visit with the ranchers who raise our meat, the farmers who grow our produce, the families that raise the laying hens, make the cheese, or craft the wine.

There are many ways to support our local and

regional food producers. Sign up for Community Supported Agriculture (CSA) shares, with weekly deliveries of fresh in-season produce, eggs and meat. You can also buy direct from local growers with on-line ordering and scheduled deliveries, shop at our Farmers Market (June to October) where produce, meat, eggs, honey, condiments and prepared foods are available, and buy locally produced and bottled wine and beer. The Baker Food Co-op also sells locally grown produce and bulk items for making wholesome meals and food from scratch. These are a few ways to keep dollars in our community while supporting those who live and work here. These are excellent ways to get locally crafted and grown food, free from added and questionable ingredients, fresh and wholesome, and without huge transportation or processing costs.

When social gatherings are allowed again and we figure out how to keep groups safe, Trash Talk will host a viewing of “Ingredients,” a documentary that looks

at America’s industrialized food system and a growing alternative — the local food movement. Local food advocates are shrinking the gap between farmland and dinner table to benefit local producers and improve food quality. Chefs, restaurateurs, consumers and producers discuss how to bring food production back home.

Our current global crisis has most of us feeling anxious and worried. Yet in spite of this, or perhaps because of this, I feel fortunate for the opportunity to pause with reflection and a deeper appreciation of our community. It has renewed my understanding of how important it is to support families, community, a way of life, and what we cherish and value most. I so admire our sense of place, our sense of belonging, and our privilege of living in a community where people take care of each other. And especially now I am more inclined than ever to look down the road and out in the field for my next meal, rather than relying so heavily on the aisles of our big chain grocery stores.

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Please help us by taking this online survey to determine what news you are seeking, what’s most important now, what we can do better, and what your current shopping plans are. We will use the survey results to deliver community news that is most important to you along with helping local businesses get some ideas on what you need.

**\$1,000** will be awarded by Pulse Research to one respondent.

Thank You!  
 The survey is available at:  
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**OREGON'S 2ND CONGRESSIONAL DISTRICT REPUBLICAN CANDIDATE FORUM**

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Get to know the Republican candidates for U.S. Congress without leaving home.

Primary election is May 19  
 Forums will be video recorded without audience due to COVID-19 concerns.

Streaming live on this newspaper’s Facebook page:  
**Saturday May 2, 2020 • 5 p.m. & 7 p.m.**

Watch after the event on this newspaper’s website or on EOAlive.tv

Submit your questions in advance by email to:  
[CD2forum@eomediagroup.com](mailto:CD2forum@eomediagroup.com)  
 or on Facebook Live during the event.

Moderated by Chris Rush - Regional Publisher, EO Media Group

Live stream and video by EO Alive TV

• A forum for the Democratic candidates will be held on May 1 •

**OREGON'S 2ND CONGRESSIONAL DISTRICT DEMOCRATIC CANDIDATE FORUM**

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Get to know the Democratic candidates for U.S. Congress without leaving home.

Primary election is May 19  
 Forums will be video recorded without audience due to COVID-19 concerns.

Streaming live on this newspaper’s Facebook page:  
**Friday, May 1, 2020 • 6:30**

Watch after the event on this newspaper’s website or on EOAlive.tv

Submit your questions in advance by email to:  
[CD2forum@eomediagroup.com](mailto:CD2forum@eomediagroup.com)  
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