

A SHOPPER'S GUIDE TO EATING LOCAL

Becoming a member of Durango Natural Foods is a great first step!

- 20% of the produce we sell in season comes from local growers.
- 7-10% of products throughout the store -including soaps, greeting cards, granola, coffee, grass-fed beef and more- are locally and regionally produced.
- Look for our local tags next to products throughout the store. Also, read the product label and learn more about where your food is coming from. The closer it is to home, the better.
- If you have questions about the origins of any product at DNF, just ask a staff person!

Know your local growers and what they grow.

- DNF keeps copies of a Harvest Calendar put together by the Growing Partners of Southwest Colorado. This calendar shows what staple crops are grown in the area and when they are likely to be available throughout the year.
- The Mesa Verde Guide to Local Sustainable Food and Fiber is a listing of farms and ranches in the five surrounding counties, what they have available, when and where to look for their products and contact information for each farm listing. The guide can be accessed at www.sustainableSWcolorado.org.

Enjoy freshly prepared meals using seasonal ingredients.

- The DNF Produce Department works hard to carry a diverse selection of the most local, sustainably produced fruits and veggies available. That means we focus most on what's fresh and in season.
- Check out the Produce Department often for new and interesting fruits and vegetables, and for recipes on how to prepare them!
- Use your knowledge of what's in season to plan meals around available local goods. Meal-planning is a great way to save money too.

Consider preparing some food-staples from scratch.

- In the DNF Bulk Department, you'll find all the herbs, spices, baking ingredients, dried fruit and more that you need to prepare fresh breads and tortillas, make your own granola and energy bars, etc. You can go a step further, and ask a staff person to tell you which bulk goods were produced/grown in our region.
- Also, consider purchasing bulk orders of fresh fruits and veggies when they are in season. These can be canned, fried or frozen and enjoyed throughout the year.

Get creative!

- Expand your use local ingredients. Roast those melon and pumpkin seeds. Try bean dips using local beans. There are a lot of ways to adapt locally-sourced ingredients to your favorite recipes.

Grow your own.

- No food is more local (or delicious) than when it comes from your own garden! When it's time to plant a garden, be sure to look for DNF's extensive selection of seeds from Botanical Interests, a Colorado-based company. We have a number of organic and heirloom varieties with extensive information on each packet about everything from planting to seed saving.

