

EAT LOCAL. SUPPORT YOUR ROOTS.

A GUIDE TO EATING CLOSE TO THE SOURCE AND SUPPORTING YOUR LOCAL FARMERS



CSA

"Community Supported Agriculture" - A network of individuals who support a local farm by committing funding prior to the growing season. This model allows consumers to share the risks and rewards of food production with the farmers.

Frith Farm - Scarborough
Black Kettle Farm - Lyman
Wolf Pine Farm - Alfred
Frinklepod Farm - Arundel
Midnight Meadow Farm - Saco

FARMERS' MARKETS

A local market where farmers and artisans sell fruits, vegetables, and other goods.

Saco River Market - Mills at Saco Island
Saco - Saco Valley Shopping Center
Kennebunk - Municipal Parking Lot
Wells - Town Hall Parking Lot
Portland - Deering Oaks Park and Monument Square

KNOW YOUR COFFEE:

In 2014 there were enough K-cups sold to circle the globe ten times, if placed end-to-end. These are not easily recycled nor compostable.

Many UNE departments offer coffee to their employees. Single serve, one-time use Keurig coffee makers are the least sustainable option for brewing. Purchasing a reusable Keurig coffee filter "my K-cup", is a better choice. That way you can refill it with coffee that has more sustainable roots, such as fair trade, organic, shade-grown or bird-friendly.

[Here's how!](#)

Fair Trade: grown by farmers who are members of a democratically run co-op, receive fair prices for their beans, and put money into the community.

Organic: grown or made without the use of artificial chemicals.

Shade-grown: coffee grown beneath a forest canopy in order to promote biodiversity in the region.

Bird-friendly: a further emphasis on shade grown coffee by outlining the benefits of native wildlife, including birds.



Several UNE departments have partnered with Blue Reserve to offer compostable coffee pods in their single-serve brewers.

[Blue Reserve](#)

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