

Start looking for local

Rich Heffern | Feb. 25, 2010 NCR Today

As we look ahead to March and a new growing season, start to plan now for locally grown foods: 1) Look for locally grown vegetables in your grocery stores. 2) Find out when your local farmers market will open -- and plan to walk or bike there if you can. 3) Consider joining a "CSA" (community supported agriculture) that will deliver local produce from early Spring to late Fall.

These ideas come from the Lenten Carbon Fast Calendar, a listing of simple actions that may put you in the spirit of caring for Creation and the world-wide community:

<http://catholicclimatecovenant.org/wp-content/uploads/2010/01/Lenten-Carbon-Fast-Calendar-2010.pdf> [1]

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Links:

[1] <http://catholicclimatecovenant.org/wp-content/uploads/2010/01/Lenten-Carbon-Fast-Calendar-2010.pdf>