



Riding Mountain Biosphere Reserve

At the Farm Gate



TRENDS

A growing number of people would like to follow food trends such as the "100-mile Diet", eating locally, cooking more meals at home, sustainable eco-conscious eating and green foods. These same people are concerned about the quality of the food that they are eating, their health and the health of the environment.

LOCAVORES

These "locavores" want to eat foods grown or produced locally so they support fresh foods, farmers markets, family farms, sustainable agriculture, the reduction of greenhouse gases and in general a healthier environment.

Many of the small family farms in the region are already producing wonderful quality products that they have for sale at their farm gate such as farm fresh eggs, grass-fed or free-range beef, pork, and chicken, jams, jellies and preserves, baking, fruits, vegetables, and much more.

AT THE FARM GATE INITIATIVES

- **Develop a directory and network of people/farms/business who are within the Riding Mountain Biosphere Reserve - or very close to the boundaries - that are selling product "At the Farm Gate".**
- **Produce a pamphlet that will highlight the people, their products and the seasons their products are available.**
- **Host seminars and workshops**
- **Encourage people who live, work and play in the RMBR region to purchase food and other necessities locally**
- **Help to build a strong and sustainable regional economy.**

For more information, to participate, or if you have any suggestions contact:

Valerie Pankratz

Riding Mountain Biosphere Reserve

1.204.636.2085 rmb@mts.net www.rmb.ca