

## The Global Food Chain

### Corporate Farming

- 💰 1% of U.S. corporations produce 80% of private sector food product output.
- 💰 Today in the U.S., only 8% of farms account for 72% of sales.
- 💰 Nearly half of the typical 30,000 items found in an average supermarket are brought to us by just 10 corporations.
- 💰 An estimated one of every 10 dollars U.S. consumers spend on food is going to just one corporation -- Altria (the former Phillip Morris).
- 💰 Genetically Modified Organisms now grow on 96 million acres in the U.S. and nearly 9 million acres in Canada, yet only a handful of companies benefit: Dow, DuPont, Syngenta, Aventis (Bayer) and Monsanto.

### Food Miles

- ❁ Americans now get nearly a quarter of all their fruits and vegetables and more than half of all their seafood from foreign countries.
- ❁ A typical morsel of food journeys between 1,500 and 2,500 miles before it reaches a mouth — over 30 times farther than it did 20 years ago — changing hands at least six times along the way.
- ❁ Some 817 million tons of food are shipped around the planet each year, up fourfold from 200 million tons in 1961.
- ❁ Fruits and vegetables shipped from distant states and countries can spend as many as seven to fourteen days in transit before they arrive in the supermarket.
- ❁ It now takes between 10 and 15 calories of energy to deliver one calorie of food to a U.S. consumer.

### Where does your food dollar go?

For every dollar spent on food, only a fraction goes back to the farmer. The rest goes for transportation, packaging, marketing, wholesalers and retailers.



Buying food directly from local farmers reduces the portion of your food dollar going to corporate agribusiness and ensures that farmers get their fair share of your food dollar.



### Reasons to Buy Local

- 🌱 Local food tastes better and is better for you.
- 🌱 Local food supports local farm families.
- 🌱 Local food protects genetic diversity.
- 🌱 Local food supports a clean environment.
- 🌱 Local food builds community.



## South Bay Farmers' Markets

Certified Farmers' Markets are expanding across the United States, growing from 1,755 markets in 1993 to 3,100 in 2002, but still represent only 0.3% of food sales. About 3 million people visit them each week.

### Community Supported Agriculture

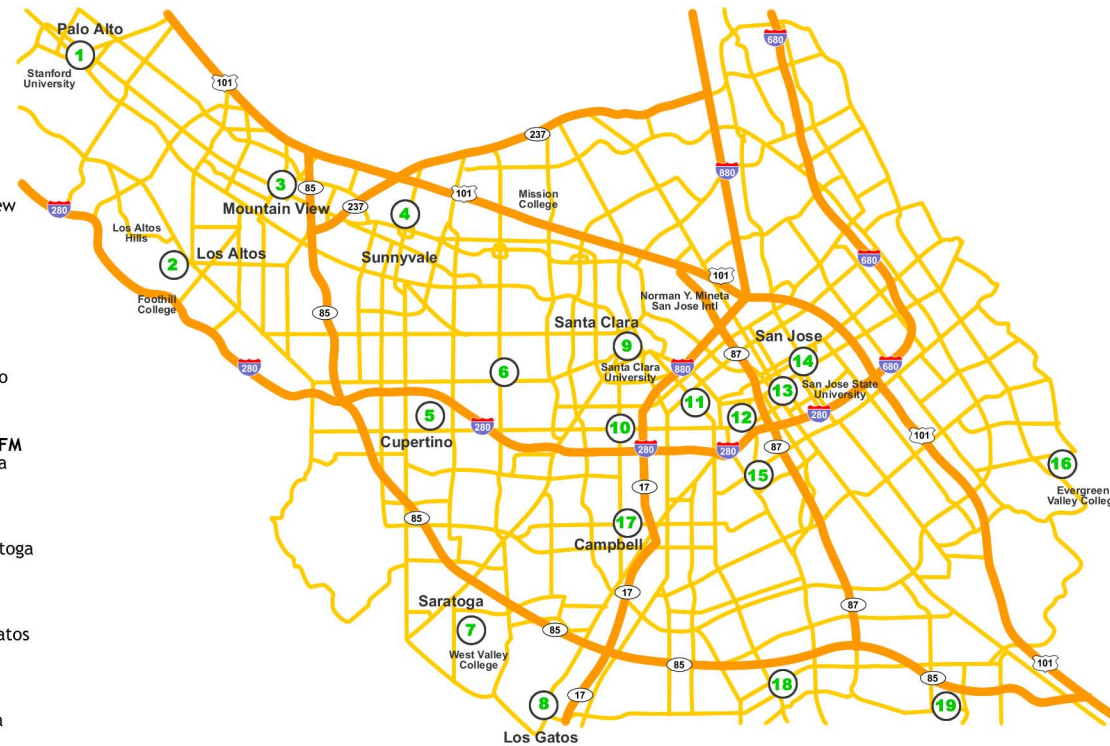
CSA is a relationship of mutual support and commitment between local farmers and community members who pay the farmer an annual membership fee to cover the production costs of the farm. In turn, members receive a weekly share of the harvest during the local growing season. The arrangement guarantees the farmer financial support and enables many small- to moderate-scale organic family farms to remain in business. Ultimately, CSA creates "agriculture-supported communities" where members receive a wide variety of foods harvested at their peak of ripeness, flavor and vitamin and mineral content.

A "share" is usually enough to feed a family of four or a couple on a vegetarian diet. Sometimes "half shares" are available. The price of a share for a season varies widely, but is generally comparable to prices in the supermarket.

### Web Resources

- 🌱 Community Supported Agriculture <http://wsare.usu.edu/pub/index.cfm?sub=csa>
- 🌱 Local Harvest <http://www.localharvest.org/>
- 🌱 Urban Village <http://www.urbanvillageonline.com/>
- 🌱 Pacific Coast Farmers' Market Association <http://www.pcfma.com/>
- 🌱 California Federation of Certified Farmers' Markets <http://www.cafarmersmarkets.com/>

- 1 Palo Alto Downtown CFM  
Hamilton Ave. at Gilman St.  
Sat. 8:00 a.m. - 12:00 p.m.
- 2 Los Altos CFM  
State St. at Second St., Los Altos  
Thurs. 4:00 p.m. - 8:00 p.m.
- 3 Mountain View CFM  
Hope St. at Evelyn Ave., Mountain View  
Sun 6:30 a.m. - 1:30 p.m.
- 4 Sunnyvale CFM  
Murphy St. at Evelyn Ave., Sunnyvale  
Sat. 9:00 a.m. - 1:00 p.m.
- 5 Vallco/Cupertino CFM  
Wolfe Rd. at Stevens Creek, Cupertino  
Fri. 9:00 a.m. - 1:00 p.m.
- 6 Kaiser Medical Center-Santa Clara CFM  
710 Lawrence Expressway, Santa Clara  
Thur. 10:00 a.m. - 2:00 p.m.
- 7 Saratoga CFM  
Fruitvale Ave. at Allendale Ave., Saratoga  
Sat. 9:00 a.m. - 1:00 p.m.
- 8 Los Gatos CFM  
Montabello Way and Broadway, Los Gatos  
Sun 6:30 a.m. - 1:30 p.m.
- 9 Santa Clara CFM  
Jackson St. at Benton St., Santa Clara  
Sat. 9:00 a.m. - 1:00 p.m.



- 10 San Jose Santana Row CFM  
Santana Row, Stevens Creek & Winchester  
Sun. 10:00 a.m. - 3:00 p.m.
- 11 San Jose Alameda CFM  
The Alameda at Lenzen Ave., San Jose  
Sat. 9:00 a.m. - 1:00 p.m.
- 12 Newhall Old Town CFM  
29222 San Fernando Rd., San Jose  
Thur. 4:00 p.m. - 8:00 p.m.
- 13 San Jose Downtown CFM  
San Pedro Square, San Jose  
Fri. 10:00 a.m. - 2:00 p.m.
- 14 San Jose Japantown CFM  
Jackson St. between 7th and 8th, San Jose  
Sun. 8:30 a.m. - 12:00 p.m.
- 15 San Jose Willow Glen CFM  
Minnesota Ave. at Lincoln Ave., San Jose  
Sat. 7:30 a.m. - 1:00 p.m.
- 16 San Jose Evergreen CFM  
3000 Aborn Rd., San Jose  
Sun. 9:00 a.m. - 1:00 p.m.
- 17 Campbell Farmers Market  
Campbell Ave. and First St., Campbell  
Sun. 9:00 a.m. - 1:00 p.m.
- 18 Blossom Hill Farmers Market  
Kooser Rd. and Meridian Ave., San Jose  
Sun. 10:00 a.m. - 2:00 p.m.
- 19 Kaiser Santa Teresa CFM  
Hospital Pkwy At Cottle Rd., San Jose  
Fri. 10:00 a.m. - 2:00 p.m.