



Advance Information

LOCAL FOOD

How to make it happen in your community

Tamzin Pinkerton & Rob Hopkins

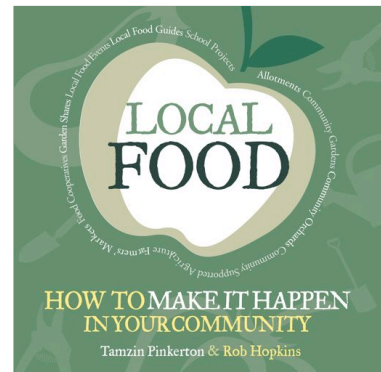
So you buy your vegetables as locally as possible, eat organic and seasonal food where you can, and are perhaps even coming to grips with managing an allotment. However, as the scale of the recession and rising fuel prices start to be keenly felt, you may be wondering what else you can do to help foster local food and reduce dependence on the global market.

Local Food offers an inspiring yet practical guide to what can be achieved if you get together with the people on your street, the people in your village, town or city. It explores a huge range of initiatives for rebuilding a diverse, resilient local food network, including community gardens, food co-operatives and Community Supported Agriculture schemes – even the creation of local currencies to support local food production – and includes all the information you will need to get projects started.

Drawing on the practical experience of Transition initiatives and other community projects around the world, *Local Food* demonstrates the power of working collaboratively. In today's culture of supermarkets and food miles, an explosion of activity at community level is urgently needed. This book is the ideal place to start.

The Authors: **Tamzin Pinkerton** has an academic background in Social Anthropology and Human Rights. Tamzin has been involved in various Transition projects, including coordinating the schools project *Transition Tales*, working with a local secondary school, and helping organise *Transition Town Totnes*. She now lives in Weybridge, Surrey with her daughter.

Rob Hopkins has been a teacher of permaculture for many years; he is co-founder of the growing *Transition Network* and author of the best-selling *The Transition Handbook*. He is a lobbyist and national campaigner who is raising awareness of our need to build resilient communities in the face of peak oil and climate change. In June 2009 he won the Observer Ethical Award for Grassroots Campaigner.



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- **Introduction** • **Getting Started** • **Food Projects**
 - *Allotment provision*
 - *Awareness raising* • *Back garden growers* • *Community gardens* • *Community Supported Agriculture* • *Ethical sourcing*
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 - *General references*

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