



Eat Local Always Collaboration Toolkit

We would be so excited to continue working with you to bring awareness to where our food comes from and celebrate the bounty of local food.

Thank you for helping us support local food makers, farmers, and fisheries.



**EAT LOCAL
ALWAYS**

Included in this document, you will find:

1. A step-by-step guide for participation
2. A list of books and documentaries to be considered for a recommended summer reading list
3. A poster to accompany the recommendation list, which can also be posted to newsletters, websites, etc.
4. An image of what's in season during the summer months
5. Coloring pages for library guests



How to Participate:

Develop a Recommendation List/

Featured Books or Documentaries (using our suggested books/documentaries and adding more of your own!)

Print out the accompanying flyer and display around your library.

Add flyer to your website, as well as any other included promotional materials you see fit.

Print out the coloring page and hand it out to library guests





Eat Local Always

Summer Reads

***The Food Explorer: The True Adventures of the
Globe-Trotting Botanist Who Transformed
What America Eats***, by Daniel Stone

Summer: A Novel, by Ali Smith

***Simply New England: Seasonal Recipes
That Celebrate Land And Sea***,
cookbook by Chef Daniel Bruce

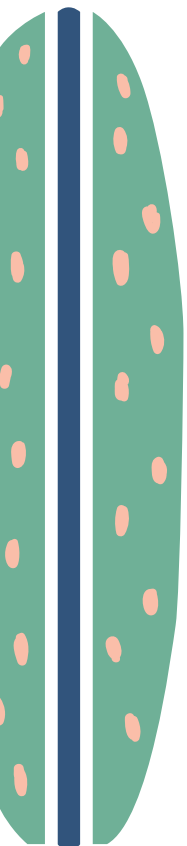
The 100-Mile Diet: A Year of Local Eating,
memoir by Alisa Smith and J.B. Mackinnon

***Summer Wildflowers of the Northeast
a Natural History***, by Carol Gracie

Wild about Weeds: Garden Design with Rebel Plants,
by Jack Wallington

Love & Saffron, novel by Kim Fay

Shucked: Life on a New England Oyster Farm,
memoir by Erin Byers Murray





For Children

Food for the Future

by Mia Wenjen

Fortune Cookies for Everyone!

by Mia Wenjen and Colleen Kong-Savagr

The Traveling Taco,

by Mia Wenjen and Kimberlie Clinthorne-Wong

Is it Warm Enough for Ice Cream?,

by Violet Peto

It Began with Lemonade,

by Gideon Sterer and Lian Cho

Kalamata's Kitchen,

by Sarah Thomas, Derek Wallace and Jo Kosmides Edwards

Fruit Bowl,

by Mark Hoffmann

Planting a Rainbow,

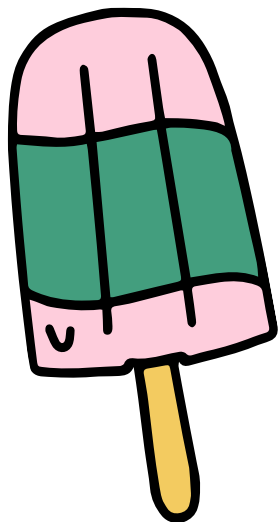
by Lois Ehlert

The Spice Box,

by Meera Sriram and Sandhya Prabhat

Off to the Market,

by Alice Oehr



Documentaries



Kiss the Ground (2020): A revolutionary group of activists, scientists, farmers, and politicians band together in a global movement of "Regenerative Agriculture" that could balance our climate, replenish our vast water supplies, and feed the world.

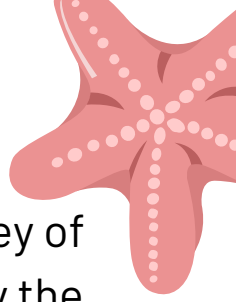
Women on the Water (2024): Women on the Water tells the stories of six women in New Hampshire who have overcome personal and societal challenges to establish themselves in lobstering, oyster farming, tuna fishing, and seafood distribution on their own terms. Discover what independence, determination, and grit look like for women making a name for themselves on the water in the Granite State.

High on the Hog: How African American Cuisine Transformed America (2021): Chef and writer Stephen Satterfield traces the delicious, moving throughlines from Africa to Texas in this docuseries.

Generation Growth (2020): Health and educational outcomes in low-income areas across America are staggering low. Stephen Ritz, a Bronx educator, is on a mission to change all that. He developed an incredibly successful indoor gardening curriculum that allows children to grow vegetables in the classroom, helping them eat better, be more engaged with school and give them pathways for jobs.

Man in the Field: The Life and Art of Jim Denevan (2020): Profiles pioneering artist and chef Jim Denevan, founder of Outstanding in the Field. The documentary reveals Denevan's artistic and culinary gifts with land art in geometric formations alongside grand dinners in nature.

Documentaries



Last Harvest (2015): Last Harvest follows the remarkable journey of an elderly Chinese farming couple as they are being relocated by the government's mammoth and controversial South-to-North Water Diversion Project.

Dolores (2017): In the 1950s, a working-class wife and mother of eleven children helped to establish a farmer's union, which later developed into a platform for feminism and gender equality.

Just Eat It (2014): Filmmakers and food lovers Jen and Grant dive into the issue of waste from farm, through retail, all the way to the back of their own fridge.

The Gateway Bug (2017): Following the rise and dramatic fall of edible insect start-ups, this documentary explores America's disconnect with food, as climate catastrophe looms.

Gather (2020): Gather is an intimate portrait of the growing movement amongst Native Americans to reclaim their spiritual, political and cultural identities through food sovereignty, while battling the trauma of centuries of genocide.

Fish & Men (2019): FISH and MEN exposes the high cost of cheap fish and the forces threatening local fishing communities and public health by revealing how consumer demand drives the global seafood economy. Do you know where your seafood is from?

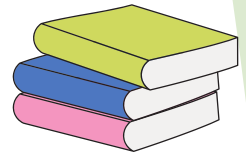
The Wild (2019): This film outlines the ongoing struggle in Bristol Bay to preserve the wild salmon fishing industry.

AUGUST IS EAT LOCAL ALWAYS

JOIN US IN CELEBRATING LOCAL FOOD:

1

Read an Eat Local summer book, or watch a documentary!



2

Follow @bostonlocalfood on Instagram and Facebook



3

Visit a restaurant that sources their food locally and sustainably



4

Shop at a farmers market and enjoy fresh local produce

5

Mark your calendar for the August Eat Local Always campaign!



SBN

Sustainable Business Network
of Massachusetts

Visit Bostonlocalfood.org to
learn more!



**EAT LOCAL
ALWAYS**

AUGUST PRODUCE



zucchini



potatoes
plums



watermelon



raspberries



potatoes



shittake mushrooms



eggplant



onions



scallions

garlic



radish



peaches

broccoli



cantaloupes



green beans



turnips



carrots



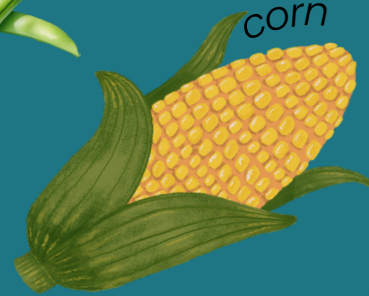
apples



spinach



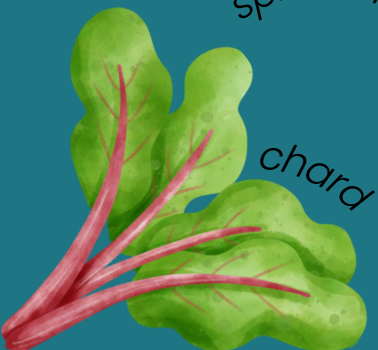
beets



corn



bok choy



chard



celery



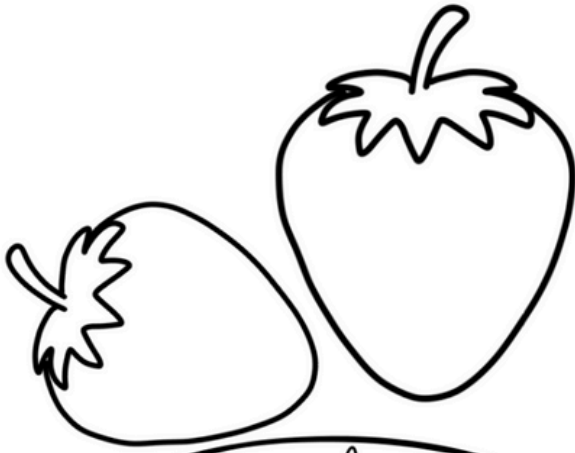
cucumber



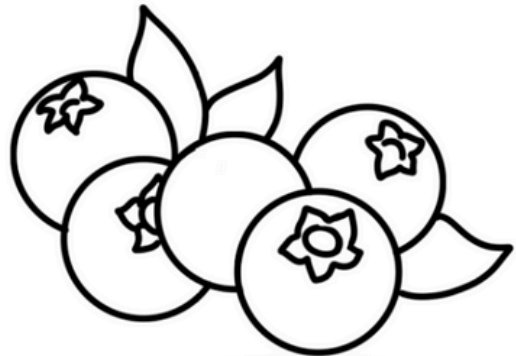
lettuce



blueberries



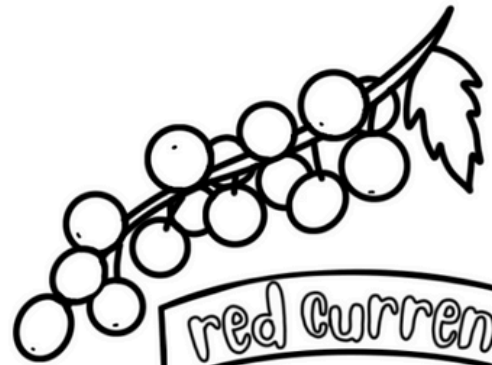
strawberry



blueberry



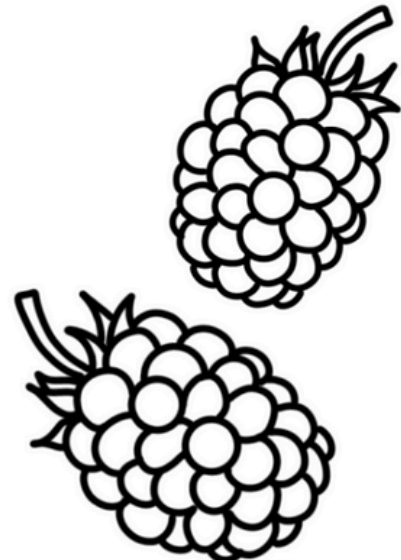
cherry



red currant



raspberry



blackberry



BOSTON LOCAL FOOD

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wishonapurplecow.com





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