



# **GREEN GROUND**

## **Low Impact Development Program**

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San Juan Islands Conservation District*

*Visit us at [www.sanjuanislandscd.org](http://www.sanjuanislandscd.org)*

### **Conservation, Sustainability and Shopping**

Buying with conservation in mind will help sustain local businesses and farms, reduce solid waste and benefit the environment. Our entire island economy benefits through year-round demand for local products. Here are some tips for the eco-minded shopper.

#### **TIP #1**

##### **Consume Less:**

Avoid impulse shopping. Adopt the practice of evaluating how much you really need something before you purchase it. When you do purchase an item, be conscious of using only the amount you need.

#### **TIP #2**

##### **Patronize Local Businesses:**

Spending your money locally helps create a vibrant local economy—and there are important “eco-benefits” as well. Buying locally made or-grown products minimizes the use of resources needed for transporting products over long distances. It also will promote availability of a wider range of goods and services locally—reducing the need for each of us to travel off-island to shop. That, in turn, saves resources and saves money. It’s a “win-win” for us and for our environment.

#### **TIP #3**

##### **Buy Locally Grown Foods:**

Buying locally grown foods supports local farms and sustains the agricultural community. Most of our locally produced foods are grown using sustainable farming practices. Look for the “Islands Certified Local” sticker on products and at restaurants that use local products. Contact the Agricultural Resources Committee of San Juan County for more info, 378-6621 or [www.sjcarc.org](http://www.sjcarc.org).

#### **TIP #4**

##### **Take Your Own Bag When You Shop:**

Around the world, roughly 4-5 trillion plastic bags of all kinds were manufactured in 2002, and Americans throw away 100 billion plastic grocery sacks a year, the Worldwatch Institute reports. Many stores charge customers a few cents extra for them, and some markets give a small refund to those not using a bag. So, next time you shop bring your own shopping bags

(return them to your car after you unpack them at home or store them where you keep your wallet...so you'll always have them on hand)

**TIP #5**

**Choose Less Packaging:**

Choose products with minimal packaging. Excess packaging is the ultimate in “waste-ful.”

**TIP #6**

**Buy Recyclable Products:**

Choose products made from recycled materials and that are packaged in compostable or recyclable materials.

**TIP #7**

**Read Labels:**

Know what you're buying: avoid toxic chemicals in your food, clothing, and other items as much as possible. If you need to use toxic products, be strict about proper hazardous waste disposal.

**WHERE TO BUY LOCALLY GROWN FOOD PRODUCTS**

**Check out CSAs, Farm Stands or go to your local Farmer's Market**

The Lopez Farmer's Market is open May through Labor Day weekend from 10 a.m. to 2 p.m. on Saturdays. The market began in the early 1990s. It is located in the heart of Lopez Village. Island grown produce is available and includes salad greens, vegetables plus flowers and fruit in season. Island produced food products include jams, chutneys, seafood and natural grass-fed meats plus a wide variety of arts and crafts, jewelry, soaps, glass art, textiles, prints, furniture, and metal works all created by local farmers and artisans.

The Orcas Farmer's Market is open from 10 a.m. to 3 p.m. every Saturday from May 1 to the end of September on the Village Green in the heart of Eastsound. All items sold in the market are grown or crafted by Orcas Island farmers and artisans. The market includes produce, meats, seafood, crafts, art, jewelry, clothing, pottery, food and drink vendors, and some of Orcas Island's service organizations (historical museum, master gardeners). Everyone is welcome. Dogs are prohibited.

Website: [www.orcasislandfarmersmarket.org](http://www.orcasislandfarmersmarket.org)

The San Juan Farmer's Market has more than 40 vendors. Local farmers bring their produce and artisan products to sell. The San Juan Islands Farmers' Market began in the early 1980s in the parking lot of the American Legion. Winter hours are 10 a.m. to 1 p.m. on the first Saturday of the month at the Friday Harbor High School Cafeteria. The summer Saturday

market runs from May to mid-October and the location moves to the San Juan County Courthouse parking lot in Friday Harbor.

Website: [www.sjifarmersmarket.com](http://www.sjifarmersmarket.com)

### **Look for Islands Certified Local Participants**

The program promotes island products. Look for the logo on stickers at the farmers markets, grocery stores and food specialty shops. See <http://www.sjcarc.org/certified.asp>.

### **Support Local Food Stores**

Many of our local bakeries, grocery stores and markets carry local foods. The following are a couple of examples of businesses who make a special effort to source food products locally.

**Blossom Grocery in Lopez Village, Lopez Island:** Open year-round in Lopez Village Blossom's carries local, organic and natural products. Including fruits and vegetables, local meats & seafood, regional cheeses, artisan bread, beer & wine, fair trade coffee and fine chocolate, as well as a full line of bulk foods, grocery staples and supplements.

**Orcas Home Grown Market & Deli in Eastsound, Orcas Island:** Open year-round the market provides islanders with natural foods groceries, vitamins and supplements, organic produce, herbs and bulk foods; fresh local seafood, natural foods deli, fresh fruit and vegetable juices.

**San Juan Island Community Food Coop at the Surina Business Park in Friday Harbor, San Juan Island:** The San Juan Community Food Coop is a small natural food market. Members pay an annual fee of \$35 and have 24/7 access to the store. For an application, please email [cloud@rockisland.com](mailto:cloud@rockisland.com)

### **Celebrate Local Producers and Businesses at the San Juan County Fair**

San Juan County has a great annual event that celebrates agriculture, local county producers and businesses: the San Juan County Fair. This year it runs August 12 - August 15, 2009 at our county fairgrounds located in Friday Harbor on San Juan Island.

The first San Juan County Fair was held in 1906 in a warehouse on the waterfront in Friday Harbor during the first week of October. Farmers and county residents exhibited the "splendid products of the soil." On display during the first Fair were the county's crops: fruits, flowers, grains and grasses. Exhibits included "ordinary products of our fertile farms and fruitful orchards," as well as tobacco, walnuts and chestnuts, quinces and citron. The livestock exhibit included teams of horses driven by the county's farmers, many "fine bred cattle" as well as sheep and swine. The first Fair was held in its present location on October 8, 1924.

Today the San Juan County Fair Board continues to encourage, promote and preserve the county's agricultural activities, businesses and products. Participants showcase 4-H projects,

youth activities, agriculture, arts and crafts, environmental stewardship, public service organizations and local industry.

*(Excerpts from History of the San Juan County Fair, 100 years of Agriculture and Education, by Nancy Larsen)*

Website: [www.sanjuancountyfair.org](http://www.sanjuancountyfair.org)

Everyone in the county can conserve our island resources by helping to sustain local businesses, products and farms. This also provides the added benefit of eliminating ferry trips that saves time, fuel and ferry fare.

The San Juan Islands Conservation District is a non-regulatory, non-enforcement agency. We provide FREE technical assistance to landowners interested in the conservation of natural resources.

For information phone us at 360-378-6621 or email us at [info2007@sanjuanislandscd.org](mailto:info2007@sanjuanislandscd.org).

Please visit our website: [www.sanjuanislandscd.org](http://www.sanjuanislandscd.org)

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