



# Locavore: From Farmers' Fields to Rooftop Gardens-How Canadians are Changing the Way We Eat

*Sarah Elton*

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Strawberries in January, fresh tomatoes year-round and New Zealand lamb at all times -- these well-travelled foods have a carbon footprint the size of an SUV. But there is a burgeoning local food movement taking place in Canadian cities, farms and shops that is changing both the way we eat and the way we think about food.

*Locavore* describes how foodies, 100-milers, urbanites, farmers, gardeners and chefs across Canada are creating a new local food order that has the potential to fight climate change and feed us all. Combining front-line reporting, shrewd analysis and passionate food writing to delight the gastronome, *Locavore* shows how the pieces of a post-industrial food system are being assembled into something infinitely better.

We meet city-dwellers who grow crops in their backyards and office workers who have traded their keyboards for pitchforks. We learn how a group of New Brunswick farmers saved the family farm, why artisanal cheese in Quebec is so popular and how a century-old farm survives in urban British Columbia, bordered by the ocean on one side and by a new housing development on the other. We follow food culture activists as they work to preserve the genetic material of heritage plants to return once-endangered flavours to our tables. In recounting the stories of its diverse cast of characters, *Locavore* lays out a blueprint for a local food revolution.

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