

Time Magazine: Is Local Food Going Mainstream?

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FOOD & HEALTH



The cover of Time's March 12 issue shows an apple with a yellow sticker and the words: **"Forget organic. Eat Local."** Local food is getting more airtime after the last few years when organic food took almost all the space on stage. Inside the magazine is a 6-page piece by John Cloud. His starting point is a dilemma between buying an organic apple from California (he is in New York) or a "conventional" apple from New York State. The whole point is that food shouldn't just be good for *you*, it should be good for the whole system too, so organic food that is shipped halfway around the world might cause more harm than "conventional" local food. The best of both worlds is of course community supported agriculture (CSA) that is local. When organic food comes from *much* farther away than the local food, local is the way to go (or just substitute with another type of food that you can find as local & organic). But most important, take the time to enjoy and care about your food!