

Six Ways to Buy Local

2016 Farm and Food Resource Guide

- ❖ Shop at area farmers' markets.
- ❖ Shop at local farm stands.
- ❖ Join a CSA (Community Supported Agriculture).
- ❖ Ask your local restaurant to carry more food from area farms. Several restaurants in our area offer locally grown meats, produce and specialty items produced locally.
- ❖ Try to eat seasonally by learning what is in season for fresh or stored fruits and vegetables throughout the year.
- ❖ Pick your own! Find out where to pick fruits and vegetables at their peak of ripeness and highest nutritional value.

**GET HEALTHY
LIVE WELL**

www.GetHealthyLiveWell.org

An initiative led by Tanner Health System to create healthier communities in Carroll, Haralson and Heard counties. Made possible with funding from the Centers for Disease Control and Prevention (CDC).



www.caes.uga.edu/extension/carroll

The University of Georgia Cooperative Extension is dedicated to helping people find answers to questions related to agriculture, the environment, families, 4-H and youth.

Note: The farms and information listed in this guide were provided by the farmers and are subject to change at any time. For the most up-to-date information, please contact each farm directly or check their website if available.

Photos provided by Kim Littleton and Paula J. Burke.



Locally Grown Food in Carroll,
Haralson and Heard Counties

Include Your Farm
Today!

Now taking
information to be
included in the 3rd
edition

The guide is a tool
farmers can use
to market their
farm business

Promote your
locally grown
food, products &
services

Deadline is

April 20

2018 FARM AND FOOD RESOURCE GUIDE

Carroll, Haralson, & Heard County Farms

If you would like to be included in the free guide, please complete the questionnaire and return by April 20. Many thanks to Get Healthy, Live Well and Tanner Health System who will be designing and printing copies of the new farm guide.

QUESTIONS?
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