



An Earth Keepers Challenge

The Sustainable Table



This challenge is designed to help us understand that “what we eat matters!”

Some things to know:

- Most of the produce we buy in grocery stores comes from “industrialized farms”. These farms make a hefty contribution to the greenhouse gases that are warming our planet. By the liberal use of pesticides and fertilizers, industrialized farms also pollute our water ways. Plus you end up eating that stuff!
- Raising animals for meat, poultry, and dairy also contribute heavily to our emissions and use mammoth amounts of water as well.
- Distance traveled, transportation costs, and packaging also factor into sustainability.
- Fortunately there are increasing opportunities for us to buy more of our food from farms that practice “sustainable agriculture.” These farms use methods such as crop rotation, cover cropping, beneficial insects and other non-synthetic methods of pest control and fertilization.

Option #1. Buy local, in season, and organic when possible.

Connecticut is blessed to have many small farms that provide produce for local farm markets and vegetable stands. Try to make one trip a week to buy produce there.

You can also find areas in the produce section (Yea Big Y!) of your regular grocery store that offer organically-raised produce. Be sure to check those out.

Option #2 Grow your own

One tomato plant, even grown in a pot can yield up to 20 lbs of fresh, ripe tomatoes. Not only are they delicious, they will save you money.

The Square Foot Gardening method will produce a season’s worth of produce in a very small space. A small raised bed makes it easy to maintain with good soil.

<https://thecapecoop.com/beginners-guide-to-square-foot-gardening/>



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Option #3. Commit to at least one meatless meal (or even better, day) a week

Experiment with vegetarian options; Learn about the health and environmental benefits of making this one small change. And don't forget that it can also save you money!

One way to take the first step in reducing meat consumption is to begin a habit of "Meatless Mondays". Make a list of your favorite vegetables and fruits and then explore some recipes online. You can learn more about this growing movement and find recipes at <https://www.mondaycampaigns.org/meatless-monday/resources>

We can also share recipes at Trinity. If you have a favorite send it to earthkeepers@trinitybranford.org and we'll share it with others. If we have enough, we can start an Earth Keepers Cookbook!

Bonus Option – Canning, freezing, and drying the bounty of summer and fall is a great way to improve your Sustainable Table. There are some expert canners in Trinity. Perhaps they will show us how!