

What do we mean by locally sourced food?

Local eating has been a celebrated cause for the last few decades as people seek to find ways to lower their environmental impact, support their local economies, and eat in seasonal, healthful ways. For a while, 100 Mile Meals were a trend. But the best approach is to hold this as a goal, not a rigid rule. As someone pointed out to me at the first such meal I attended, the spice trade has been with us for millennia!

Here in Sonoma County, we don't have grain fields (though we did when Luther Burbank arrived), but we do have excellent local bakeries who source grain responsibly. Rice is grown in abundance in our diocese. We have wonderful creameries in Sonoma, Marin, and the north coastal counties. And at farm stands and farmers' markets you can find something local in produce every month of the year. Disease decimated local flocks recently, but there are still some eggs, and poultry for those who eat it. Even given the precarious state of local fisheries and the cost of responsibly grown local meat, there are still many things to bring for a local shared meal.

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