

WHAT IS LOCAL FOOD?

Local food does not have a specific definition. Typically academic discussions of local food define it as food grown and/or produced within 50 miles, 100 miles, or 150 miles of a certain location. When creating this brochure, we defined "local" as the nine counties surrounding Knoxville (Anderson, Blount, Grainger, Jefferson, Knox, Loudon, Roane, Sevier, and Union counties).

THE BENEFITS OF LOCAL FOOD

There is much debate over organic vs. local food. "Organic" is a legislated label that means that the food was grown or produced without using most conventional pesticides; fertilizers made with synthetic ingredients or sewage sludge; bioengineering; or ionizing radiation. The National Organic Standards Board releases a list of approved organic pesticides and herbicides annually. Thus, organic (particularly organic farms that emphasize soil health, biodiversity, and reduction of farm inputs) is an ecologically responsible *growing method*. In comparison, although buying local does not guarantee ecological growing methods, it does significantly reduce *food miles*, which is also ecologically responsible. (US-grown produce, on average, travels 1500 miles.) In addition, buying local supports local economies, particularly local farmers whose numbers continue to decline. (In 2006, they represented 1% of the population, and their average age was 57.) Buying locally also allows you to influence how local food is grown, ask questions and encourage your local farmers to move toward ecologically responsible forms of farming.



COMMUNITY GARDENS

Local leaders and churches are in a unique position to promote healthy eating and active living in their communities by supporting community gardens. Community gardens are places where neighbors can gather to cultivate plants, vegetables and fruits. Such gardens can improve nutrition, physical activity, community engagement, safety, and economic vitality for a neighborhood and its residents.

* ***Bold Italic denotes change***

Anderson County

First Presbyterian Church-Oak Ridge

(865)483-1318

1051 Oak Ridge Turnpike, Oak Ridge, TN 37831

Scarboro Community Gardens and Warehouse Road Community Garden

Sponsor: East Tennessee Earth Alliance

(www.earthalliance.org)

Contact: bipedal@comcast.net

Blount County

John Weston Sr. Memorial Food Garden

(865) 984-1690

Home Avenue, Maryville, TN 37801

Knox County

Beardsley Community Farm: an urban demonstration farm

(865)546-8446 (***Khann Chov***)

www.beardsleyfarm.com

1719 Reynolds Street, Knoxville, TN 37921 (behind the Boys and Girls Club)

El Puente (The Bridge)

Multiple gardens.

(865)591-8677 (Robert Hodge)

http://web.mac.com/elpuenteknoxville/EIPuente/iBienvenido!.html

1300 N. Central Avenue, Knoxville, TN 37917

Northgate Terrace Garden

(865)546-3500 (***Jim Cunningham***)

4301 Whittle Springs Road, Knoxville, TN 37917

Parkridge Community Garden

(865)603-0051

www.parkridgecommunity.org

Parkridge Community Center, 2361 East Fifth Ave

Loudon County

First Presbyterian Church-Lenoir City

(865)986-3901

634 Martel Road Lenoir City, TN 37771

Central United Methodist Church

(865) 986-7329

301 Hickory Creek Road, Lenoir City, TN 37771



LOCAL CSAs

CSA is a way for food buyers to create a relationship with a farm and to receive a weekly basket of produce. By making a financial commitment to a farm, people become "members" of the CSA and also share the risk and bounty of the farm.

Anderson County

Mountain Meadows Farm

www.mountainmeadowsfarmtn.com

(865)494-9709

248 Bridges Rd., Heiskell, TN 37754

Jefferson County

Shelton Farm (Danny Shelton)

www.sheltonfarmstn.com

(865)388-9014

1278 Burchell Road, New Market, TN 37820

Vegetable and small fruit CSA serving Knoxville

Good Earth Farmers (Stephen Clements)

goodearthfarmers@gmail.com; gardendelivery@gmail.com

Request e-mail newsletter

(865)397-7679

New Market, TN

Offer "Garden Delivery" Program in Knoxville area,

also sell at area Farmers Markets

Knox County

Care of the Earth (Megan Allen)

www.careoftheearthcommunityfarm.com

(865)933-2738

4314 Varnard Lane, Corryton, TN 37721

Non-certified organic vegetable CSA serving Knoxville

Wilson Family Farm (Wayne and Jo Ann Wilson)

(865)947-1449

Powell, TN

Vegetable CSA, also sell at area Farmers Markets

Sevier County

www.organicismfarms.org

(865)236-1053

843 Keener Rd., Seymour, TN 37965

LOCAL FARMERS' MARKETS

Anderson County

Clinton Farmers Market

Riverfront Park next to Anderson Co. Co-op
Thursdays 3:00-6:00

Oak Ridge Farmers Market

www.EastTNfarmmarkets.org
Jackson Square, Oak Ridge, TN 37830
Wednesdays, 3:00-sell out, Saturdays, 8:00-noon

Blount County

Maryville Farmers Market

www.maryvillefarmersmarket.org
Founder's Park, Maryville, TN 37802
9-noon

Jefferson County

Dandridge Farmers Market

www.mainstreetdandridge.com
Parking Lot at Gay and Meeting Streets (Hwy 92 & US Hwy 25/70), Dandridge, TN
Saturdays **8-12 noon starting June 6**

Knox County

Dixie Lee Farmers Market

www.dixieleafarmersmarket.com
The Renaissance, 12740 Kingston Pike, Farragut, TN
Saturdays 9-noon

F.A.R.M. at Laurel Church of Christ

www.EastTNfarmmarkets.org
3457 Kingston Pike @ Cherokee Blvd.
Tuesdays and Fridays 3:00 - 6:00

Market Square Farmers Market

www.knoxvillemarketsquare.com/farmersmarket.html
Market Square in Downtown Knoxville between Wall Ave. and Union St. **May 1 - Nov. 20**
Wednesdays 11:00-2:00 and Saturdays 9:00-2:00

New Harvest Park Farmers Market

www.knoxcounty.org/farmersmarket/index.php
4700 New Harvest Park Lane, Knoxville, TN 37918
Thursdays, from 3 - 6pm. May through November

Roane County

Farmers Market at RiverFront Park

(865)882-5349
RiverFront Park, Harriman, TN 37728
Saturdays 8:00-noon (or sellout)

Sevier County

Seymour Farmers Market

(865)453-0130
Seymour 1st Baptist Church, Seymour, TN
7:30 a.m.-10:30 a.m., June-August

LOCAL FOOD COOPERATIVES

Knox County

Three Rivers Market
(865)525-2069
www.threeriversmarket.coop

937 N. Broadway, Knoxville, TN 37917
Open everyday, 9:00AM-9:00PM

Natural and organic products and produce,
including local products



LINKS TO LOCAL FARMS

There are two websites that offer extensive listings of area farms:

Local Harvest provides listings and maps of area farmers' markets, farms, CSAs, groceries, and farms.
www.localharvest.org

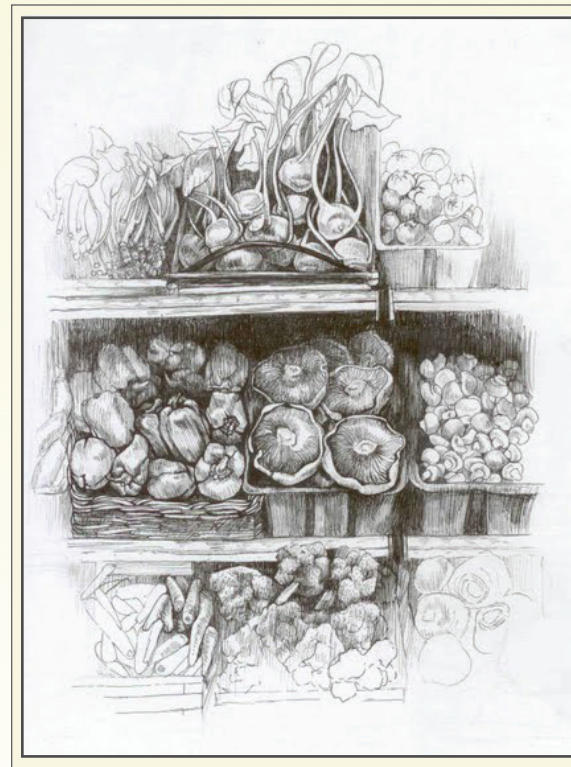
Pick TN Products is sponsored by the Department of Agriculture and provides listings of farms selling local produce and locally produced goods. Farms must apply and be accepted to be listed on this website.
www.picktnproducts.org

a project of the Environmental Concerns Committee of the
Tennessee Valley Unitarian Universalist Church



Tennessee Valley Unitarian Universalist Church
(865) 523-4176
2931 Kingston Pike
Knoxville, Tennessee 37919
<http://tvuuc.org>

2010 TAKING BACK OUR FOOD: A GUIDE TO LOCAL FOOD IN EAST TN



**LISTINGS FOR LOCAL
FARMERS' MARKETS,
COMMUNITY GARDENS, FOOD
COOPERATIVES, AND CSAs.**

**LINKS TO LOCAL FRUIT AND
VEGETABLE FARMS AND
DAIRY, MEAT, AND POULTRY
FARMS.**