



Locavore: From Farmers' Fields to Rooftop Gardens-How Canadians are Changing the Way We Eat

Sarah Elton

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Strawberries in January, fresh tomatoes year-round and New Zealand lamb at all times -- these well-travelled foods have a carbon footprint the size of an SUV. But there is a burgeoning local food movement taking place in Canadian cities, farms and shops that is changing both the way we eat and the way we think about food.

Locavore describes how foodies, 100-milers, urbanites, farmers, gardeners and chefs across Canada are creating a new local food order that has the potential to fight climate change and feed us all. Combining front-line reporting, shrewd analysis and passionate food writing to delight the gastronome, *Locavore* shows how the pieces of a post-industrial food system are being assembled into something infinitely better.

We meet city-dwellers who grow crops in their backyards and office workers who have traded their keyboards for pitchforks. We learn how a group of New Brunswick farmers saved the family farm, why artisanal cheese in Quebec is so popular and how a century-old farm survives in urban British Columbia, bordered by the ocean on one side and by a new housing development on the other. We follow food culture activists as they work to preserve the genetic material of heritage plants to return once-endangered flavours to our tables. In recounting the stories of its diverse cast of characters, *Locavore* lays out a blueprint for a local food revolution.

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