

## Research articles supporting Eat Local, Buy Seasonal Foods, benefits of small farm economics and effect on the environment, and benefits of involving children with farmers markets and shopping decisions

### In support of the benefit of small farms on the food supply and open space

1. Topic: Smaller farms have higher yields and harbor biodiversity

[Higher yields and more biodiversity on smaller farms](#)

Authors: Vincent Ricciardi, Zia Mehrabi, Hannah Wittman, Dana James & Navin Ramankutty  
Nature Sustainability - Published: 25 March 2021

2. Topic: SOAR initiative protects Ventura County farmlands, local food supply and open space (2008 report)

[At Risk – Ventura County’s Open Space and Farmlands](#)

Save Open-space and Agricultural Resources P.O. Box 7352, Ventura, CA 93006

### In support of Buy in Season

3. Topic: Produce grown during peak production season is more likely to be significantly more flavorful and more enjoyable

[Effect of Fruit Ripening Stage on Physico-Chemical Properties, Nutritional Composition and Antioxidant Components of Tomato \(\*Lycopersicon esculentum\*\) Cultivars](#)

Authors: Umezuruike Linus Opara, Majeed Rasheed Al-Ani & Nadia Mohammed Al-Rahbi  
Food and Bioprocess Technology volume 5, pages3236–3243 (2012)

4. Topic: Broccoli grown in the fall has higher vitamin C content than broccoli grown during spring

[Nutritional quality of organic, conventional, and seasonally grown broccoli using vitamin C as a marker](#)

Authors: Shahla M Wunderlich, Charles Feldman, Shannon Kane, and Taraneh Hazhin  
Int J Food Sci Nutr.2008 Feb;59(1):34-45. doi: 10.1080/09637480701453637.

5. Topic: Produce is more affordable when it is purchased in season

[Patterns of fruit and vegetable availability and price competitiveness across four seasons are different in local food outlets and supermarkets](#)

Authors: Natalie Valpiani, Parke Wilde, Beatrice Rogers and Hayden Stewart  
Published online by Cambridge University Press: 21 April 2015

### In support of Eat Local

6. Topic: Consuming local foods results in higher diet quality

[The association between purchasing locally produced food and diet quality among adults in Puerto Rico](#)

Authors: Abrania Marrero, Martha Tamez, José F Rodríguez-Orengo, and Josiemer Mattei  
Public Health Nutr. 2021 Sep; 24(13): 4177–4186.  
Published online 2020 Sep 9. doi: 10.1017/S1368980020003134

7. Topic: Farms that sell local can be financially viable

[The Financial Performance Implications of Differential Marketing Strategies: Exploring Farms that Pursue Local Markets as a Core Competitive Advantage](#)

Authors: Allison Bauman, Dawn Thilmany McFadden and Becca B. R. Jablonski

Published online by Cambridge University Press: 12 February 2018

8. Topic: Locally grown plant based foods can lessen environmental impact

[Global food-miles account for nearly 20% of total food-systems emissions](#)

Authors: Mengyu Li, Nanfei Jia, Manfred Lenzen, Arunima Malik, Liyuan Wei, Yutong Jin & David Raubenheimer

Nature Food volume 3, pages445–453 (2022)

9. Topic: Shifting diet choices (less meat/dairy, more chicken, eggs, fruit/veg) does more to reduce greenhouse gasses than buying local

[Food-Miles and the Relative Climate Impacts of Food Choices in the United States](#)

Authors: Christopher L. Weber and H. Scott Matthews

Environ. Sci. Technol. 2008, 42, 10, 3508–3513 Publication Date: April 16, 2008

10. Topic: Fruits & vegetables should be consumed soon after harvest to minimize nutrient degradation

[Maximizing the Nutritional Value of Fruits & Vegetables](#)

Author: Diane Barrett, University of California, Davis

April 2007 Food Technology 61(4)

[In support of taking children to farms and farmers markets](#)

11. Topic: Nutrition education paired with farm tours increased children's nutrition knowledge and fruit/vegetable intake

[Farm to School and Nutrition Education: Positively Affecting Elementary School-Aged Children's Nutrition Knowledge and Consumption Behavior](#)

Authors: Ashley Moss, MS, Sylvia Smith, PhD, corresponding author Dawn Null, PhD, RD, Sara Long Roth, PhD, RD, and Ulrike Tragoudas, MS, RD

Child Obes. 2013 Feb; 9(1): 51–56. doi: 10.1089/chi.2012.0056

12. Topic: Innovative programs at farmers markets across the country are teaching children how to make healthy eating choices and increasing exposure to healthy foods

[Farmers Markets: Teaching Kids Where Food Comes From](#)

Author: Luanne Lohr, AMS Transportation and Marketing Program Associate Deputy Administrator in Food and Nutrition Farming Initiatives

U.S. Department of Agriculture, Aug 08, 2013

In support of including children in shopping decisions

13. Topic: Involving children in food shopping and cooking empowers them to independently make healthy choices

[Giving Children and Adolescents a Healthy Start Through Nutrition](#)

Author: LT Dennis Anderson-Villaluz, MBA, RD, LDN, FAND, nutrition advisor, Office of Disease Prevention and Health Promotion

Office of Disease Prevention and Health Promotion March 30, 2021

14. Topic: Taking kids food shopping and encouraging them to help in meal planning promotes positive eating habits and become empowered to try new foods and make smarter food choices

[Promoting health by involving kids in meal planning, grocery shopping](#)

Author: Erica P. Techo

CAES Newswire, College of Agricultural & Environmental Sciences, University of Georgia Cooperative Extension July 4, 2013