

CLICK GLOBALLY, EAT LOCALLY

These four websites will help you get the most out of sustainable, socially responsible dining, whether you're cooking at home or choosing restaurant fare.

BY SEÁNAN FORBES



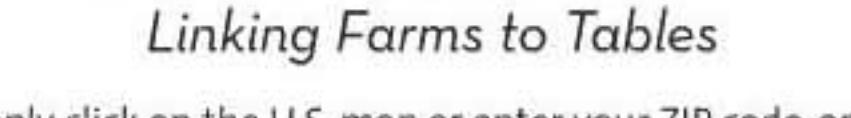
LocalHarvest.org

Eatwellguide.org

HarvestEating.com

Wholesomewave.org

FARM TO FORK
Locavores will love being able to search online for what's in season.



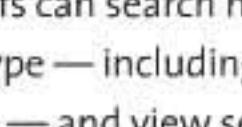
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LOCALHARVEST.ORG

Linking Farms to Tables

Simply click on the U.S. map or enter your ZIP code, and LocalHarvest will tell you where to find farms, farmers markets and co-ops in your area — it can even narrow your search to specific fruits and vegetables. The site also lists Community Supported Agriculture resources so you can start a subscription for weekly deliveries of produce. If something isn't available locally, the LocalHarvest Store can provide more than 6,000 products, from meats to maple syrups to teas. Good farming practices benefit the environment, which will offset the carbon footprint of shipping a parcel to you — plus you'll be supporting an artisanal producer.



LEARN

how to arrange a farm visit.



CHECK OUT

the calendar to see what's happening near you.



DISCOVER

the Ark of Taste catalog of endangered foods, including the American plum and California Mission olive.



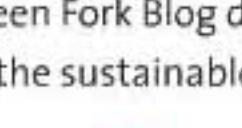
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HARVESTEATING.COM

Seasonal Cooking Made Easy

Keith Snow — the chef behind the website and book *The Harvest Eating Cookbook* (Running Press, 2009) — has been creating all-natural dishes for nearly two decades. Introduced to farm-fresh foods at a young age, Snow has sought to bring seasonal cooking to others through his site since 2006. Home chefs can search more than 800 recipes by course, season or type — including ethnic, vegetarian and gluten-free meals — and view several hundred video cooking demonstrations. The site also offers sample episodes of *Harvest Eating With Chef Keith Snow*, his upcoming PBS show about sustainable food and cooking.



LEARN

the basics of harvest-oriented eating.



CHECK OUT

delicious spring recipes.



DISCOVER

quick recipes for everyone from vegans to omnivores.



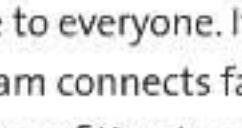
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EATWELLGUIDE.ORG

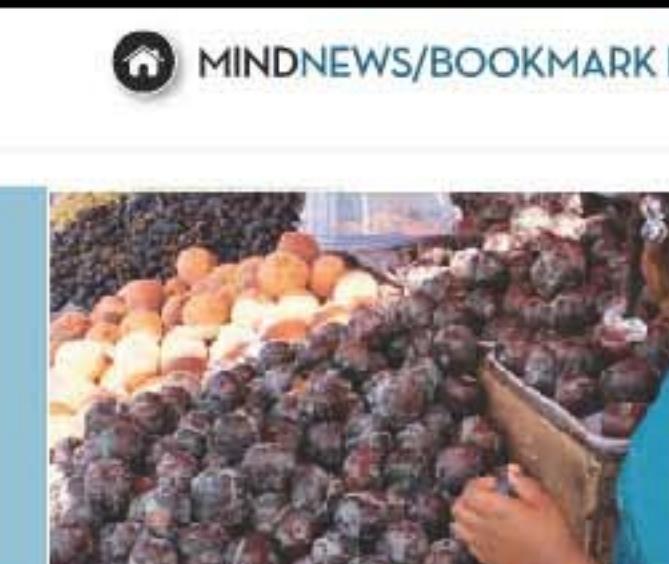
Ethical Dining and Shopping

Enter a keyword, your ZIP code or your city and state, and the Eat Well Guide will introduce you to nearby sustainable and organic bakers, butchers, coffee shops, restaurants, retail stores, wineries, even personal chefs. The site has more than 20,000 listings, and it's growing every day. The default setting shows you listings within a 20-mile radius — a short drive or quick bus ride from home. If you know of a place, shop or producer that ought to be on the site, speak up by clicking on "Suggest a Listing" at the bottom of your search results; the Eat Well Guide crew will check it out and add it. The Green Fork Blog delivers news, recipes and interviews about the sustainable movement.



LEARN

where to get rBGH-free milk, and get recombinant bovine growth hormone out of your morning coffee.



CHECK OUT

the sustainable-eating mapping tool to find organic food when you travel.



DISCOVER

what makes a farm, market or restaurant "water-conscious."



WHOLESOMEWAVE.ORG

Sustainable Fare for All

You can bring good food to the needy, champion sustainable farming and care for the planet — a triple value — by contributing to Wholesome Wave or supporting one of its partners. Founded in 2007 by award-winning cookbook author Michel Nischan, owner of Dressing Room: A Homegrown Restaurant in Westport, CT, the organization's mission is to make healthy, locally grown food accessible to everyone. Its Nourishing Neighborhoods program connects farmers to underserved communities. "We're benefiting two groups of people who otherwise would not meet," Nischan says. The program is in 10 states and Washington, D.C.

LEARN

about Wholesome Wave's farm-to-community programs.

CHECK OUT

the organizations that are changing the way we eat — for the better.

DISCOVER

how you can contribute to the cause.

