

# Natural Food is Our Future

*Bill & Rocky's*  
**Bella Vista Farm** LLC

**DON'T BUY YOUR PRODUCE/PASTRIES FROM STRANGERS. WE HAVE IT ALL!**

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## A NOTE FROM THE OWNERS OF BELLA VISTA FARM LLC

### WHAT IS LOCAL?

We receive many phone calls from customers both present and future wanting to know the story behind their particular food. They want to be able to see the farmer's face that produced it, they want to have been able to visit the farm to see his production methods and be able to develop some relationship and trust.

We invite people to come to our farm and see how and where their food is produced. Our interpretation of LOCAL is staying within our community.

### Having the option to purchase locally grown food has many benefits.

**Locally grown food is full of flavor.** When grown locally, the crops are picked at their peak of ripeness versus being harvested early in order to be shipped and distributed to your local retail store. Many times produce at local markets has been picked within 24 hours of your purchase.

**Eating local food is eating seasonally.** Even though we wish strawberries were grown year round in Michigan, the best time to eat them is when they can be purchased directly from a local grower. They are full of flavor and taste better than the ones available in the winter that have traveled thousands of miles and picked before they were ripe.

**Local food has more nutrients.** Local food has a shorter time between harvest and your table, and it is less likely that the nutrient value has decreased. Food imported from far-away states and countries is often older, has traveled and sits in distribution centers before it gets to your store.

**Local food supports the local economy.** The money that is spent with local farmers and growers all stays close to home and is reinvested with businesses and services in your community.

**Local food benefits the environment.** By purchasing locally grown foods you help maintain farmland and green and/or open space in your community.

Local foods promote a safer food supply. The more steps there are between you and your food's source the more chances there are for contamination. Food grown in distant locations has the potential for food safety issues at harvesting, washing, shipping and distribution.