

Grow Your Own

Community Gardens

The Park and Recreation Department supports and manages a program of 40 community gardens on City owned property for personal use.

A membership fee of approximately \$5-\$45 a year is often imposed.

Community Gardens Program

30 Van Ness Ave. 5th floor

SF Ca 94102

415.581-2541

Web: parks.sfgov.org

- o **Bayview/Hunters Point** 415.282.8772
Adam Rogers Park
- o **Bernal Heights** 415.902.5275
Gates/Banks
- o **Excelsior** 415.581.2541
Crocker Amazon Park
- o **Glen Park** 415.282.2179
Arlington/Highland
- o **Mission** 415.821.4490
Alioto Mini Park 20th/Capp
- o **Mission** 415.648.3222
Niños Unidos 23rd/Treat
- o **Oceanview/Merced/Ingleside** 415.585.6661
Brooks Park Shields/Ramsell
- o **Outer Mission** 650.467.4896
Lessing/Sears Mini Park
- o **Visitation Valley** 415.239.6233
McLaren Park Leland/Han
- o **Visitation Valley Greenway** 415.468.0639
Arleta btwn Rutland/Alpha

A Non-profit organization:

Alemanya Farm

www.alemanyfarm.org

415.468.0639



Where to Shop

San Francisco Farmers' Markets

***Alemany Farmers' Market**

100 Alemany, 415.647.2043

Every Sat. 6:00 AM – 3:00pm

***Bayview Hunters Point Farmers' Market**

Food Stamps/WIC coupons are accepted

3rd St and Oakdale, 415.355.3723

Every Wed. 8:30 AM–12:00PM

***Daly City Farmers' Market**

Serramonte Shopping Center 650.992.8687

Daly City, CA 94016

Every Thurs. & Sat

***Ferry Plaza Farmers' Market**

1 Ferry Plaza 415.353.5650

Embarcadero

Tues.10-2 Sat. 8-2

***Heart of the City Farmers' Market**

Market St. between 7th & 8th St. 415.558.9455

Every Sun. 7 AM – 5 PM Wed. 7 AM – 5:30 PM

***Kaiser Hospital Farmers' Market**

2425 Geary Blvd. SF CA 800.949.3276

Wed. 10-2:00 PM

***Noe Valley Farmers' Market**

3861 24th St. Vicksburg/Sanchez 415.248.1332

Sat 8-1:00 pm

Some Local Food Markets

Good Life Grocery

448 Cortland Ave. SF 94110 415.648.3221

Guerra Quality Meats

490 Taraval St. SF 94116 415.564.0585

Rainbow Grocery

1745 Folsom St. 94103 415.863.0620

Real Food Co.

1023 Stanyan St. 94114 415.564.2800

Box Deliveries

Is shopping time is a barrier to your cooking?

Consider these delivery services. They deliver fresh

produce to or near your door once or twice weekly.

Search the web for a broader selection.

BAY AREA ORGANIC EXPRESS (THE BOX)

www.organicbox.com 415.695.9688

PLANET ORGANICS

www.planetorganics.com 800.956.5855

TERRA FIRMA FARM

www.terrafirmafarm.com 707.745.1523

WESTSIDE ORGANICS

www.westsideorganics.com 510.786.1300

Sustainable Foods

Help build healthier
Bodies - Minds
Communities
and
Environment

The path to a
Better
Tomorrow

Teresa Iñiguez-Flores
Courtney Claro Ryan

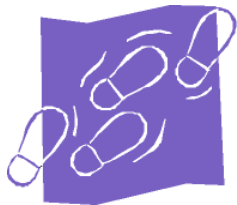
What are Sustainable Foods?

We define sustainable food and agriculture system as one in which the fertility of our soil is maintained and improved; the availability and quality of water are protected and enhanced; our biodiversity is protected; farmers, farm workers, and all other actors in value chains have livable incomes; the food we eat is affordable and promotes our health; sustainable businesses can thrive; and the flow of energy and the discharge of waste, including greenhouse gas emissions, are within the capacity of the earth to absorb forever.

Defined by
Sustainable Food Laboratory
Sustainablefoodlab.org

What is Sustainable Eating?

It is eating seasonal; local organically produced fruits and vegetables, as well as humanely-pasture-raised animal foods. It is eating foods that are not only good for our health, but also the health of farm workers and the health of the Earth.



Six Reasons Why to Choose Sustainable Foods!

Do it for the taste

Sustainable foods hold true fresh taste.

Conventionally grown foods freshness and taste are most likely altered with health hazardous chemicals.

Do it for your health

Sustainable whole foods have higher nutritional value.

Conventionally raised animals and conventionally grown foods have less nutritional value due to the chemicals and products used to mass-produce.

Do it for the animals.

Sustainable practices respect the animals and protect them from unnecessary suffering.

Factory farm animals are subject to painful mutilation and suffering.

Do it for the workers.

Sustainable agriculture respects workers health, safety, and financial needs.

Conventional farms expose workers to toxic chemicals are highly exploited and paid unlivable wages.

Do it for the environment.

Sustainable-agriculture preserves and nurtures the environment.

Conventionally grown foods pollute the environments and contribute to global warming.

Do it for your community.

Sustainable farmers are individuals, who care about their land, neighbors, and customers.

Conventional farms are a system built for financial interest and profit

Read about how one local sustainable farm makes a difference. Google: Catalan Farms Holister, Ca

Make a Difference

- o **Education** - find out what's in our food
- o **Request** - ask food vendors to supply quality whole foods
- o **Change** - For better health Limit the intake of processed foods & increase whole foods intake
- o **Petition** -local government for the right to quality whole foods
- o **Support** - farmers and programs that are bringing sustainable foods to our tables

Get Involved

More people are choosing to eat sustainable, from changing their buying habits to helping their community eat healthier. Find out what you could do to get involved in this movement of reconnecting to our land, our food, and our community

CUESA (Center for Urban Education about Sustainable Agriculture)

1 Ferry Building #50, SF Ca 94111 415.291.3276
www.cuesa.org

Dedicated to promoting sustainable food system through the operations of the Ferry Plaza Farmers Market and its educational programs.

Literacy for Environmental Justice

800 Innes Ave. #11, SF CA 94124 415.282.6840
www.leiyouth.org

A nonprofit works with youth to promote long-term health for their communities through hands on educational programs in the areas of environmental health, urban restoration and food access.

San Francisco Food Bank

900 Pennsylvania Ave. SF Ca 94107 415.282.1900
www.sffoodbank.org

Fighting Hunger-Feeding Hope

As the hub of nonprofit food collection and distribution in the City, SFFB partners with member agencies to provide food to those living in poverty in nearly every neighborhood through grocery pantries, senior center, daycare centers and soup kitchens.

Urban Sprouts

326 Prospect Ave. SF CA 415.648-4596
www.urbansprouts.org

A nonprofit teaches youth to connect with the environment by growing harvesting, preparing and eating from their school garden.