

Dig Deeper

> When buying food, ask yourself:

- Where was it produced?

Think: local economy, carbon emissions from its transport, freshness, nutritional content, quality

- How was it produced?

Think: Pesticides, antibiotics, wild fish, fair trade, monoculture

> Check out some local resources:

- www.beyondthemarket.ca
- fooddemocracy.org
- foodsecurecanada.org
- www.bcfarmersmarket.org

Pesticides in Produce

Dirty Dozen— Buy these Organic!

1. Apples
2. Celery
3. Strawberries
4. Peaches
5. Spinach
6. Nectarines
7. Grapes
8. Sweet Bell Peppers
9. Potatoes
10. Blueberries
11. Lettuce
12. Collard Greens/
Kale

Clean fifteen— Lowest in Pesticides!

1. Onions
2. Corn
3. Pineapple
4. Avocado
5. Asparagus
6. Sweet Peas
7. Mango
8. Eggplant
9. Cantaloupe
10. Kiwi
11. Cabbage
12. Watermelon
13. Sweet Potatoes
14. Grapefruit
15. Mushrooms

www.foodnews.org



Recycling and
Environmental
Action
Planning
Society

Green Shoppers Guide



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R.E.A.P.S.

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Beyond the Market		Seasonal Availability BC's Highway 16 Region											
		Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
Apples													
Asparagus													
Asian vegetables													
Beans													
Beets													
Blueberries													
Broccoli													
Brussel Sprouts													
Cabbage													
Carrots													
Cauliflower													
Chard													
Celery													
Corn													
Cucumber													
Eggplant													
Garlic													
Grapes													
Herbs													
Honey													
Huckleberries													
Kale													
Leeks													
Lettuce													
Mushrooms													
Onions													
Parsnips													
Pears													
Peppers													
Potatoes													
Pumpkins													
Radishes													
Raspberries													
Rhubarb													
Rutabagas													
Saskatoons													
Spinach													
Squash													
Strawberries													
Tomatoes													
Turnips													
Zucchini													
Whole Grains													

● storage ● in season
 Eggs • Beef • Pork • Lamb • Poultry • Fish • Bison • Rabbit • Wild Game • Other Meats
 Available Year Round

Get Started



Produce:

- **Buy organic**—no pesticides mean healthier soils and waterways
- **Buy fair trade**—farmers get a fair price for their product
- **Buy local**—buy produce from Prince George or BC, it's more fresh and you're supporting the local economy

Meat and Dairy:

- **Grass-fed**—as opposed to corn/grain which is unnatural food for animals and they do not digest it well
- **Free-range/cage-free/certified organic**—animals have access to outdoors (free-range) or don't live in cages (cage-free) or are free range and eat organic food (certified organic)
- **No antibiotics/hormones**—animals live in better conditions and are not given hormones which may have negatively side effects for people

Seafood:

- Refer to the "Seafood Watch Card" when buying seafood (see right)

Minimize Waste:

- Buy products with minimal or recyclable packaging, or in bulk



Step It Up

Produce:

- **Shop** at restaurants and stores that buy local and organic—call and ask!
- Order vegetarian dishes at restaurants and bring Tupperware containers for take out

Meat and Dairy:

- **Buy** meat directly from producers (easy to do at the farmers' market) and ask how it was grown—is it free-range?

Minimize Waste:

- **Carry** a reusable coffee mug with you, and use a water bottle to avoid buying bottled water
- **Buy** foods that minimize processing and packaging

Go for Green!

Produce:

- **Eat** seasonal produce
- **Buy** local/direct at the farmers' markets
- **Grow** your own food!

Meat and Dairy:

- The only way to really 'go green' for meat is to cut down on your meat consumption—introduce Meatless Mondays or set a goal to eat meat one less day a week

Minimize Waste:

- Compost (or vermicompost) your waste
- Recycle everything you can
- Take reusable bags to the food store when you go shopping
- Get creative! Come up with ways to reuse your waste
- Think before you buy anything— is that a want or a need?

BEST CHOICES	GOOD ALTERNATIVES	AVOID	Support Ocean-Friendly Seafood
Abalone (farmed) Barramundi (US farmed) Catfish (US farmed) Clams, Mussels, Oysters (farmed) Cod: Pacific (Alaska longline)+ Crab: Dungeness Halibut: Pacific+ Lobster: Spiny (US) Pollock (Alaska wild)+ Rockfish: Black (CA, OR) Sablefish/Black Cod (Alaska+, BC) Salmon (Alaska wild)+ Sardines Scallops: Bay (farmed) Shrimp: Pink (OR) Spot Prawn (BC) Striped Bass (farmed) Sturgeon, Caviar (farmed) Tilapia (US farmed) Trout: Rainbow (farmed) Tuna: Albacore (US+, BC troll/pole) Tuna: Skipjack (troll/pole) White Seabass	Basa, Swai (farmed) Clams, Oysters* (wild) Cod: Pacific (trawled) Crab: King (Alaska), Snow, Imitation Dogfish (BC)* Flounders, Soles (Pacific) Lingcod* Lobster: American/Maine Mahi mahi/Dolphinfish (US) Rockfish (Alaska, BC hook & line) Sablefish/Black Cod (CA, OR, WA) Salmon (CA, OR, WA wild) Sanddabs: Pacific Scallops: Sea (Canada and Northeast) Shrimp (US farmed or wild) Spot Prawn (US) Squid Sturgeon (OR, WA wild) Swordfish (US longline)* Tuna: Bigeye, Yellowfin (troll/pole) Tuna: canned light, canned white/Albacore*	Chilean Seabass/Toothfish* Cod: Atlantic Crab: King (imported) Dogfish (US)* Grenadier/Pacific Roughy Lobster: Spiny (Caribbean imported) Mahi mahi/Dolphinfish (imported) Monkfish Orange Roughy* Rockfish (trawled) Salmon (farmed, including Atlantic)* Scallops: Sea (Mid-Atlantic) Sharks* Shrimp (imported farmed or wild) Sturgeon*, Caviar (imported wild) Swordfish (imported)* Tuna: Albacore, Bigeye, Yellowfin (longline)* Tuna: Bluefin*	<p>Best Choices are abundant, well-managed and caught or farmed in environmentally friendly ways.</p> <p>Good Alternatives are an option, but there are concerns with how they're caught or farmed—or with the health of their habitat due to other human impacts.</p> <p>Avoid for now as these items are caught or farmed in ways that harm other marine life or the environment.</p> <p>Key BC = British Columbia CA = California OR = Oregon WA = Washington Mid-Atlantic = North Carolina to New York Northeast = Connecticut to Maine</p> <p>* Limit consumption due to concerns about mercury or other contaminants. Visit www.oceansalive.org/eat.cfm</p> <p>+ Some or all of this fishery is certified as sustainable to the Marine Stewardship Council standard. Visit www.msc.org</p> <p>Seafood may appear in more than one column</p>