

Local is Smart - *Patty Cortellini*

On April 20, 2008 I had the wonderful opportunity to hear Dr. Matthew Sleeth speak on his book "Serve God, Save the Planet". In his book he shares the joy of adopting a healthier, less materialistic lifestyle, which led to stronger relationships and a richer spiritual life. Since that time of



Nancy Sleeth

learning about the Dr. Sleeth & his family I have subscribed to their newsletter (www.blessedearth.org) and just recently discovered that Nancy Sleeth wrote a new book titled "Go Green and Save Green". I purchased the book and found more than green tips, I found a kindred spirit. Nancy Sleeth gives a simple guide to saving time, money, while being a good steward of God's Green Earth. Now being a greenie at heart, a co-facilitator of the Living Lean and Green workshops, and the wife of a green architect, I thought I had a pretty good handle on living a green lifestyle. Well, I am here to tell you Nancy Sleeth's book took my green lifestyle to a whole new level.

Eating local became more important to me when Nancy Sleeth stated that "In real estate, the three most important criteria are location, location, location. In sustainable agriculture, the three most important criteria are local, local, local. The most sensible system for feeding people efficiently is to eat what grows nearby. If you live in Maine, buy Maine potatoes, if you live closer to Idaho, support Idaho farmers. A statistic that does *not* make sense: in America, we export 1.1 million tons of potatoes and import 1.4 million tons. **Buy what grows close to home.**" After reading this I wanted to rush down to a farmer's market and make my contribution to locally grown produce.

"Want to save 20 pounds of food annually? She asks. Answer: all you have to do is reduce the amount of food you waste in your household by 25 grams per day - about the weight of a slice of bread. The resulting food would be roughly enough to make sixteen meals for you and your family". I now look at every little bit of wasted food in a whole new light and try to live the saying: waste not, want not.

Go Green and Save Green is a practical guide to making lifestyle changes by putting your faith in action. There are eleven chapters which are laid out in an easy to read fashion with plenty of statistics and resources for learning more. Whether you are a newcomer to the green movement or an avid card carrying, pin wearing member, this book is a must read. You will be surprised at the tremendous difference small changes can make. You will discover that Going Green is Going Local and it's not only right, it's smart.

