

FOOD FOR THOUGHT

A word from *edible* CHICAGO®

What a wonderful harvest season it has been, and people are taking notice. Maybe some of you visited a farmers market for the first time, or perhaps those of you who have been *occasional* visitors made a commitment to go to your local market more often than in previous years. Many farmers know they have had more customers; record sales have been recorded by vendors at the Green City Market. Executive Director Lyle Allen tells us that visits to GCM at press time were double what they were a year ago at this time. We believe it's because many more of you are making the connection between food and farm. And, some people are taking it a step further and becoming, what we like to call, "Farmies."

Farmie: (fahr-mee) n

A person who learns about where their food comes from and often visits local farmers markets or the farms where the food is harvested.



In the pages of this issue, we bring you stories of new farmers and also of families who have tilled the soil for generations. From Rockford to Pembroke and Stelle to Carlock, we have the ground covered as we introduce you to the dedicated people who work hard to offer food for our tables.

We also share with you a conversation with Jim Slama, founder of Family-Farmed.org (and the man who created the magazine "Conscious Choice") who gives us insight on the local, sustainable foods movement. We want to encourage all *Farmies* to consider attending the Family Farmed Expo November 21–23 at the Chicago Cultural Center. It's an opportunity to extend the harvest season and meet many of the farmers and sustainable food purveyors and artisans within our community.

Read on...

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