

# EDITOR'S MIXING BOWL

It seems to happen time and again. A reader of this free publication decides to become a paid subscriber and sends in the subscription form with an impromptu love note scribbled in the margin. The note usually seems meant simply to cheer us on in this, our crazy endeavor, but often it specifically intends to tell us something we're doing right. One such recently arrived note mentioned the optimism we seemed to have expressed in the last issue. In light of the gloom that has fallen over our troubled world, I had to wonder . . . From what fount does this optimism spring?

Our work at *Edible East Bay* is a response to the growing problems associated with the world's reliance on a global, industrialized food system: a system whose output is often nutritionally lacking due to over-processing, depleted soils, and a host of other factors; a system that adds to the waste stream through unnecessary packaging; that exploits workers; and that burns huge quantities of fossil fuels in moving food halfway across the globe to serve eaters who essentially have been trained to give no thought to any of the above problems.

The stories we tell in this magazine are about people who can both envision and implement a different way: local people who grow and craft food with great care and consideration, or who assist in bringing good local food to Bay Area people. Such food is often more expensive than the industrially produced counterpart, and it's unfortunately the case that the extra expense has been posing a serious problem for folks in recent months.

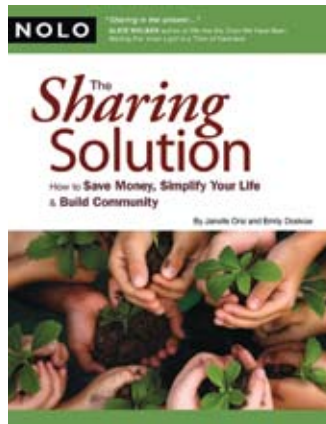
A solution cropping up with increasing frequency is the sharing of resources so that we do not continue to over-consume. Recognizing and embracing this trend well ahead of the wave, our local DIY law wizards at Nolo Press have just published a how-to book jammed full of ideas on how to implement sharing agreements with friends, neighbors, or even perfect strangers. In *The Sharing Solution: How to Save Money, Simplify Your Life & Build Community*, authors Janelle Orsi and Emily Doskow help readers to identify those resources that can be shared, and tell us when and how to create contractual agreements for such arrangements. There's also a lot about sharing the abundance of local foods (to paraphrase our magazine's cover), with advice on setting up neighborhood growing spaces, distributing excess homegrown produce, and pooling garden and kitchen gear that could be traded around the neighborhood

The book discusses community-supported agriculture (CSA), where subscribers purchase a share in a farm's weekly harvest of in-season, sustainably grown vegetables (some add fruits, flowers, and grains), provided at the real (not government-subsidized) cost of producing them. Just recently, CSA meat programs have come on the scene, and I find it quite interesting that two of the newly sprung programs for sharing meat purchases have chosen to advertise in our pages—the well-established but small-scale Marin Sun Farms, and Nature's Bounty, a young farm in Vacaville that matches up buyers wishing to go in on the purchase of a lamb or cow for the meat it provides. Both follow standards that produce safe, sustainable meat, which is something we can't count on industrial agriculture to do for us. I hope you will support these farms, since they are doing important work while also helping our other advertisers make it possible for this magazine to be offered to you free of charge.

And just as we are going to press, I've learned about a new and very nearby (with East Bay drop-off spots) CSA program called Shooting Star, which offers its subscribers a weekly box of vegetables (and some fruits) grown right up I-80 in Suisun Valley. If, by chance, you decide to sign up with Shooting Star, please mention that you learned about it in *Edible East Bay*.

And while you're at it, you might see some good reason for subscribing to this magazine. If you do, please scribble a love note telling us how sharing is helping you remake your own world into a better place.

Cheryl Angelina Koehler  
Editor/Publisher  
*Edible East Bay*



*We regret an omission in our Spring issue. The advertisement of Peaberry's Coffee and Tea should have included Photograph © Don Hong-Oai. Courtesy of photogallery.net*

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