

# Support Your Local Food System

## Buy Local

- Farmers Markets – NEW Arrowhead Grown Brochure
- Community Supported Agriculture (CSA)
  - [www.csaguild.com](http://www.csaguild.com)
  - [www.minnesotagrown.com](http://www.minnesotagrown.com)
- Cooperative Grocery Stores
  - Natural Harvest Food Coop – Virginia
- Buy from restaurants and stores that support local growers and producers

## Grow Local

- Community Gardens
  - Growing Together Virginia Community Gardens
- Gardening Resources
  - Visit your local library
  - Ask a Master Gardener (University of MN Extension)

## Sell Local

- It's easier than you think! Contact Rutabaga Project or your local farmers market to get started.
- Sell local resources: <https://www.misa.umn.edu/resources/blazing-trails>

## Get Connected

- Rutabaga Project
- Northland Food Network
- Iron Range Partnership for Sustainability
- Sustainable Farming Association
- Young Farmers Coalition
- Finland Food Chain
- Regenerate the Arrowhead
- Land Stewardship Project

