

'Buying food/fruit from local producers'

The fruit that is sold locally; the money goes back into the community. Fruit plants are also available locally. This also creates jobs within the community – for example our local berry farm that we visited employs casual staff for the picking and packing season. 18 part time employers compete for staff when the fruit is in season from the beginning of November to the end of February.

1

At our local berry farm, you can pick your own fruit. This means that you can go round with a tip top container which they provide for you, and you pick your own fruit. I think this is a good idea as you get to see the quality of the fruit. You also get the experience of getting to see what it is like to grow and pick your own fruit. You can take the whole family to pick fruit. Doing this may bring back family traditions and happy times e.g. collecting blackberries from the side of the river while on a camping holiday; also making your own jam. You might have a traditional family recipe that you can use to make strawberry or raspberry jam. Also you might feel a sense of accomplishment that you have made your own jam, if you haven't made it before. Fewer chemicals may have been used for growing the fruit so you are also getting maximum nutrients. You can check with the grower when you are getting your berries.

2

Picking your own fruit from the local berry farm also reduces the amount of food miles. This means the amount of kilometres the fruit has travelled to get to its destination. So if they travelled five kilometres to pick the fruit and 5 kilometres back home; that is the distance the fruit has travelled. The closer you live to the berry farm the less fuel you use. This also helps your income; the less fuel you use the more money you have to spend on local fruit. Doing this you are reducing the carbon foot print which is the amount of carbon dioxide that is released into the air.

3

One economic implication to do with buying fresh fruit is money. The cost of buying fresh fruit from the local berry farm is cheaper than the supermarkets, particularly if you live in the country near to a berry farm like we do. For example 1kg of strawberries is \$9, whereas at the supermarket 1kg of frozen berries is \$14 Jam strawberries are even cheaper – about \$5 a kg. This is because the fresh fruit has travelled less food miles. If you buy fresh strawberries in bulk, you can save more money and also you can make more homemade jam. The best time for buying fresh fruit in bulk is when it is in season and in plentiful supply.

4

There are also some limitations on buying fresh fruit if you live in a city. The cost of travelling to the country to pick and buy the fruit is considerable. It is often cheaper to buy the fruit from the local supermarkets because it is closer to your home and you don't have to pay the extra for gas thus reducing the impact on the environment.

5

Homemade jam tastes nicer than store bought jam because store bought jam contains more preservatives and less fruit than home-made jam. The jam we made in class had at least 50% fruit whereas the store bought varies between 11% to 40% fruit. Store bought jam has sugar as the first ingredient on the list and sometimes also contains glucose syrup so homemade jam tastes fruitier and less sweet. We also know what ingredients went into our jam – fruit and sugar whereas the list on the store bought jam included gelling agents (440), and acidity regulators (330, 170). Some jams also include residual preservatives (224) to

retain the colour of the fruit. This means the homemade jam is a better choice for our health as it contains less sugar and fewer additives. The label on the bought jam also stated 'Made in NZ from local and imported ingredients'. This means we do not know the origin of the fruit and ingredients used to make the bought jam; which means we have no knowledge of what chemicals are used in the soil or on the fruit as it is grown in another country.

6

I believe preserving strawberries by making them into jam is a sustainable practice if we all start buying fresh local berries or start growing our own. For people to start doing this, they have to know how much time it does take. Planting, growing, picking, selling; this has to all be balanced with family priorities and available money. You may also give some as gifts which gives you a sense of achievement.

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