



**Left**<sup>TM</sup>

**Green Challenge**

**Summer 2018**

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# The Green Challenge

**An 8-week challenge,  
split into four, 2-week  
sections:**

**June 18 - 29:**  
Reducing Our Carbon  
Footprints

**July 2 - 13:**  
Reduce Single-Use  
Plastics & Waste

**July 16 - 27:**  
Supporting Local

**July 30 - August 10:**  
Going “Meat-free” or  
Eating Humane Meats  
& Sustainable Seafood



**July 16 - 27:**

**Buy & support Local**

# BC Food Self-reliance

48%



**Where does BC's  
food come from when  
it is local?**



**Fraser Valley  
Delta & Ladner  
Okanagan &  
Interior BC  
Vancouver Island  
& Gulf Islands**



**So where does BC's food come from when it isn't local?**



**United States**  
**Mexico**  
**Guatemala**  
**Costa Rica**  
**Chile**  
**Peru**  
**China**  
**New Zealand**  
**South Africa**

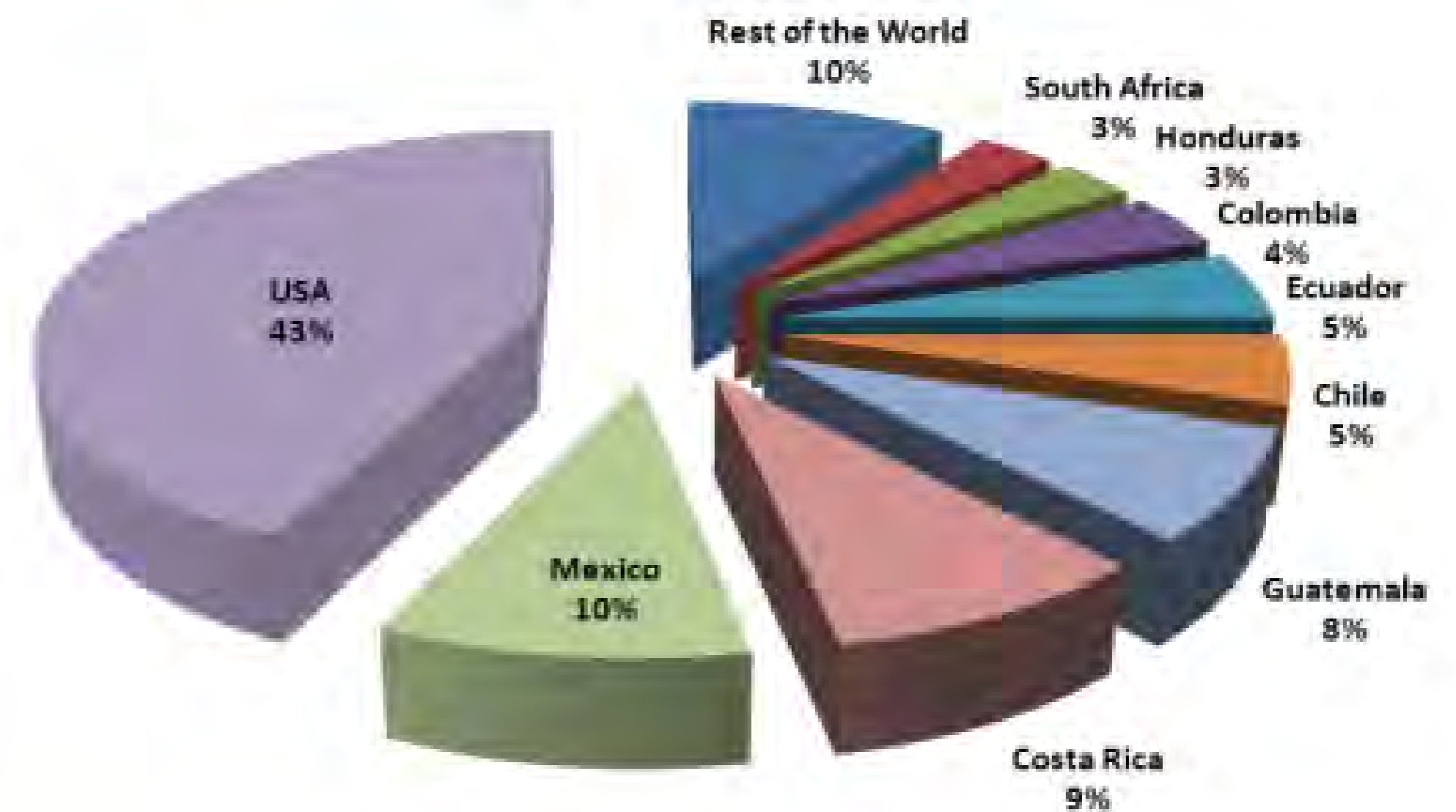


## IMPORTS

### VOLUME (TONS)

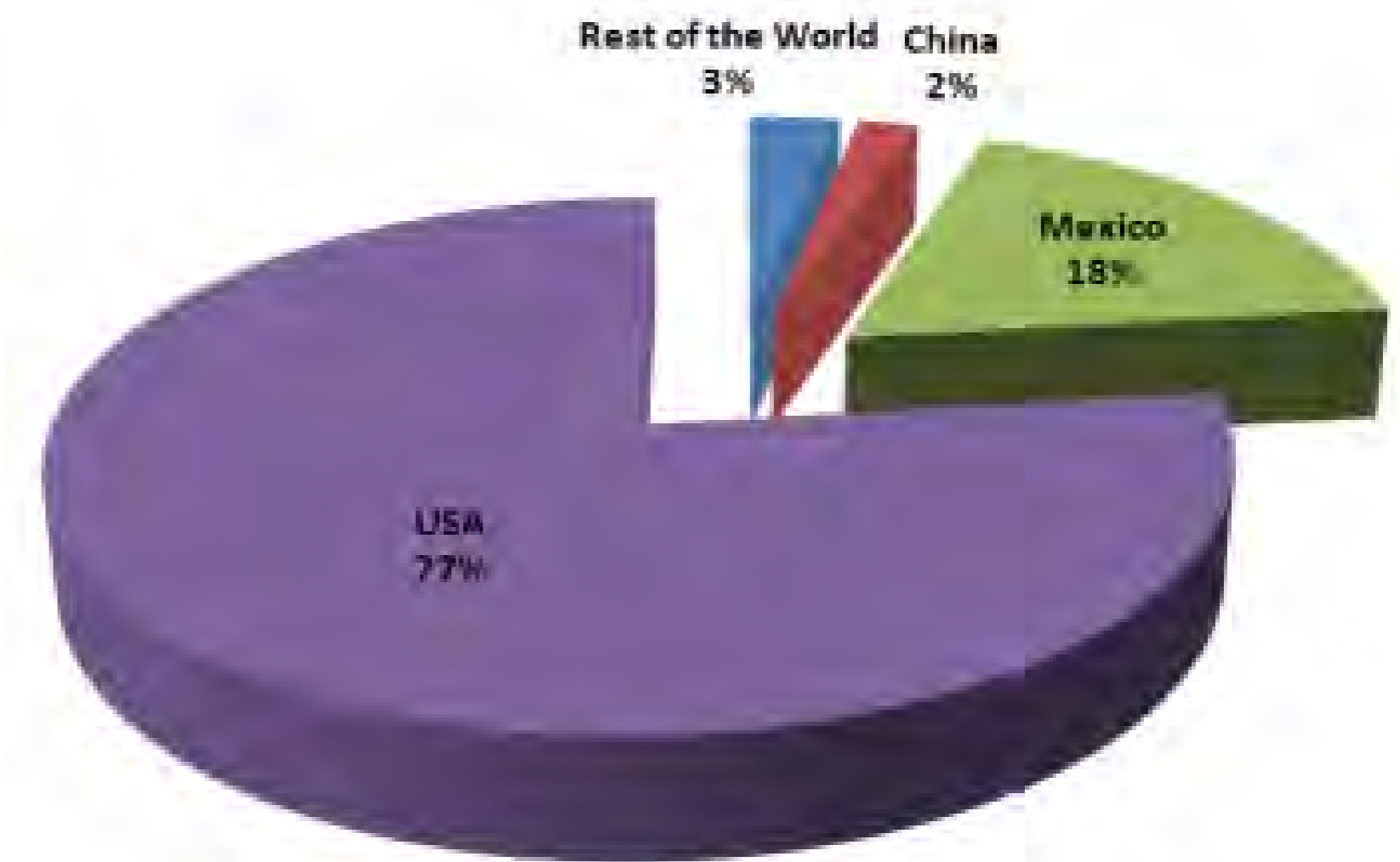
FRESH FRUIT	2012	SHARE	5 YR CAGR
Bananas	527,040	22%	2%
Watermelons	211,200	9%	2%
Apples	202,608	8%	5%
Oranges	194,473	8%	-1%
Grapes	177,076	7%	-2%
Melons	141,128	6%	-3%
Mandarins	129,915	5%	2%
Strawberries	127,024	5%	9%
Pineapples	121,314	5%	3%
Lemons	90,351	4%	11%
Other	525,496	18%	
<b>TOTAL</b>	<b>2,447,625</b>	<b>100%</b>	<b>2%</b>

### COUNTRY OF ORIGIN



Bananas from Latin America are the top fruit import. Mexico doubled lemon exports over the last five years to become the top supplier. Costa Rica dominates pineapples while growth in apple & strawberry levels is driven by expanding US imports.

FRESH VEGETABLES	2012	SHARE	5 YR CAGR
Potatoes	303,560	17%	18%
Lettuce	299,641	16%	0%
Tomatoes	193,483	11%	0%
Onions	175,596	10%	5%
Cabbages	144,506	8%	0%
Peppers	119,378	7%	2%
Carrots	115,204	6%	-1%
Celery	94,477	5%	1%
Cauliflower	92,617	5%	9%
Other	282,178	15%	
<b>TOTAL</b>	<b>1,820,640</b>	<b>100%</b>	<b>2%</b>



Potatoes, sourced almost 100% from the USA, overtook lettuce as the leading imported vegetable last year. Mexico surpassed the USA in tomato and pepper exports to Canada in 2010. Carrot and onion supplies are supplemented by China.



# **"Food Miles"**

**The average North American meal travels 6,400km, and comes from 5 different countries**

**Bananas  
from  
Guatemala to  
Vancouver =  
Travel 3694km**



**Apples  
from  
New Zealand to  
Vancouver =  
Travel 14,480km**



**Why support local?**

**Less food travel =  
Lower emissions**



**It's better for you!**

**Local food is picked  
at peak ripeness,  
unlike imported foods**





# Supporting farmers

Local farmers get  
100% of retail price  
at markets;  
small farms  
often have more  
sustainable practices



# **BC's Economy**

**Helps keep our  
economy strong  
and supports  
BC food security**



# So much in season right now!

apples  
artichoke  
barley  
bay  
basil  
blueberries  
bok choy  
beets  
broccoli  
broccolini  
broccoli raab  
carrots  
cabbage  
cauliflower  
celeriac  
celery  
celtuce  
chard  
cherries  
chives  
cilantro  
collards  
cress  
crimini mushrooms  
cucumbers  
currants (black & red)

dandelion greens  
dill  
enoki mushrooms  
escarole  
fava beans  
fennel  
gai lan  
garlic  
garlic scapes  
gooseberries  
hazelnuts  
kale  
kohlrabi  
leeks  
lettuce  
micro greens  
mizuna  
mustard greens  
oats  
onions  
oyster mushrooms  
parsley  
pea shoots  
pom pom mushrooms  
portabello mushrooms  
potatoes

purple sprouting broccoli  
radicchio  
radish  
raspberries  
rutabaga  
rye  
salad greens  
shallots  
shungiku  
sorrel  
spinach  
spring onions  
snap peas  
strawberries  
sunchokes  
tatsoi  
tarragon  
tomatoes  
turnips  
walnuts  
watercress  
wheat berries  
wheatgrass  
wild mushrooms  
winter squash  
zucchini

<b>FRUITS</b>	<b>SPRING</b> March – April	<b>EARLY SUMMER</b> May – June	<b>SUMMER</b> July – August	<b>EARLY FALL</b> September	<b>FALL</b> October – November	<b>WINTER</b> December – February
Apples			●	●	●	●
Apricots			●			
Blueberries			●	●	●	
Cantaloupe <sup>1</sup>			●	●		
Cherries		●	●			
Cranberries				●	●	
Currants			●			
Gooseberries		●	●			
Grapes				●		
Nectarines			●			
Peaches			●			
Pears			●	●	●	●
Plums			●	●		
Raspberries			●			
Rhubarb	●	●				
Strawberries <sup>1</sup>		●	●	●		
Watermelon <sup>1</sup>			●	●		

VEGETABLES	SPRING March – April	EARLY SUMMER May – June	SUMMER July – August	EARLY FALL September	FALL October – November	WINTER December – February
Artichokes			●	●	●	
Asian Greens		●	●	●	●	
Asparagus	●	●				
Beans			●	●		
Beets			●	●	●	●
Bok Choy		●	●	●	●	
Broccoli		●	●	●	●	
Brussels Sprouts				●	●	●
Cabbage	●		●	●	●	●
Carrots	●		●	●	●	●
Cauliflower			●	●	●	
Celery <sup>1</sup>			●	●	●	
Chard, Swiss		●	●	●	●	
Corn			●	●	●	
Cucumber (Field)			●	●		
Eggplant			●	●	●	
Fennel			●	●	●	
Garlic			●	●	●	
Kale	●	●	●	●	●	●
Leeks	●		●	●	●	●
Lettuce (Field)		●	●	●	●	
Mushrooms	●	●	●	●	●	●
Onions (Green)		●	●	●	●	
Onions (Red + Yellow)	●		●	●	●	●
Parsnips	●		●	●	●	●
Peas (Green)		●	●			
Peas (Snow)		●	●	●		
Peppers (Field)			●	●	●	
Potatoes			●	●	●	●
Pumpkins			●	●	●	
Radishes	●	●	●	●	●	
Rapini			●	●		
Rutabaga			●	●	●	●
Shallots			●	●		
Spinach		●	●	●	●	
Squash		●	●	●	●	●
Sweet Potatoes	●	●	●	●	●	●
Tomatoes (Field)			●	●	●	
Turnips		●	●	●	●	●
Zucchini			●	●	●	



**We can't buy  
locally all year  
or for all our food.**

**Nor should we.**

**After all, buying imported foods support farmers in developing countries like Guatemala, Chile and Mexico, too...**



**Also, it's not about  
limiting your diet; lots  
of foods are never local.**







**It's about being more informed about where our food comes from.**



**SPUD.CA**

*Local Organic Groceries*

**Sustainable Produce Urban Delivery:**  
An online grocery store that delivers  
bins of seasonal and local produce  
right to your door

# Lower mainland Farmers Markets



1

**Be informed about your food,  
buy local when possible**

Read where produce and products come from.  
Support local fresh produce and BC-made products

**Earn 3 stamps for buying local produce and products  
when possible during the Support Local section**

**2**

## **Go berry picking!**

Visit a local farm and pick your own produce!  
(This also reduces packaging you would get  
in a store, and it's way cheaper)

**(Worth 2 Stamps)**

**3**

## **Visit a Farmers Market**

**Experience local products first-hand  
and meet farmers and vendors.**

**Take pride and enjoy the delicious local food!**

**(Worth 2 Stamps)**



## **Grow and eat your own food**

If you can grow your own food from plant or seed, that is the most local you can get!

**Earn 1 stamp for EACH DAY that you make/eat food from your own garden/plants**

5

## **Support restaurants that support local**

Lots of restaurants cook with local ingredients, or even grow their own for dishes.

**Earn 2 stamps for dining out at a restaurant that has "Farm to Table" practices**