



GreenTip
How Do You Measure Up?



Save Energy – Buy Local!

Summer is on the way and thoughts of fresh, luscious strawberries, red ripe tomatoes and tender sweet corn are beginning to pop into the minds of Guilford Countians, young and old. We buy local produce because it tastes so good when it comes straight from the field to our tables. But, when we **buy local**, we also take a big step toward **sustainability** by eliminating the huge amounts of fuel required to ship produce from distant states and countries. Buying local produce does require some adjustments. We've come to expect fruits and vegetables of every size and description to be available to us year round. But, everything is not in season all year round, nor can all types of exotic produce be grown in our area. So, **buying local** means taking advantage of native varieties as they become available from local farmers and producers.

Local Resources

In Guilford County, we have two wonderful resources for local produce. The **Piedmont Triad Farmers Market** is located just off I-40 at 2514 Sandy Ridge Road in Colfax. The facility is owned and operated by the North Carolina Department of Agriculture, and provides bona fide growers the space in which to set up shop and sell their fresh, local fruits, vegetables and plants directly to consumers. The market is open from 6 am to 6 pm, Monday through Sunday, however hours for specific vendors vary. Check the website at <http://www.ncagr.gov/markets/facilities/markets/triad/> or call (336) 605-9157 for directions or more information.

The **Greensboro Farmers Curb Market** is another great source of fresh, local plants and produce. Located at 501 Yanceyville Street, Greensboro, the market is open year round on Saturdays from 6 am to 12 noon and on Wednesdays from May through December from 7 am to 1 pm. In addition to local produce, buyers will find local meats and dairy products as well as craft items. The curb market also features all sorts of special events. For more information, call (336) 373-2402 or check the website at <http://www.greensboronc.gov/departments/Parks/Facilities/market/default.htm>.

Because of the growing popularity of "**buying local**," more and more grocery stores are featuring locally grown produce and food products. Check with your favorite store to find out what's available from right here in the Piedmont Triad.

Be Part of the Solution!

Responsible tire **recycling and disposal** are necessary to keep our community and our environment safe and healthy. Do your part by supporting the North Carolina Scrap Tire Disposal Program. Leave your scrap tires with your mechanic or tire store. If you do have tires you need to dispose of, contact the **Guilford County Scrap Tire and White Goods Collection Facility** at 294-9431 for information. When possible, purchase products and materials that include recycled rubber content.



When it comes to taking care of our environment....
How do you **MEASURE UP?**