

# 7 things you can do right now to further the sunshine economy:

## Resources for sustainability

compiled by [Amy Frykholm](#) in the [May 19, 2009](#) issue

- Plant lettuce in a window box. Lettuce that you grow yourself does not have to be transported from farm to grocer to home, burning fuel. A home garden can be as simple as a window box and as elaborate as a carefully designed urban plot. ([kitchengardeners.org](#))
- Boycott meat from Confined Animal Feeding Operations. Anything that comes shrink-wrapped in the grocery store is from a CAFO unless otherwise noted. ([Union of Concerned Scientists](#))
- Urge members of Congress to create a farm bill that separates nutrition programs from funds for agri businesses, so that a sustainable farm program can be developed. ([Bread for the World](#))
- Buy from a local farmer or a farmers market, receive home delivery of local and organic food (in Chicago try [Fresh Picks](#)), or sign up for a share of produce from a Community Supported Agriculture (CSA) farm. Find a CSA near you by going to [localharvest.org/csa](#). ([Sustainable Agriculture Research and Education](#))
- To offset the cost of paying more for responsibly produced food, plan and plant a garden at your church or volunteer to organize one for a local school. Fresh fruits and vegetables can be donated to a local food bank, distributed by church members or used by a soup kitchen. Churches large and small have such gardens, and they help bring community and church together. [Denver Urban Gardens](#) has models on its Web site. ([farmtoschool.org](#))
- Take the 100-mile challenge—eat only food available from your region. ([100milediet.org](#))

- Request local food from your local restaurants and supermarkets. [Sustainable Table](#) has cards you can print out to give to store managers.

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See also [Sunshine-powered: The next agrarian revolution](#), by Norman Wirzba.