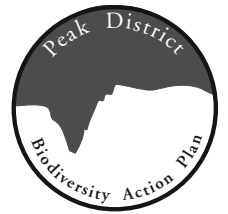


Make no unnecessary noise. Leave gates as you find them.

Buy Local and Sustainable ACTION SHEET 7/7



Are you a wildlife friend? Use this sheet to support the Peak District Biodiversity Action Plan -and help ensure the Peak District remains a special place.

Be a discerning customer and choose products that help our wildlife! Buying local produce helps to promote the role played by farmers and other producers in maintaining a healthy landscape.

Local Food

Why buy locally? Food produced and marketed locally supports local farms and reduces pollution through transport 'food miles'. In the Peak District local producers are mainly small scale farmers managing their land sensitively.

Go Organic – organic farming methods are generally kinder to wildlife and help promote biodiversity.

So what can I do?

Buy From Farmers markets

Local produce is sold at farmers markets across the Peak District. They offer you the chance to sample and buy seasonal fruit and vegetables, distinctive local cheeses, fresh herbs, top quality local meat and dairy produce as well as bread, cakes and much more. Not only will you pick up the freshest most local food, farmers usually staff their own stalls and will be pleased to discuss their produce and their farms with you.

There are currently farmers markets in Buxton, Bakewell, Glossop, Ripley, Heanor, Belper, Ilkestone, Long Eaton, Ashbourne and Derby.

More information on farmers markets can be found at the website www.farmersmarkets.net and look out for their leaflet titled *Your Guide to Farmers Markets in East & West Midlands*

Buy Organic

Look for organic food in supermarkets, farm shops, wholefood shops and in prepared meals.

Ask Questions!

Look for B&B, hotels, pubs and restaurants serving locally sourced food

Useful guides to local food are produced by

The Peak District Food Group. *Savour the Flavour of the Peak District*. Free, and available from many outlets. Also try visiting www.peakdistrictfoods.co.uk

Other produce and services

Use of local resources to produce goods like furniture and work produced by people living locally all help to create more vibrant and sustainable communities, with a greater stake in looking after the environment they share. As consumers we can help to support local trades and crafts simply by choosing their produce.

Peak District Farm Holidays - offer the opportunity to stay in accommodation on working farms in beautiful countryside, often with the added bonus of fresh foods such as milk, eggs, lamb and beef. For more information tel: 01335 310243 or visit www.peakdistrictfarmhols.co.uk

Peak District Biodiversity Action Plan sets the agenda for wildlife conservation in the Peak District. These action sheets have been developed by a range of organisations working together to promote biodiversity. If you would like to know more about the BAP go to: www.peakdistrict-nationalpark.info or if you have any comments about this action sheet then please contact the Peak District National Park Authority on **01629 816200**

Help keep all water clean. Use gates and stiles. Take your litter home. Protect wildlife, plants and trees

Enjoy the countryside and respect its life and work. Leave livestock, crops and machinery alone.

Guard against fire. Keep to public footpaths. Take care on country roads