

NOLA Locavores

A Locavore is someone who takes up the eat local challenge by eating locally grown food. Given all the wonderful local Louisiana produce, seafood, and food products, we think it's very easy to be a NOLA Locavore!

Contact us and tell us how you are becoming the best NOLA locavore you can be!

From Judy Walker's article in the Times Picayune:

Louisiana Strawberries (schleifnet @ flickr)

Louisiana strawberries have ripened in time for the December holidays. Pair a couple of quarts of sweet berries with bars of good white and dark chocolate. (OK, so that's not local, but what's life without chocolate?)

Bags of citrus have long been a popular gift, but to take the idea one green step further and keep it local, consider giving a citrus tree to a friend with a sunny yard. Local trees will be available from A&K Citrus or visit your nearest nursery or the market stands in Plaquemines Parish, where 1-year-old trees start at around \$15.

For gratification a lot sooner, package an assortment of local condiments with small-farm specialty Louisiana rice, which is becoming more widely available. We especially like the packaging of two Gueydan-based companies: Ellis Stansel's Gourmet Brown Rice (\$5.99 for a 2-pound bag at www.stanselrice.com) and the Campbell Farms Louisiana Popcorn Rice (often at the Upper Ninth Ward Farmers Market, or \$6.96 plus shipping for 5 pounds via www.campbellfarms.com).

Betty from the Northshore writes:

I grew up on a farm so growing food was just something everyone did. Even after moving to Metairie, we grew a few tomatoes, scallions and peppers in our small lot. After our move to the country, our garden got considerably larger to include heirloom tomatoes, sweet corn, leeks, lettuce, garlic, peas, beans, muscadines, plums and more. Our own hens and eggs were next and a flock of broilers for market soon followed. Our eggs yolks are vibrant and bright and the broilers were delicious- and very large! All our chickens range on grass and are fed a diet of antibiotic free food, which is supplemented with forage.

Milk, cream and butter come from Smith Creamery in Mt Hermon.. We also buy milk from Mauthe's Dairy in Folsom. Both dairies' products are pasteurized at a lower temperature than milk hauled in from California and the taste is wonderful! Smith products are available in some New Orleans area groceries.