

Family farmers in the South are being forced out of farming at an alarming rate. According to Farm Aid, 330 farmers leave their land every week.

As a result, there are now nearly 5 million fewer farms than there were in the entire U.S. in the 1930's. Of the two million farms, only 565,000 are family operated. Furthermore, very few young people are becoming farmers. Half of all farmers are now between the ages of 45 and age 65.

Unlike industrial agriculture operations, which contaminate communities with chemicals, pesticides, noxious fumes and excess manure, family farmers strive to preserve the surrounding environment for future generations.



Family farmers are the heart of the South's rural communities

Local family farmers spend their money with local merchants. The money stays in town where it benefits everyone and builds a stronger local economy. Independent, family-owned farms supply more local jobs and contribute to the local economy at higher rates than do large, corporate-owned farms.

Eating locally grown, healthy food strengthens your family and community.

Local farmers who sell direct to consumers receive a larger share of the profit for their food.

Buying local is easy

Shop at your local farmers market or farm stand for the freshest tasting food available.

Encourage your local grocery stores and area restaurants to purchase more of their products from local farmers.

For more information on buying Southern, please visit:

BuySouthern.info

For information about the Florida League of the South:

**FreeFlorida.org
(State website)**

**coolchange.net
(Northeast Florida website)**

**[freeflorida.org/RestoringFloridas
Sovereignty](http://freeflorida.org/RestoringFloridasSovereignty)
(Follow us on Facebook)**

**Also visit our national website:
LeagueoftheSouth.com**

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“We seek to advance the cultural, social, economic and political well being and independence of the Southern people by all honorable means”

BUY SOUTHERN



A Program of the Florida League of the South to bring economic independence to Florida and our Southland

Why should you accept the urging of the Florida League to change your buying habits?

Even though the South alone could probably feed all of North America, our supermarkets are dominated by non-Southern products.

A recent walk down the aisle of a supermarket revealed that out of 45 items inspected for state of origin, only 15 of them were produced in the South. If this sample accurately reflects the store's entire contents. That means an average of 66% of your money goes outside the South.

When you buy non-Southern products it cripples and destroys our local businesses paving the way for absentee merchants to fatten their wallets even more and lead our South into greater poverty. It destroys our funding for education, lowers our standard of living and turns our cities into slums. The negative effects are countless. All the while, our hard-earned money goes North and West to improve everywhere but the South.

Because of the current "global economy" and "global transportation" systems, goods



from the North, West and all over the world can be shipped to the South and compete with our local products.

This unintentionally (or intentionally?) destroys Southern food producers and makes us pawns of those who control the food.

Southerners should make every effort to buy regional, local, or neighborhood products whether it's from the vegetable stand down the road, the dairy outside town or the private gas station or hardware store on the corner. Support the "little man" wherever he is.

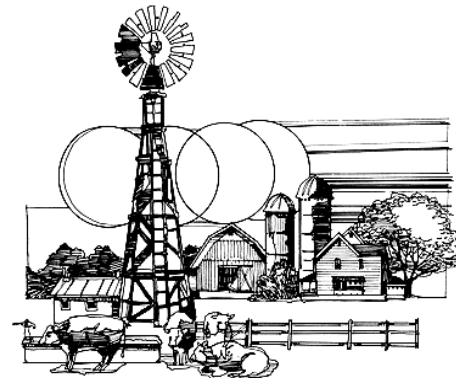
Where do I start?

The easiest and most important place to start is a grocery store. The average Southerner makes at least one trip to the grocery store a week. Some go as often as once a day! Food for our families probably accounts for the greatest single expenditure of our funds.

Start reading labels! Where do the products you buy come from; Fitzgerald, Georgia or Beelzebub, New York? Plano, Texas or Canaan Land, New Jersey? Look at your vegetables. Were they picked by illegal third world immigrants in California and trucked 3000 miles to the grocery store or were they grown and harvested by your God-fearing Southern neighbors of your own county, state or region?

Go through your cabinets and start looking at labels. Make a list of Southern products you already use. Make another list of non-Southern products and find a substitute for them. Take this list with you the next time you go shopping and follow it like your family depends on it!

You'll be surprised where you've been sending money! You'll learn that Luzianne tea is from New



Orleans, LA while Lipton is from New Jersey. Panner peanut butter is made by Southerners in St. Louis, Missouri while Jiff is made in Cincinnati, OH.

Family farms are a Southern tradition in danger of fading away

Family farms are an important part of our Southern tradition of self-sufficiency, forming the bedrock for communities across the South.

Large corporations increasingly dominate Southern food production. Four large firms control over 80% of beef slaughter and 50% of broiler chicken production.

Buying local keeps your dollars circulating in your community. Getting to know the farmers who grow your food builds relationships based on understanding and trust, the foundation of strong communities.

Local food is fresher and tastes better than food shipped long distances from other regions or countries. Local farmers can offer produce varieties bred for taste and freshness rather than for shipping and long shelf life.