

How to connect with a local farmer:



Spokane County has an amazingly rich agricultural community! Many farmers have livestock and/or compost piles and would be happy to take your leftover scraps. Here's a few ways to meet them!

- Visit **inwfma.org** to check out all of the local farmers markets in our area. Many of the farmers market websites have a list of vendors, or head on down to a market and see if there are any farmers you can connect with that would be interested in food scraps!
- Check out LINC Foods website. LINC Foods is Spokane's local farmer cooperative. They have a section on their website called "Meet the farmers". They have bios for each of their farmers, along with contact information.
- Already buying local? Ask your farmers if they would be interested in taking your food scraps!

Good questions to ask a farmer:

- *Would you be interested in food scraps for your compost or for animal feed?*
- *What types of food scraps can you take (produce, dairy, meat, other)?*
- *How many days per week would you like food scraps?*
- *What is the best way to exchange food scraps?*