



## Know The Terms

**CAGE FREE** Generally applies to eggs; it means that hens were able to roam and lay eggs in nests rather than stay confined in cages.

**FREE RANGE** Usually applies to chicken; it means that the animals had access to moving around; they were not kept immobile in a cage.

**GRASS FED** Usually applies to beef; it means that the cow was fed a grass diet as cows are evolved to eat rather than corn.

**LOCAL** Definitions vary, but typically means that the food was made and grown within a 100 mile radius of purchase location. Local does not necessarily mean “organic” or “sustainable.”

**NATURAL** The food is unprocessed and genuine. It does not necessarily mean “organic” or “sustainable.”

**ORGANIC** Products labeled as “organic” must contain 95% organically produced ingredients.



## Small Steps...

- ◆ **Compost.** Refer to the Recycling pamphlet for information on how to compost at your home. Composting can be a natural way to fertilize gardens.
- ◆ **Buy produce that is in season.**
- ◆ **Visit your local farmers' markets.** Buying produce locally can stimulate the local economy and encourage more production of more natural foods.
- ◆ **Eat less meat.** Cows emit vast amounts of methane, a greenhouse gas.
- ◆ **Sign up for a CSA.** Community Supported Agriculture farms provide you with weekly local fresh produce for a small fee to keep the farm running.

## Did you know?

In the U.S., a typical industrial wheat farmer can expect to receive about six cents of each dollar spent on a loaf of bread—approximately the cost of the wrapping. On the other hand, farmers' markets enable local farmers to keep 80 to 90 cents of each dollar spent by the consumer.\*

Beardsley Community Farm offers free plots for gardening. They also provide tools and water.



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*Citizen's Guide to Sustainability*

## Sustainable Food



CITY OF KNOXVILLE

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\* Source: <http://www.sustainabletable.org/issues/eatlocal/>

# Big Steps... Build a Garden Bed

## TOOLS

8x 2"x6" cedar boards for each side (two stacked on top of each other for each side of bed); lengths should be dimensions of your desired bed  
~35 galvanized spiral nails  
4x 4"x4"s for corner stakes

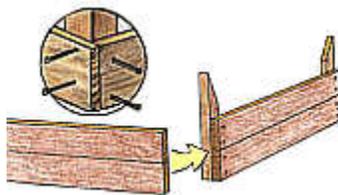
Handsaw  
Drill  
Compost or extra soil

1. Cut the 4"x4"s to 18" long. Sharpen the ends with a handsaw.

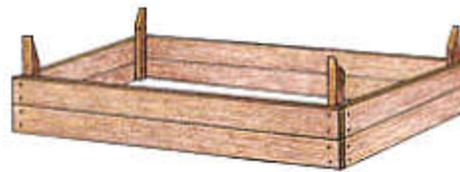
2. Lay two sharpened corner pieces down, lay two of the 2"x6"s down and drill the nail holes to avoid splitting the wood. Be sure the hole you drill uses a bit thinner than the nails. Hammer in the nails into the holes. Repeat this process to complete the two short sides of the rectangular raised bed.



3. Stand one assembled side on its top edge, so the corner stakes are pointing upwards. You will assemble the rest of the bed upside down to make the process easier.



3. (continued) Set one long piece in place at a right angle to the assembled edge, and nail in place. Add the second board.



4. Repeat this process for the fourth and final side of the bed. When all pieces are nailed in, flip it over—it's ready for installation.

5. Turn the soil that will be contained in the raised bed to a depth of about one foot. Leave the soil piled up in the center, and add compost to the mix.

6. Place the constructed bed right side up and gently tap a corner into the ground. Drive each corner in a few inches, then continue driving them all the way down. Do not drive one post fully into the ground before the others have been started.

7. Level the bed and add extra soil, compost, peat, and whatever soil components you want to level with a few inches below the top of the bed. Spray with water to help the soil settle. Now you are ready to plant!



Looking for some veggies to plant in your newly constructed garden? These are some of the easiest ones to grow:

Beets	Peppers
Carrots	Radishes
Lettuce	Spinach
Onions	Tomatoes
Peas	Zucchini

