



Unexpected sisterhood p. 9

ESTABLISHED 1932

SATURDAY, SEPTEMBER 15, 2007

48 PAGES



Mark Patrick photo

This group of local residents is vowing to eat Richmond-grown foods for 10 days.

Taking the 10-mile challenge

by Bheandáin Clugston

Editor

You may have heard of the 100-Mile Diet.

For a year, two Vancouver authors, Alisa Smith and J.B. MacKinnon, ate only foods grown within 100 miles of the city.

They found that most food travels thousands of miles from its source to supermarket shelves and sought to expose the challenges of eating

locally and being environmentally-responsible.

Their experiences were turned into a popular book, *The 100-Mile Diet*.

With topics of farming and food security often front and centre in Richmond, a group of residents has decided to take the 100-Mile Diet a step further. Actually, make that 90-miles closer.

Enter the 10-Mile Diet. For 10 days, a group of Richmond residents will attempt to eat only locally-grown

food. While fruits and vegetables are aplenty, many participants will be challenged to find grains and a variety of meats.

Over the next month, leading up to the local World Food Day event on Oct. 13, *The Richmond Review* will publish the experiences of those who are trying the 10-Mile Diet and will look at the challenges of eating locally.

● See story, Page 16

the 10
mile
diet