

FOOD ON THE BORDER: REFLECTIONS ON REGIONAL FOOD SYSTEMS ALONG THE BORDER OF NEW HAMPSHIRE, VERMONT AND QUEBEC

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The Community Research Experience at Plymouth State University allows for a broad range of topics, issues, and problems to be researched by dedicated students in a real world environment. This year's spring 2013 CRE course received the opportunity to study existing local food systems within Northeastern Vermont, Northern New Hampshire, and Southern Quebec. As part of the course work, six students and two professors visited various local food producers, distributors, and processors in these three locations. Each community's local food system varied in levels of governmental assistance, private entrepreneurship, and local support providing three very different models to draw from. Utilizing research and field observations, we composed a report that describes the multiplicity of the region's local food systems. The report examines local food economies, food distribution methods, food accessibility, and local food's impact on individual and community health. We hope that this report helps further advance the development of these local food systems.