The locavore movement, which embraces eating foods grown or nurtured within 100 miles of home, has emerged as the mantra of the spiritual quest for simple living and healthier food.

The fourth volume of the Investigate Boise Research Series, written by Boise State University students, examines this growing movement and its impact on Southwest Idaho.

“Local, Simple, Fresh: Sustainable Food in the Boise Valley” is the fourth edition of the Investigate Boise student research series, produced by the College of Social Sciences and Public Affairs. Each summer, about 40 students interact with practitioners and public officials in downtown. Top students write peer-reviewed essays for publication. Research topics include history, commerce, conservation, transportation, social welfare and urban renewal.

“Local, Simple, Fresh” considers the economics and ethics of farm-to-fork within 100 miles.
Topics include organic ranching, vanishing cropland, craft beers, local wines, public markets, potato pundits, urban worms and the politics of farm subsidies. The 124-page book is in full color with charts, art and photography.

The economics of local food are quite controversial,” said Todd Shallat, director of the Center for Idaho History and Politics and editor for the project. “This book looks at the movement’s main players, locally, and the debate over ‘food miles,’ which some call wasteful and other see as a quest healthy living and community.”

“Local, Simple, Fresh” is edited by Shallat, Guy Hand and Larry Burke. The student writers are Tonya Nelson, Angie Zimmer, Bryce Evans, Greg Randleman, Jennifer Shelby, Jeweldean Hull, Alyssa Johnson, Dennis O’Dell, Victoria Kazimir.

The book is available in softcover for $15 at Rediscovered Books on Boise’s North Eighth Street or via Boise State’s online catalog at sspa.boisestate.edu/publications.

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