

ELIOT CONSERVATION COMMISSION  
Focus Areas of Ecological Significance

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*Local Farmland*  
*From family farms to backyard barns*

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***What makes local farmland so important?***

**Educational benefits**

- *Retain knowledge of local farming practices that future generations may learn from & use.*

**Economic benefits**

- *Support local business by purchasing locally grown goods.*

**A more sustainable alternative to large-scale industrial agriculture.**

**Part of our heritage**

- *Farming has been a part of Eliot since it was settled.*
  - *Several families in Eliot have maintained working farms for multiple generations.*
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**"Good farmers, who take seriously their duties as stewards of Creation and of their land's inheritors, contribute to the welfare of society in more ways than society usually acknowledges, or even knows. These farmers produce valuable goods, of course; but they also conserve soil, they conserve water, they conserve wildlife, they conserve open space, they conserve scenery."**

*-Wendell Berry, [Bringing it to the Table: Writings on Farming and Food](#)*



## *What can we do to help?*

### **Be an informed consumer**

- *Know where your goods come from.*
- *Check out the region's many farmers' markets.*
- *Support local farms.*
- *Plant your own backyard garden.*

### **Be an active citizen**

- *Encourage town planners to improve approaches to development that may impact focus area functions.*
- *Monitor & remove invasive plant populations.*
- *Educate recreational users about the ecological, economic, & health benefits of these areas.*

### **Leave a legacy**

- *If you are a landowner, consider adopting a conservation easement that will ensure these lands are preserved for future generations.*

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## *For More Info:*

### **MAINE FARMERS' MARKETS**

www.maine farmersmarkets.org  
Maine Federation of Farmers' Markets  
P.O. Box 18  
Freedom, ME 04941

### **SEACOAST NH FARMERS' MARKETS**

Seacoast Growers' Association  
P.O. Box 4401  
Portsmouth, NH 03802  
www.seacoastgrowers.org

**For more on farming in Eliot, see the documentary film:**

*Farming 101*  
by Peter Randall

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Photos by Kimberly Richards