



Issue # 204
April 24, 2012

The oldest form of transportation

[Americans walk less](#) than residents of any other industrialized nation, according to mobility writer Tom Vanderbilt - who uses Nashville as a bad example.

Eating locally - why and how

[Eight reasons](#) to eat locally-produced food - and a [connection to some local growers](#) in Davidson County.

Green, German, and floating

[Yet another idea](#) for a building which runs on renewable energy - this one on a river in Germany.

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The Metro Nashville-Davidson County Planning Department publishes this weekly digest to inform members of the Planning Commission, Metro Council, Board of Zoning Appeals, and other interested parties about planning and growth issues, local and in other communities, which could apply to our city and region, with particular emphasis on appropriate development, smart growth, multimodal transportation, and other information which will help us build a sustainable future and a more livable city.