

REAL FOOD

Our task of providing food for our families is one of our most basic responsibilities. In the hectic-break-neck culture we have created we simply don't have time for food preparation, let alone food preservation. We challenge you to take back your life; step boldly into your stewardship over the health of yourself and your family. Take the path to wellness: real food, herbs and essential oils.

NOT YOU'RE ORDINARY SALAD



If your body isn't craving the greens, blues, reds and yellows of garden-fresh organic veggies then it is probably skewed and confused with too much sugar and additives.

Think you don't like salads? Try this simple but nutritious and yummy lunch. After piling a hand full of greens, a sprinkling of peppers, tomatoes, carrots, onion, even garlic (how wild are you?!) on your plate try a different approach. Forego bottled (pre-prepared, processed) dressing. Keep a small bottle of olive oil handy; dribble on greens. Next, splash on some type of vinegar (there are MANY to choose from), add a little sea salt/fresh ground pepper and you are good to go. Change it up

with fresh lemon or lime juice, fresh cubed pineapple, nutritious parsley (not just for garnish!), berries, well, the list is endless.

Need more protein? Add hard-boiled free-range fertilized eggs. Beans. Or sliced chicken, turkey or beef. Need more carbs? Throw in some homemade croutons. And, how about some fresh sprouts?

Your palette will love the fresh, tart, exhilarating taste. Your body will adore real food.

CLICK HERE FOR FARMER CHEF GARY'S VINAIGRETTE [Tomato Basil Vinaigrette](#)