

The Importance Of Eating Organic, Local Food When Possible



There are so many wonderful benefits to eating organic, local food. If you explore your local area, you will find an abundance of delicious, wholesome and natural food.

It's not only the taste of fresh food that blows the taste buds away compared with food that's been imported or sourced from faraway places. Fresh food is healthier for you. A fresh salad of homegrown greens, peppers, onions and tomatoes is far more nutritious than one that has been pre-packed to sit on the supermarket shelf. As you crunch into an organic vegetable fresh from the garden, you can feel the difference.

Local markets, farmer's markets, specialty stores, and side-of-the-road stalls are some places you can find local food, which means you are supporting the local economy. You can often meet the very people who grew the fruit and vegetables or caught the fish that same day when you shop locally. Knowing where the food came from and how it was grown is interesting, comforting and even inspiring if you have some urge to grow some of your own food.

Also, you can discover new food when you explore what's on offer locally. It might be a new variety of cucumber or apple or a totally new food that your palate has never tasted. It can take a

while to acquire a taste for a new food so give your taste buds time to appreciate any new flavors. Foods like kimchi, durian and capers are rarely loved at first taste, but once you grow fond of them, they can become a much-loved staple in your diet.

People who grow their own food are usually very passionate about all these benefits of healthy eating. So ask them for recommendations on other suppliers of fresh food and produce. For example, the orange grower can lead you to the honey maker who knows where to buy the best olive oil. It's a wonderful community and you can be a part of it.

Often organic food costs more, and it can take some time to go shopping at various locations, but it's so worth it when you think about all the advantages for yourself, your family and the wider community. So it really is important to eat organic, local food whenever possible.





