

Bar Code Food

Winter seems to be filled with overcast days and barcode food. It is a great time to reflect and appreciate the colors and flavors of other seasons. It is also the time to prepare for the fresh foods of spring and summer.

It is amazing the number of fruits and vegetables that are available to us in grocery stores. There are very few countries in the world where such a variety is available. Yet as much as is available to us we still find ourselves yearning for more than 'bar code' foods. We look forward to those fresh-off-the-vine summer tomatoes, picked-this-morning sweet corn and right-out-of-the ground potatoes and onions.

There are many local farms that provide these goodies...the un-bar code foods that not only bring with them lots of vitamins, flavors and colors but also good health. This is food that has no travel damage, and no antibiotics. These fruits and vegetables have had little if any storage time. Sometimes we refer to these foods as foods with integrity.

It may seem that these foods cost more than what can be found in the grocery store but in the long run the benefits to good health are worth it.

One way to do better than bar code food is to join the Lock Farm's Fields to Meals. With the Fields to Meals you not only get the assurance of knowing that you are providing your family and yourself with fresh, wholesome food but you get the satisfaction of knowing that you are helping to keep an area produce farm in production.

In the Lock Farm's Fields to Meals you pick up vegetables and fruits weekly, usually on the same day that they are harvested, therefore the quality and nutritional benefits of the foods are superior.

For information about the Lock Farm's Fields To Meals check it out on the Lock Farm [website: www.lockfarm.net](http://www.lockfarm.net).

Mary Poffenbarger
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