

FTM? Because it's fun!

Remember that encouraging comment your parents used on you at the dinner table. "Eat your vegetables. They're good for you." The Lock Farm's Fields To Meals makes those vegetables a fun experience.

Why do people take the risk of paying for fresh produce months before they receive it? Why do farms offer such opportunities to individuals and families? What are the advantages of such a method of buying and selling produce?

For some it is the satisfaction they receive from knowing that they are keeping farms in the area in production instead of converting them to housing developments. For others it is the connection they feel with a local farmer and his/her family.

The above reasons are noble and fine but the most important reason for participating in the Lock Farm FTM is because the *food tastes good*. With the tasty fruits and vegetables come the *health benefits* of eating those greens that parents encouraged us to eat. Since in the FTM program produce and fruits are available weekly, usually on the same day that they are harvested, the quality and nutritional benefits of the foods are superior.

When was the last time you had fun purchasing vegetables? Many of our FTM customers express the excitement they experience each week discovering the "goodies" that have been packed for them. "It's like Christmas every week!"

When our FTM participants receive a bag of produce it may include items not regularly purchased at the grocery store. This encourages them to use or try something new. It is almost like hearing your parents say, "Try it. You'll like it."

Locally grown foods with no travel damage, no weeks of storage and no antibiotics! Can it get any better than that? Oh yes, the reasonable cost of these fruits and vegetables is another plus to join the Lock Farm FTM.

For information about the Lock Farm FTM check us out on the web at www.lockfarm.net.

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