

How can you get the freshest Farm-to-Table food?

The very best food is the produce you grow in your small garden, patio pots, microgreen containers, community gardens, or gather from pick-your-own vegetable farms.

Another idea is to purchase an Indoor growing kit like AeroGarden. It is a tabletop hydroponics system that makes growing fresh produce simple and can be used year-round.

Growing your own produce or herbs isn't hard. All you need is a little sunshine, good soil, and a little space. Your garden produce is the healthiest choice since you control the growing environment. It allows you to select plants that have a wide variety of vitamins, minerals, and phytonutrients. Growing your own plants is also economical and provides an opportunity to have fun interacting with nature.

Farm-to-Table can also refer to farmers markets, farm stands, farm trucks, and places where people can buy food directly from growers. The best advice here is to talk to the farmers about the produce they are selling. Most of them will be very enthusiastic about their vegetables and herbs. One word of caution is that some people might be selling produce they purchased from other sources. For example, I know bananas don't grow in Indiana or Illinois.

At times, even your local supermarket might offer produce directly delivered from the farm. In this case, they will tell you what farm they came from, where they were grown, and when they arrived at the store.

When we lived in New Jersey, I shopped at Wegman's Supermarket and appreciated the services they offered to customers. When they had fresh produce being delivered, they sent an email informing me that the fresh corn was being delivered at 11 o'clock from a specific farm, and where it would be in their store. In fact, I loved it when the email told me that some Alaskan salmon was being flown in fresh from the boat to their store and asked me if I wanted them to save some for me. What a great way to get fresh fish!

Below are some links on our site about gardening and growing various vegetables, fruit, microgreens, mushrooms, and herbs. Check them out and meet some food experts, who promote fresh products...

Check these out:

It's easy to grow your own Microgreens:

<https://www.gloriagoodtaste.com/may-2018-microgreens-mini-veggies-misfits-big-delicious-planet-urban-farm/>

Bloomers – Growing your own Herbs

<https://www.gloriagoodtaste.com/jun-2017-bloomers-greenhouse-herb-hints-herb-recipes/>

Want to Grow Mushrooms - Philips Mushroom Farm Information

<https://www.gloriagoodtaste.com/sept-2017-magic-of-mushrooms-kennett-square-mushroom-festival-james-beard-blended-burger-mushroom-recipes/>

Discover Fresh Grains from a Flour Mill - See Bridgeton Flour Mill at Bridgeton, Indiana

<https://www.gloriagoodtaste.com/may-2016-may-flowers-flours-and-cauliflowers/>

Learn about Fresh Cranberries:

<https://www.gloriagoodtaste.com/nov-2016-cranberry-tour-cranberry-history-cranberry-recipes/>

Gather information about Indoor Gardening and gather up some hints from The Herbmeister – Chef Stephen Lee

<https://www.gloriagoodtaste.com/april-2015-shaker-chicken-salmon-herbs/>

Look at Farm Fresh Produce from Cooley Farms and hear Kevin Cooley and explore a local Farmers Market

<https://www.gloriagoodtaste.com/may-2015-farm-fresh-produce-farmers-markets-healthy-recipes/>

Hear about having a Community Garden:

<https://www.gloriagoodtaste.com/june-2015-chef-daniel-orr-community-gardens-gluten-free-biscuits/>

Start your own bee hive – get fresh Honey: Hear Dave Sattler:
<https://www.gloriagoodtaste.com/bee-keeper-at-the-farm/>

Maple Syrup comes from nature – see George Parker:
<https://www.gloriagoodtaste.com/maplesyrupcomingfromnature/>

Locate local Ranches like Van Meter Buffalo Ranch in Buffalo, Indiana:
<https://www.gloriagoodtaste.com/april-2017-native-american-cuisine-mitsitam-native-foods-cafe-at-the-smithsonian-native-american-recipes/>