

Why Is “Garden to Table” the Way to Go?

Here is the Answer!

It brings diversity, better nutrition, and outstanding flavor to the dinner table.

Fresh Garden

- You Select the Variety
- Highest Nutrition
- Ripe freshest favor
- Heirlooms cost lower
- Control nutrient rich soil
- Control plant health
- Used almost immediately
- Steam cooking at home

Commercial Market

- Selected for High Yield and Fast Growth
- Longer Time to Reach the Market
- Picked Unripe so Loses Flavor
- Heirlooms cost more
- Unknown soil conditions
- Unknown pest management
- Stored for travel and store availability
- Processing loses nutrition

Latest Trendy Ideas

- Preserving your food – canning, natural jam, sauces, pickles, pickle fruits
- A new crop of farmers and farming – using technology
- Infuses other products like infused honey
- Hummus is hot trend everywhere
- Flavoring salts
- Flavoring water and beverages
- Using insects for protein
- Pesto use like pistachio pesto
- Using Bitter Greens – kale, collards, rabe, mustard, dandelions
- Serving more plant-based proteins – legumes
- School garden education
- Hands-on science education
- More Farmers Market Programs
- Information on garden resources and start-up guidelines