



Are you mindful when you eat? We have made it a habit that when we all sit down to share a meal together to take turns and to say what we are thankful for. Quite often our gratitude is for the food and in turn for the farmer who has grown some of the food on the table and who usually is some-one we have not met.

Fresh food is best but not always possible. When food is picked straight from the garden and prepared with love and care it always tastes better. Second to that is food grown in actively biological soils which provide plant available nutrients.

Recently we have been focusing on the value of growing and eating nutrient rich food, that is food which is full of minerals and vitamins as nature intended.

We recently filmed **Mark Nakata from Beyond Organix**, California who, with **Dr Arden Andersen**, has plenty of data about the lack of nutrients produced by ‘modern farming’ and the effect that poor quality food has on our health. I think we are all aware of the growing number of people suffering from cancer, diabetes, ADD, allergies and food intolerances etc. which have become far more prevalent in the last few decades since yields became the main focus, foods are processed and convenience foods are readily available.

So when we heard that **Dr Maarten Stapper** was giving a workshop entitled: **Healthy Soil/Healthy Food** we travelled to film it. It reinforced what we knew already and that is, that unless a soil is alive and functioning there is little chance that the food that is being produced on those soils will provide us with the nutrition that our body needs. **The message was and is loud and clear: only eat what you know you are eating and with minimal processing.**

Only yesterday I was having lunch with our electrician who has 2 small children. He had brought his lunch of home cooked organic risotto but then he asked could he use the microwave. We started talking and whilst he knew it was bad to use a microwave he said that it was easier for him. Isn't this often the case? When we are on the move we often sacrifice our food values for ease of eating. We then talked about how often people say that organic food is too expensive and as he said – compared to what - a lifetime of poor health? And when you look at the chart attached which is really more expensive?

*Farming Secrets says: **Know what you eat and avoid too much cooking or processing***