



How our garden produce supports your health!

FGE **Maximum Nutrition:** The nutrition available from conventionally-grown produce has been steadily declining. The likely explanation: as soil is used and re-used, important minerals become depleted. We condition our garden soil with naturally-sourced minerals (like sea solids) to insure maximum available nutrition for your growing veggies. We monitor our plants' health throughout the growing season and actively explore strategies to optimize their nutritional content.

FGE **Minimum Chemical Toxins:** Nobody wants toxic chemicals in their system! We don't use conventional chemical fertilizers. We support the plants' optimal health – and yours – by creating a fertile & nutritious soil environment. Our first-choice soil amendment is locally-sourced and produced (by us) compost!

Our first line of defense against pests and diseases is offense. Healthy plants are naturally more resilient, so we treat 'em really well. We sometimes also use mechanical barriers like screens and row covers to keep valuable new growth under wraps. Never fear: we do not spray chemical pesticides or herbicides on your fresh produce!

FGE **Environmental Friendliness:** We are conscious of making environmentally sustainable choices in our garden materials. We continue to explore the availability of local resources and to upgrade our seed-saving skills. This minimizes the use of fossil fuels for transportation and helps keep our environment green. (Putting the ke-bash on toxic chemicals helps, too!)

FGE **Local Adaptation:** It is well-accepted that eating foods adapted to a person's local region is a health and energy-promoting best practice. Yet... anyone who lives in this neck of the woods certainly recognizes that we're dealing with a pretty short growing season! So if we can support Mother Nature with some well-placed solar season extenders... well, why not?

FGE **Is our garden organic?** Maximizing nutrition and minimizing chemical toxins form the basis of our gardening values. We are not presently pursuing organic certification. Since we serve the consumer (you) directly, we'd rather communicate directly with you about our production methods. Please ask questions!

Our garden welcomes health-minded visitors. If you'd like to see where your food grows, just let us know. We'll be happy to arrange a convenient time for a visit.



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