

How is your food grown? A trip to the farmer's market might teach you

Wouldn't that be great if we had an abundance of different types of food at our fingertips? Unfortunately The average person eats 1,400 pounds of food per year, so we can't grow it all ourselves, but there are times though when it's possible — and important — to buy local.

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Building relationships between farmers and consumers is important. You learn exactly who produced your food, how, and why and the service is often better. How were the animals raised? How were the crops grown? Why are things done the way they are and what makes that product so unique and tasty?

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What can be better than seeing how your food is grown? When, why, where, by who, and how? We sometimes take for granted all the amazing abundance our grocery stores have to offer, but when you see all the hard work that goes into making it, you may think twice about food waste and have a better appreciation for it all.

Read full, original article: [Farm Babe: 7 reasons it's important to buy local](#)