Farm to Table Being Done Locally

One of the biggest trends in the culinary world today is the farm-to-table movement. The phrase “farm to table” has become a buzzword referring to food made with locally sourced ingredients. Our society is in a rapid state of technological innovation, which means that we often compromise health and nutrition for the sake of convenience, hence the growing popularity of fast food and TV dinners. However, a growing number of consumers have started to seek healthier and more environmentally friendly alternatives to the processed foods and more environmen-
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