

FRESH FOODS
01-29-2013 By Harry Zirkelbach

Just saw this Bumper Stickler

Food has replaced sex in my life
now I can't even get into my own pants.

YES, FOOD TASTES BETTER THAN EVER.
AND THE VARIETY AVAILABLE, IN MARKET AND RESTAURANT IS
HUMBLING.
AN ODDITY, MUCH OF THIS REVOLUTION FERMENTED DURING
THE "W" BUSH YEARS.

THE FAMILY FARM IS BEING INVIGORATED. SMALL STEPS HAVE BEEN
TAKEN, LIKE MICHELLE OBAMA STARTING A VEGETABLE GARDEN ON
WHITE HOUSE GROUNDS. WASHINGTON IS TALKING ABOUT A MORE
NUTRITIOUS AND SUSTAINABLE FOOD SUPPLY. ESPECIALLY FOR SCHOOL
CHILDREN.

WHAT DOES THAT MOUTHFUL MEAN?

WELL HINTS WERE GIVEN WHEN THE SECRETARY OF AGRICULTURE, TONY
VILSACK, GOT INTO THE ACT, HAD THE PAVEMENT OUTSIDE HIS
HEADQUARTERS DUG UP, CREATING HIS OWN ORGANIC "PEOPLES
GARDEN."

AND KATHLEEN MERRIGAN OF TUFTS UNIVERSITY, CHAMPION OF
SUSTAINABLE AGRICULTURE AND HEALTHY FOOD, IS VILSACK'S TOP
DEPUTY.

ADMINISTRATIVE CHANGES, AT THE TOP.

INSTANT CHANGE AT THE DEPT OF AGRICULTURE, FARMS, SUPERMARKET?
NOT IMMEDIATELY. LAST YEAR'S FARM BILL SET DETAILS AND FUNDS FOR
FARM POLICY FOR THE NEXT FIVE YEARS. PROBABLY NO CHANGE THIS
YEAR.

BUT SET IN MOTION IS NEW INTEREST IN NUTRITION, HEALTH CARE
REFORM, WITH HINTS OF MORE CHANGE ON THE HORIZON.
RECENT AGRICULTURE CENSUS FIGURES INCLUDED
MORE THAN 100,00 NEW SMALL FARM RESIDENTS.

MEANWHILE WE WILL CONTINUE TO EAT PRETTY MUCH THE SAME FARE.
AND THAT'S NOT BAD.

BUT TO TASTE THE FUTURE, NEXT TIME YOU SHOP, TRY A WHOLE FOODS
STORE. SELECTIONS ARE FABULOUS, DISPLAYS BEAUTIFUL, SAMPLES
AVAILABLE IN STORE. PRICES TEND TO BE HIGHER, EXCEPT THAT GRAINS
CAN BE BOUGHT IN BULK, REASONABLY. AND IF YOU GO THERE
HUNGRY, LOOK TO HAVE YOUR NEXT MEAL THERE.

SELECT FROM OFFERINGS FOR A WHOLE MEAL, EAT THERE A STAND-UP
TABLES OR A REGULAR TABLE, BOTH INSIDE THE STORE. CUSTOMIZE
YOUR MEAL, PAY FOR WHAT YOU ORDER, NOTHING ELSE. YOU DO YOUR
OWN SERVING AND CLEAN UP, AVOID THE TIP. ENJOY.

NO RUSH. JUST GREAT FOOD. YOU ARE INTO IMPROVING YOUR HEALTH,
YOU WILL BECOME A TREND SETTER AMIDST THIS MASSIVE ARMY OF
YOUNGSTERS WHO ARE HANDSOME, APPEAR HEALTHY.
AND THESE WORDS, THIS WON'T IMPROVE YOUR GOOD LOOKS,
BUT WILL ACT AS AN ATTITUDE CHANGER.

THEN IN THE SUMMER, VISIT A METRO DENVER FARMERS MARKETS. THEY
ARE JOVIAL PLACES. WHEN YOU STICK TO LOCALLY GROWN FRESH
PRODUCE, YOU'LL THEN BE PREPARING WHOLESOME FRESH
MEALS AS LONG AS THEIR SUPPLY LASTS IN YOUR KITCHEN.
AND ONE SMALL FARM GATHERING WILL SEE THEIR ECONOMY IMPROVE.

IT'S YOUR HEALTH. PROTECT IT.
REALLY, FOOD TASTES BETTER THAN EVER.
ON THAT THE WIFE AND OUR CHILDREN AGREE WITH ME, THIS TIME.

