

# IT'S ALL ABOUT THE FOOD

## Understanding Relationships Between Nutrition and Farm Foods

All Food is Not  
The Same.♪

**It's best for us to recognize how important small scale locally grown food is for our nutritional health. Food gives us the energy we need to live our lives; therefore, the vitality of our food is critical to our health. After all, energy is simply transferred from one source to another-- in this case from a plant or animal to a human being.**

Nutritious Business?♪

If we cannot grow food for ourselves then we must recognize and support the farmer who is growing it for us. Will it be a large corporation or your neighbor?



An Internship Exploring the  
Nutritional Benefits of Foods  
from Small, Local Farms♪

By: Katrina Prime

**I decided to intern at S+S Center for Sustainable Agriculture to study nutritional health and education. I believe that local and sustainable food systems are the ideal way to promote and maintain healthy individuals, communities, and the environment. I want to create programs to incorporate nutritional education and research into the practice of local farming and sustainable food systems.**

Small Farms Produce a  
Wide Range of Products; At  
S&S Homestead We  
Produce:♪

- ❖ Fresh, raw milk, yogurt, butter, and cheeses
- ❖ Lacto-fermented foods such as sauerkraut and a variety of pickled vegetables
- ❖ Grass-fed beef, pork, lamb, and eggs
- ❖ Seasonal, fresh & farm processed biodynamic vegetables and fruits

For More Information Please Contact: [sshomestead@rockisland.com](mailto:sshomestead@rockisland.com)