

A Great Cheap Method For Producing Your Organic Food At Home

Many people want to enjoy the benefits that organic food provides however in these challenging economic times this can be very difficult.

So, by what means can you get organic food on a budget?

The first idea is simple, grow your own at home.

You can do this in two ways, go the whole way and start off with buying organically produced seeds from specialist suppliers or start out with ordinary seeds and raise them the organic way.

Keeping chemicals away from your plants is a governing principal but natural control methods can work just as well.

But this is not a problem, with the growing interest in all things organic special compost is available at most garden centres and of course manure is available in all country areas.

Pest control has a few organic options one of which is the use of soft soap to remove pests from your plants. This has no harmful chemicals that will affect your soil.

Remember that you do not have to turn your whole garden organic but can raise produce like tomatoes, strawberries, peppers and herbs in stand alone containers.

Thus you achieve a controlled local environment, easily managed.

In fact if you have limited space or even just a windowsill this is an ideal way to grow organic food, it is great fun and very tasty too.

Low Cost Shopping For Organic Food

If you live near open country then ask around locally to see if any organic farmers will sell their produce directly to the public.

Organic farming is gaining popularity and as demand for fresh produce grows more and more farmers are opening farm shops to sell directly to the public.

Buying from local farmers is beneficial to both of you, farmers get to earn more profit than supermarkets will pay them and you get to sample some very fresh local produce.

One of my favourite summer pastimes is going to farms that offer pick your own fruit days. It is a great family day out and really your children could not get better quality organic food than picking and eating it directly from the plant.

You buy by weight and always get a good deal on price, if you go with a group of friends or family as well you can share out the produce and all profit from the day.

When you are at the farm take a look around to see what else they sell, you might get some other good deals.

You should be able to obtain organic free range eggs as well, always popular and so useful in many recipes.

Hopefully this article has given you some ideas for eating organically on a budget, good food at a low cost.

About the Author

Virginia S Froyski has been living the [organic farming](#) lifestyle for many years now. Visit her website to obtain seven free organic recipes and discover some great [books on organic food](#).

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