

## Cheap Organic Food - Healthy Eating For Little Outlay

Difficult economic times usually mean many cuts in spending, unfortunately this probably includes eating organic food but before you give it up entirely consider the suggestions in this article to make it a much cheaper proposition.

So how is it possible to carry on eating organic food on a diet?

For starters the best way to go is to start growing your own.

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.

Avoidance of chemicals is of course the main guiding principal for the organic way.

Fortunately you will find commercial products at many garden centres now to help if you do not have organic facilities already in your garden.

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.

In this way you can provide your plants with a mini organic environment which is easily controlled and transportable too.

For those people with limited space such as a balcony containers are a great way to get in on the organic food movement.

### Low Cost Shopping For Organic Food

If you live in an area close to farmland then you may be lucky enough to have an organic farm from which you can buy produce direct.

More and more farmers are producing organic crops, hopefully you can find one nearby.

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.

If you want your children to have fun whilst eating then why not try a pick your own farm for selecting organic fruit?

The fruit you pick is weighed and you always get a good deal on the price, very tasty.

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.

I hope this article has given you a taste of how to maintain your organic lifestyle whilst keeping the cost at an affordable level.

### About the Author

Virginia S Froyksi has been living the [organic food](#) lifestyle for several years now. Click through to her website to try out 7 free organic recipes and discover some excellent [books on organic food](#).

Source: <http://www.thinkgreenarticles.com>