

## Affordable Organic foods

By Dr. Shetlin and John Lambert, April 2008

The current health buzz emphasizes the benefits of “organic” fruits, vegetables and meats. Unfortunately when we visit the grocery store the small section for organic items is visually pale in comparison and the price is at least double if not triple!

While living in Europe I noticed most of the fruits, vegetables, and meats were already “organic” without special labeling. The need to search out healthier protein and produce was unnecessary, it just came that way. I remember seeing my first whole chicken at the store and thinking, “what is that stringy -puny little thing?” It looked very different from a US Chicken. Why? Because, it was “deficient” in excessive steroids, antibiotics, strychnine and arsenic of the in bulk grown poultry of the US.

Europe will not even allow US beef or poultry to be imported due to the excessive use of antibiotics, steroids and over feeding of corn and soy to fatten them up.

Did you know, frozen produce holds 10 times the nutrients of canned goods? Cans are great for long term food storage but frozen is better for nutritional value.

In Utah I have found a local company that affordably delivers organic meat and produce to your door.

*Please read the following from Jon Lambert:*

“With recent economic conditions families are more financially pressed with their food bill and more stressed for time than ever before. Town and Country Foods is ready to help solve those problems by providing a more convenient, economical, and healthy way to feed your family. Quality does not have to come at an elevated cost, by separating the expense of retailing from your family’s food budget we produce a much more efficient system.”



“All natural meats and organic vegetables take farming back to the way it was originally intended. No large corporate, quick growth, mass produced product can even compare. Our beef is guaranteed USDA Choice. Chicken raised free range, wild caught fish and all individually packaged for convenience. All of our vegetables are picked fresh, cleaned, packaged, and flash-frozen within hours of the

harvesting unlike fresh vegetables that may be warehoused for days or weeks. Flash freezing vegetables and meats lock in nutrients, flavor and quality. The vegetables taste like you grew them yourself. So, you can count on our vegetables to deliver unsurpassed nutritional value for your family. And the taste, well, the taste can speak for itself.”

“You can set an appointment with Town and Country Foods for the opportunity to review our menus, prices and see how we can help your family customize a meal plan to meet your needs. Call our office at 801 265-9111.”