



**Where?** Anywhere! Outdoors is great because it uses the beautiful sun and natural elements. Indoors is also wonderful because it protects plants from pests and inclement weather. With modern technology, there are almost endless ways available. If subterranean farms can exist, wherever you live or work. Imagine a break room where employees harvest their own lunch. Food can be grown on a countertop, or a table, by a windowsill, or on a balcony, in a corner in a room, in a closet, on a wall, or in a yard. It can grow in your bedroom, on your refrigerator door, on a shelf in your shower, on top of a dog crate — unleash your curiosity!

**When? NOW!** The energy you put into growing food will in turn be the energy you consume through eating it. When you care for your plants, you are eating that love. I want as many positive vibrations as I can get. Do you? So, what are you waiting for? Besides, plants use carbon dioxide to make oxygen. The more plants, the better the air quality. Let's all create our own edible jungle!

**Why?** Because you love yourself! Being in tune with nature is muffled with produce sitting around for months that is washed many times. Elevated biotics is what some claim is a coating around fresh unwashed produce. When food is grown by you, you control how you wash it. Regardless of this unsupported claim, farmers' markets are increasingly popular for a reason. The fresher the better. While only a few may be lucky enough to have a real farm, all of us can add fresh food to our meals every single day starting at a few dollars.

**How?** Read on and find out!