

Food is sold at its freshest and at the peak of ripeness, when flavor and nutrition are highest. It is harvested within hours of your purchase. Supermarket produce, often is picked green to prevent damage during long-distance transit, and can take weeks to get to your plate. There is no comparison. The flavor of the food speaks for itself. You may think \$6 or \$7 dollars is an outrageous for a dozen free-range eggs, but you taste them you'll never want to buy supermarket eggs again.