



Your Produce Department Is a Natural Pharmacy!

by Barbara Harrison, Brighter Day Natural Foods

Nutritionists recommend “eating your colors.” In other words, you are more likely to get the necessary building blocks for a healthy body if you eat a wide variety of colorful fruits and vegetables. Read [*Unlocking the Power of Foods*](#) to learn more about the protective and health-building compounds that are found in common foods.

Nutrition Prescription Pyramid...

This expanded food pyramid was developed by Tieraona Low Dog, MD. Check it out on [her website....](#)

Why We Think Organic is Best...

When no harmful pesticides or fertilizers are used, it's good for the health of humans, the soil and the pollinators. Read the [Huffington Post article](#), *What Happened When One Family Went Organic for Just Two Weeks*; and the [Science Daily report](#) on organic farming and pollinators.

Why We Prefer Local When Possible ...

We like having direct relationships with the people who grow our food! Buying local is more fun, plus you get fresher produce and help the local economy. For more information, read [10 Reasons for Buying Local](#). Read about the [Forsyth Saturday Farmer's Market](#), right across from Brighter Day.

We Love Our Produce Department...

We've been selling organic since 1978 and always buy local when it's available. Read about our newest local supplier, [Autumn Harvest in Ludowici, Georgia](#) Read about our oldest local supplier, [Heritage Organic Farms](#) in Guyton, Georgia. Then, [view some pictures](#) that capture the spirit of our small (but mighty) produce department.