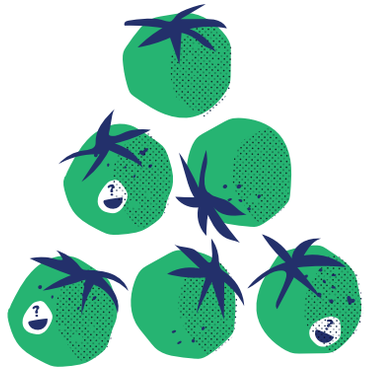
What is compassionate eating?

As consumers, we often think of food in terms of, "How do I get more for less?" More for less, however, means someone is being mistreated along the supply chain, and most often it is the farmer. We've become disconnected from our food. Food touches countless issues from obesity to modern day slavery of farm workers.

A Compassionate Eater

A compassionate eater makes informed, impactful decisions about where their food comes from.



We've become disconnected from our food. We don't know where it came from, how it was grown, and who it has impacted.

Who is Fresh Harvest?

Fresh Harvest is your direct partnership with local, organic farmers in Georgia and the health they can provide you. They simply gather up their produce and deliver it to your door. Baskets are customizable and you can add other local groceries like meat, milk, and eggs.

How does Fresh Harvest promote compassionate eating?

-FH expands sales opportunities for local growers who are doing things the right way.

-FH partners with farmers who are fostering an ecosystem that works with, rather than against, nature: crop diversification, free range animals, water conservation and no use of chemical pesticides or herbicides.

-FH makes buying local organic food more convenient and transparent for Greater Atlanta consumers.

-FH, based in Clarkston GA, is passionate about refugee job creation. 11 of the 24 people who work at FH are refugees from all over the world.

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