

10 WAYS To Get Inspired

Here's a list of ten resources that inspire us at Fresh Harvest. Pick one that sticks out to you most and take the next step on your food journey.

1. FORKS OVER KNIVES

A documentary on all the reasons to eat your veggies.

2. FOOD INC.

This documentary will make you see everything differently.

3. AN EVERLASTING MEAL

"Reads less like a cookbook and more like a recipe for a delicious life."

4. BROAD FORK

A cookbook "designed to make the most of your farmer's market bounty" that's written by one of Georgia's own.

5. CHEF'S TABLE

This Netflix series will inspire the chef in all of us and make you want to cook over open flame.

6. FOLKS, THIS AIN'T NORMAL

A Farmer's Advice for Happier Hens, Healthier People, and a Better World.

7. GREEN KITCHEN STORIES

Follow their Instagram, watch their recipe videos, and buy their cookbooks.

8. FIRST BITE

For all the parents out there that realize all babies "learn how to eat."

9. HUNGRY LIFE SERIES

No, we don't have a Yeti sponsorship, but this guy is awesome.

10. FOOD RULES

A simple manual for eating. Buy it and leave it out on your kitchen counter.

