

Title:

5 Ways to Save Money On Organic Food

Word Count:

400

Summary:

There is great debate at the moment on whether it is worthwhile purchasing organic food as it

The advantages of organic food are well documented, however in my eyes it really comes down to

Assuming your answer is no and you want to go down the organic food route, then how do you go

Keywords:

organic,organic food,organic farming, natural and organic food

Article Body:

**Grow your own**

The cheapest method has got to be to grow your own. The great thing is that it doesn't require

We grow tomatoes, and strawberries in containers and the extra benefit is that you get total c

The best combination is to have organic soil together with organically produced seeds or plant

Containers can be placed anywhere that receives a reasonable amount of daylight, which means t

**Look for your local suppliers**

One of the most satisfying things to do is to buy organic food locally. That way you get the f

Don't forget that these same businesses will be employing local staff so you are also helping

**Local markets**

We visit a big monthly market held on a disused airstrip. Organic food is just one of the vari

**Local box schemes**

If you are unable to get out of your house or are too busy working to select your groceries by

You will receive, delivered to your door, a weekly selection of fruit and vegetables in season

**Farm shops**

Finally, investigate whether any farms near you are operating an organic farm shop. Our local

They actually have a well-designed walking route around the farm which makes a nice day out fo

If you investigate the options above you should be able to make considerable savings whilst yo

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