

Title:

My thoughts on food today

Word Count:

547

Summary:

What happened to the old days where you would rotate your crops from year to year, eat food yo

Keywords:

South African cooking, food of today, cooking, food

Article Body:

What happened to the old days where you would rotate your crops from year to year, eat food yo

Coming from South Africa myself, the great thing is that you still have all this. If you walk

Having only seasonal fruit and vegetables to work with, encourages you to use your imagination

In our house we would bake cookies and cook lots and lots of jam! Apricot season is from Dece

Imagine only having to step outside to find the necessary ingredients to bake a great tasting

Make the best of what you have, try and eat fruits and vegetables that are in season and live

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