



## Philosophical Ponderings of a Farmer

### **What is Simple Food? (c) 2019**

Is simple food a microwave burrito from the grocery store, that can be obtained, consumed and cleaned up in less than 5 minutes? Or is it food cooked from scratch using simple ingredients, which requires harvest, long prep times, and extensive clean up?

While I can't say that I have had a microwave burrito in a very long time, I also struggle with finding the time to farm AND cook. Because, in reality, what I want to call "simple food" isn't really simple.

When I'm working long hours in the field or in the kitchen, the last thing I feel like doing when I get home is taking the time to create something delicious out of all the beautiful produce and canned goods I have. Instead, my stomach is usually eating itself and I wolf down whatever is at hand. (OK, it's not usually THAT bad...). But I do find it a little sad that I'm not really able to enjoy the bounty of the harvest during the height of the season. My partner and I made a pact recently that we will both work on ways to shift our schedules to incorporate more elaborate meals together. Hopefully it will last! :)