

WHETHER YOU HAVE TOO LITTLE OF IT OR TOO MUCH OF IT, IT'S TEMPTING TO IDOLIZE FOOD. TALK ABOUT WAYS YOU'VE FALLEN INTO THAT TEMPTATION.



THIS GRINDER MAY HAVE BEEN USED TO GRIND NON-ORGANIC BEANS

It might surprise you to hear Sara say that the abundance of good food can be as bad for your soul as the scarcity of food. What do you think she means?