



Freshest of Meals: hand picked vegetables from an organic farm outside of San José del Cabo in Baja California Sur, Mexico. I spent 10 days volunteering on this farm where I assisted with planting fruit trees and tending to the gardens.



Nature's Abundance: rows upon rows of vegetables being grown under the hot Mexican sun. I was given the opportunity to visit organic farms while working as a Food Security Research Assistant for the municipality of San José del Cabo, Mexico in the winter of 2016.



Gardening; Suitable for all ages: Helpers of all ages stand amongst a variety of vegetables being grown at High Slope Acres Farm in Telkwa, BC.