What a refreshing read. Thanks for being honest and open...traits all too often lacking in our world today.

- Cheryl

April 10, 2013 7:46 AM EDT

Shannon, thank you for your honest insights. People who expect local food to protect them from all ailments don't understand some basic biology. More importantly, expecting a veneer of health perfection among local food advocates shows a penchant for public relations over compassion and truthfulness -- traits that fortify life.

- Suzanne Langlois