



KITCHEN GARDENERS INTERNATIONAL

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Welcome!

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I'm a busy Silicon Valley mom who also likes to grow veggies, eat real food, and support sustainable farming. With a recent allergy to corn, it's become more important for me to source from places I trust.... like my backyard. :-) I'm always looking for ways to make veggies appealing to our 6 and 10-year-old boys and to cook healthy, delicious, easy meals for our family. Glad to share recipes and ideas.

Glad to connect on Twitter, too: <https://twitter.com/Pam4RealFood> [1]

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