



Published on *Kitchen Gardeners International* (<http://kgi.org>)

[Home](#) > Welcome!



Welcome!

Thu, 07/26/2012 - 17:54 -- pffrollin

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]

Type:

[general](#) [2]

Group content visibility:

Use group defaults

Source URL: <http://kgi.org/blog/pffrollin/welcome>

Links:

[1] <https://twitter.com/Pam4RealFood>

[2] <http://kgi.org/blog-type/general>