



The Three Amigos

On Sunday, Executive Director Mary Nally and CFI board member Barbara Fisher spoke with Milena Miller on her WOUB radio program,

Conversations from Studio B. This half-hour radio program focused on the critical importance of increasing access to fresh fruits and vegetables. In addition to discussing the health benefits of fresh, as opposed to processed, foods, a case was made for the value of increasing self-sufficiency for local community members via raising and consuming fruits and vegetables. From school programs to home hospice, the CFI's mission of increasing access to fresh, local, minimally processed foods was outlined and the real, measurable benefits to our community described. This may sound dry, but with these three women, you can be assured that it's anything but — so check it out, right [here](#).