

# 10 WAYS

## To Get Inspired

*Here's a list of ten resources that inspire us at Fresh Harvest. Pick one that sticks out to you most and take the next step on your food journey.*

### 1. FORKS OVER KNIVES

A documentary on all the reasons to eat your veggies.

### 2. FOOD INC.

This documentary will make you see everything differently.

### 3. AN EVERLASTING MEAL

"Reads less like a cookbook and more like a recipe for a delicious life."

### 4. BROAD FORK

A cookbook "designed to make the most of your farmer's market bounty" that's written by one of Georgia's own.

### 5. CHEF'S TABLE

This Netflix series will inspire the chef in all of us and make you want to cook over open flame.

### 6. FOLKS, THIS AIN'T NORMAL

A Farmer's Advice for Happier Hens, Healthier People, and a Better World.

### 7. GREEN KITCHEN STORIES

Follow their Instagram, watch their recipe videos, and buy their cookbooks.

### 8. FIRST BITE

For all the parents out there that realize all babies "learn how to eat."

### 9. HUNGRY LIFE SERIES

No, we don't have a Yeti sponsorship, but this guy is awesome.

### 10. FOOD RULES

A simple manual for eating. Buy it and leave it out on your kitchen counter.

