

Garden of Eatin'

Between free wine tastings, Costco samples, and your willingness to be pretty much anybody's plus one, living off the land's a lot easier than it was in Laura Ingalls's day.

But doing so without sacrificing your diet is another story. (You call your stomach the Little House of Puff Pastry and Processed Foods.)

Here's a brilliant solution: Ask Seattle Urban Farm Company to create an organic vegetable garden right in your own backyard. After an initial consultation, the company (a trio of cheerful farmer boys) goes to town: planting the veggies of your choosing, returning regularly to maintain them, and even harvesting your crop for you every week.

They'll even teach ambitious types to care for their own gardens. What *don't* they do? Use herbicides, synthetic pesticides, or genetically modified organisms (ew). Which means when you're biting into perfectly ripe tomatoes, radishes, or butterhead lettuce, you'll know you're eating the freshest, healthiest food possible.

Without even setting foot on a prairie.

Seattle Urban Farm Company, 1147 Northwest 57th Street (206-816-9740 or seattleurbanfarmco.com).

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