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Organics Class Teaches You How To Grow Green

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Reporting
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MIAMI (CBS4) — The holidays bring with them family, lots of gifts, and many times a few extra pounds we all spend the next year trying to work off. For some, going organic is a way to be kind to the environment and to their waist line. Now, a class is being offered to help you take your kitchen organic.

"I feel youthful, I feel vibrant, I feel healthy, I feel strong and I believe it's from our lifestyle of organics, whole foods and a lot of exercise," said Ginny Simon, founder of Mindful Organics.



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Ginny Simon teaches participants how to grow their own organic herbs such as this basil she has in her home garden.

Ginny created [Mindful Organics](#) to create a forum to help others understand the world of organics and show them how to incorporate them into their everyday lives.

"When I first used to talk to my friends about this, over and over, for many years, I think they thought I was eccentric," Ginny said. "I think people want it, and I think people want to be healthy."

Now, Ginny holds individual or group classes at her home on Miami Beach. It starts in the kitchen, and moves to the garden where Ginny shows off the garden growing things like eggplants, broccoli, cucumbers, and she also has an herb garden to help spice her food.

After the garden tour and a little picking, Ginny brings the group back into the kitchen and they cook up the bounty from the garden. As she shows off how to cook up the fruits and veggies, she tries to keep it simple by following the great advice she was given years ago.

"Don't try to change people's lives. Take it, offer them three steps at a time," Ginny said.

The three steps for Ginny are: switch to only organic berries, eat as many different colors a day as you can, and finally forgive yourself if you make a slip-up. Just remember to get back into your routine if you slip up.

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