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## Organic Roots: A Taste for Living Well

●● Anyone who has ever attempted a vegetable garden in Miami understands its challenges. The soil is the lovechild of clay and sand; the weather is unpredictable. Growing organic vegetables in large quantity seems like a near impossibility . . . unless, of course, you're Ginny Simon. The holistic practitioner and chef made it happen — and built her company, Mindful Organics, literally from the ground up.

Simon embraces the all-natural movement to the utmost extent and believes that it should be part of daily life. During her monthly cooking classes, "Mindful Mornings," she teaches healthy techniques using her homegrown produce. Farmers market workshops, nutrition consultations and even a line of supplements called Mindful Nutrients are also available. "Mindful Organics provides the edu-

cation and support needed to understand how to make the right food choices and how to apply these changes to a healthy lifestyle," she explains. With every pesticide-free heirloom tomato she plucks from her beautiful garden, she's spreading the message and bringing a little more organic appreciation to the city.

—Dawn Spinner Davis

[mindfulorganics.com](http://mindfulorganics.com)