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SOURCE: Farm Star Living



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## Farm Star Living Launches A-Z Farm-Food Guide

ATLANTA, GA--(Marketwired - Jul 21, 2014) - Farm Star Living, a national lifestyle brand that celebrates American farming, farm-fresh foods and the farm-to-table food movement, has launched the A-Z Farm-Food Guide. The comprehensive user friendly guide gives easy access to health benefits and facts for every fruit, vegetable, nut, grain, seed, herb and spice.

"Americans want to eat better, and we want to help them! We are all barraged with so much information on health that it can often be confusing and overwhelming -- Farm Star Living makes it simple. Our A-Z Farm-Food Guide brings you the health and nutritional benefits, the fun facts, farming trivia and the variety of ways to eat every fruit, vegetable, nut, grain, seed, herb and spice," says Farm Star Living founder Mary Blackmon. "It couldn't be easier to use!"

Users will delight in discovering fun facts like figs can be used as an aphrodisiac and to aid in digestion, kiwis can help reduce anxiety and have great anti-aging properties, and romaine lettuce aids in weight loss and reduces the risk of birth defects. Farm Star Living's A-Z Farm-Food Guide can also be used to obtain nutritional facts and learn different ways to eat and cook with fruits, vegetables, grains, seeds, herbs and spices. A special bonus is discovering farming trivia like bananas don't grow on trees -- they grow on herbs, and Vanilla is the only fruit-bearing member of the orchid family. Users can search by one of the food groups, by letter or by over 70 different health benefits.

Farm Star Living is your national guide to the local lifestyle. The Farm Star Living website, [www.farmstarliving.com](http://www.farmstarliving.com), satisfies Americans eager to know who's behind their food, where it's grown, and how to support local farmers and farm-fresh food, even showcases farm to table restaurants across the USA. The Farm Star Living app provides easy, quick access to hundreds of Farm-to-Table restaurants near you, as well as hundreds of farms open to the public for exciting activities and fun.

For more information about Farm Star Living, please visit: [www.farmstarliving.com](http://www.farmstarliving.com), download the Free Farm Star Living App or become a fan via: <https://www.facebook.com/FarmStarLiving> and on Twitter @FarmStarLiving.

### MULTIMEDIA



Farm Star Living's Founder Mary Blackmon

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Website:  
<http://www.farmstarliving.com/>

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