

Why Fresh & Organic is Better!



A few reasons to eat organic are Taste, Health and caring for the environment. Organic food is known to have more antioxidant compounds linked to better health and lower levels of toxic metals. Growing organic food supports wildlife habitats. Eating organic has the potential to lower incidents of autism, ADHD, diabetes, cancer, heart disease, allergies, dementia and hyperactivity. It is not exposed to gas ripening practices typically used for bananas. Whatever your beliefs may be, all produce should be washed before consumption. A safe way to clean your produce is soak it in water with apple cider vinegar.

Check out our [Cibaria Market Menu](#) and our [Family Friendly Menu](#)

minimum delivery \$100

TO PLACE ORDERS:

Contact Chef Lisa Smith 404-422-6470

[Email Lisa](#)

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