

Exploring the Health and Nutritional Benefits of the Farm-to-Fork

Chef Manoj Satve

Anjuman-I-Islam's Institute of Hospitality Management, Mumbai, India

Abstract: *The phrase "from farm to table" encapsulates a concept that has gained significant traction in recent years, reflecting a growing awareness of the origins and quality of the food we consume. This abstract delves into the essence of "from farm to table" and its implications for consumers, producers, and the food industry as a whole. It embodies the idea of a shorter, more transparent supply chain, where food is produced, harvested, processed, and distributed with a strong emphasis on freshness, sustainability, and traceability. The "from farm to table" movement not only celebrates locally sourced and seasonal ingredients but also promotes responsible agriculture and ethical food production practices. This abstract explores the journey of food from its point of origin to the consumer's plate, emphasizing the benefits of this approach for health, sustainability, and the connection between individuals and their food sources.*

Keywords: awareness of the origins, quality of the food, transparent supply chain, approach for health, sustainability

REFERENCES

- [1]. Kneafsey, M., Venn, L., Schmutz, U., Balázs, B., Trenchard, L., Eyden-Wood, T., ... & Blackett, M. (2013)
- [2]. Hinrichs, C. C. (2003). "The practice and politics of food system localization." "Journal of Rural Studies," 19(1), 33-45.
- [3]. Guthman, J. (2008). "Bringing good food to others: Investigating the subjects of alternative food practice." "Cultural Geographies," 15(4), 431-447.
- [4]. Allen, P., & Sachs, C. (1991). "From 'green revolution' to 'green and equitable revolution'? A review of agricultural policy reforms in India." "Food Policy," 16(4), 290-300.
- [5]. Macias, T. (2019). "Farm to table in the South: Challenges, opportunities, and benefits." "Rural Connections," 14(1), 15-19.
- [6]. Lang, T., & Heasman, M. (2004). "Food wars: The global battle for mouths, minds and markets." Routledge.