‘The Farmer & The Foodie’ explores how food can improve health

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On this episode of *The Farmer & The Foodie*, Maggie and Lindsey discuss the medicinal properties of the food we grow and eat with an integrative health practitioner. They also demonstrate how to grow one's own food even if you're lacking garden space. In the kitchen, they make meatball soup with vegetable broth and serve beef liver pate on sourdough.

The Farmer & The Foodie
KET Saturday, Jan. 25 • 3:30/2:30 pm
Stream on-demand at KET.org and the PBS app

Find all the recipes from *The Farmer & The Foodie* at KET.org/Farmer&Foodie.

The Farmer & The Foodie is funded in part by the KET Endowment for Kentucky Productions. The program is produced by Jared Hamm and Brandon Turner.

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