



The health benefits of sunflower oil include its ability to improve heart health, boost energy, strengthen the immune system, improve skin health, prevent cancer, lower cholesterol, protect against asthma, and reduce inflammation.

One of the primary reasons for the growing popularity of sunflower oil is its impressive fatty acid content, which includes palmitic acid, stearic acid, oleic acid, lecithin, carotenoids, selenium, and linoleic acid. The combination of fatty acids in the body are extremely important to maintain various elements of human health, and sunflower oil can help maintain that balance.

Furthermore, some of those fatty acids, as well as vitamin E (tocopherols) and other organic compounds, act as antioxidants in sunflower oil, which means that they can positively affect a huge range of conditions that people regularly suffer from. It also has more polyunsaturated fats than any other commonly used vegetable oil, and with the recent craze of eating healthy and searching for alternative options, sunflower oil is becoming quite desirable on the international market. This oil is also rich in proteins, copper, iron, zinc, calcium, and omega-6 fatty acids.

You can visit the Field Stone Farm if you are ever near Kansas City... they are always happy to have guests:

Fieldstone Orchard and Farm

785-665-7643

7049 E 149th Street, Overbrook, KS 66524

KNOW YOUR SUNFLOWERS



SO NOW WE LIVE ON A REAL FARM.

A young man and his family that are quite familiar here in Alexander County, Phillip (Shomer) Morgan, are now the sunflower farmers in Kansas who make our fine sunflower oil. Previously he lived here in Hiddenite and was always very busy building the Yellow Deli and the market you are now standing in. But a little over a year ago he moved to Kansas on the farm with his father who had established a community there like the one we have here in Hiddenite. The father had gotten the sunflowers growing and his son took them on. He got a fine oil press and learned all about good sunflower oil. Try the results of his labor and enjoy how good oil is really supposed to taste!



It is not easy to understand what has become of modern farming practices. But with a little study it becomes evident that when man starts tampering with things that only God should be concerned about, we end up in a mess in our health! Oil from good seeds has always been a



very precious commodity to mankind. Oil is essential to our good health. But for various reasons, like making life easier and more affordable and more profitable, men have taken on the habit of getting into the inner workings of a plant and rearranging the things God set up. This is called “genetically modified organisms,” or GMO. Scientists have found ways to grow things bigger, to taste different, resist bugs, etc., but the result for the human’s who eat these kind of foods has been devastation for their health. As the lines in doctor’s offices and emergency rooms

get longer, some people are deciding that maybe something is wrong with the way we eat nowadays! “Let’s get back to the way it was!”



So, our solution is to try to get as close to the source of the food we eat as we can. If we can trust the farmer and give him enough for his crop to make a living, then the good life can go on as it was intended. We do not want to see the ill-health of those around us continue. So, no poison in the ground, no chemicals to process our food, and we will have the healthy food that God intended. As the founder of modern medicine Hippocrates said: “Let Food be your Medicine and Medicine be your food!” Well, it had better be good food for that to be true... so, let’s start farming!

THE FIELDSTONE FARM is just one of the communal farms that our



people work on to make food that we can trust. In the years to come this will be more and more important. Our little Community Foods Market will be a place where you can come to get healthy food that will be what you need. If we can just keep the crows away from the crops, we should have enough to share with our neighbors!