

About the Author

Peggy Beals is a Registered Nurse with a life-long interest in nutrition and consumer education. Since 2000, she has presented workshops in Traditional Food Preparation, Getting Started with 'Nourishing Traditions' and a six-week series on Fresh Milk.

Previously, Peggy has taught and written in the areas of Childbirth Education, Conflict Resolution and Homeopathy.

She and her husband Ted were participants on the Michigan Fresh Unprocessed Whole Milk Workgroup. They also served together as Directors of the Farm-to-Consumer Foundation.

They live on 40 acres in south central Michigan and have four children and five grandchildren.