

## SOWING SEEDS



In Sunday's Gospel reading, Jesus tells a crowd the parable of the seed: "A sower went out to sow. And as he sowed, some seed fell on the path, and birds came and ate it up. Some fell on rocky ground, where it had little soil. It sprang up at once because the soil was not deep, and when the sun rose it was scorched, and it withered for lack of roots. Some seed fell among thorns, and the thorns grew up and choked it. But some seed fell on rich soil, and produced fruit, a hundred or sixty or thirtyfold. Whoever has ears ought to hear."

Well, since it's June, when I hear "seeds and sowing" I immediately think about growing food and eating the summer harvest.

Food is life.

Growing food is creating life.

Growing food naturally without pesticides and free from biotechnology is creating natural life.

Growing food with pesticides and using seeds modified by biotechnology is constructing unnatural life.

If food is life, then eating is more than another checkbox on our daily to-do-list. Eating sustains life. The act of eating is full participation in life itself.

Eating is a moral act.

We show our support for what we believe in by where we spend our money and how we spend our time. The food we spend our money on is a statement, intentional or not, about what we choose to eat. Therefore, eating is a moral act.

The food we eat is not manna that fell from heaven. It is grown, harvested, packaged, shipped and sold. The food we purchase is more than items on a grocery shelf or a farmer's stand. It is product behind which are people and (farming) practices.

Here are three examples:

- Fruits and vegetables may be more expensive because fresh, nutritious food costs more than high-calorie, low-cost food.
- Is it preferable to support local food producers instead of the food-industrial complex (agribusiness)?
- Fair trade grown food ensures farmers earn a fair wages.

We reap what we sow. We eat what we're willing to pay for.

(Readings for Fifteenth Sunday of Ordinary Time)



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