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eat your veggies

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When our little one was born we had the very best of intentions. We were going to lovingly puree every fruit and veggie that entered his tiny mouth. Sadly, we soon discovered that even the best of intentions fall to the wayside when faced with the sometimes overwhelming reality of parenthood.

So we bought some stuff in jars.

Some of it was okay but some...well...yuck. Chalky, flavourless and mysteriously pasty.

Thankfully, there is **Ripe Baby Food**, the brainchild of local mom Angela Salehi who tried her daughter's jarred baby carrots and thought...well...yuck. She wanted to give her daughter nutritious, organic, delicious and local baby food, and she was sure other parents did too, so Ripe Baby Food was born. All of her fruits and veggies are sourced from local farmers, all grains are Canadian-grown and the cubes and bars are made by Angela in small batches in a commercial kitchen.

Her **menu** is based on what's in season and her foods contain no additives and fillers. All Baby Cubes and Kamoo Bars aim to please the taste buds of beginners and satisfy the palates of more adventurous eaters and are wheat-free, dairy-free and nut-free.

Our tester babies tried out the Winter Squash and Pear cubes, the Beet and Cauliflower cubes and the Kamoo Bars. Their pint-sized palates were quite opposed to the beet cubes – in fact spitting was involved. But we'd be the first to admit that beets aren't for everyone. The squash/pear combo was definitely more to their liking. Our toothless little testers found the Kamoo Bars very yummy for gumming and we liked how full they were of healthy goodness. And we must admit we also snacked on them ourselves when we were too rushed to grab adult food.

We do wish there was more variety on the menu, but as Angela is using seasonal produce, she's rather limited at this time of year, so we're looking forward to seeing what summer brings to Ripe.

Want to get your hands on some? They offer a **delivery service**, and if you're a customer of Organics at Home you can order directly from them. You'll also find Angela and her eats at Gallaghers coffee Bar in Newport Village and at the Coquitlam Farmer's Market this Sunday. Why not pick up a few cubes to try? It's almost as good as making it yourself!

Ripe Baby Food: www.ripebabyfood.com