

There has long been an insistence to “eat your vegetables!” This simple motto has been a constant among the increasingly imposing fast-food restaurants and preservative filled shelves of supermarkets. Whether it be subconscious or not, the American population knows the right way to turn when fueling the body towards healthy, organic foods that provide sustained nourishment.

In 2010, the Green Fork, LLC emerged in New Orleans to face a culture long known for indulgence. Beginning in a small family home in the Old Metairie area, the Green Fork was committed to providing the local population with healthy, organic, and wholesome options. Never has the organization strayed from this pledge. Booming out into the Lower Garden District, the Green Fork opened up their first storefront with a small menu and select few ingredients to choose from; however, they all remained organic and locally sourced. As time passed, the demand for the Green Fork’s product increased, and so did their purchasing volume and steady flow of customers. The client base boomed, and so did the company’s success. Moving with the ever-changing New Orleans customer base, the company modified their original recipes to offer innovative and increasingly healthy juice and food options. Without looking back the Green Fork eventually opened a new store front in Old Metairie, and one in Covington. This small, personable company was the first to offer New Orleans residents and visitors with unique healthy options.

As the website reads, The Green fork has a genuine motivation to bring healthy goodness to New Orleans. This brother and sister team combined creative culinary skills from southern roots and aimed to fill a niche of grab-and-go health food. With vegan, gluten free, and paleo soups salads and entrees, the company has found their place within the growing health industry. Food is prepared daily to provide customers with the highest quality entrees, and juices are made to order providing the greatest sustainability of nutrients. From small home kitchen to the entire southern Louisiana area, the Green Fork has made a name for themselves as the staple for healthy eats. There is a deep commitment from the Green Fork to use the highest quality ingredients to provide the best product for the amazing people of Louisiana.