

Jill Litwin has the next generation in mind. She's the owner of Peas of Mind in San Francisco and produces natural frozen meals for kids, "perfect for growing children 12 months to about six years," she says.

Her goal is to erase guilt from moms who don't have time to prepare organic meals for their kids through a special product line called Puffets. "They are mini-casseroles containing organic ingredients and made up of the four food groups," says Litwin. "We use as many organic ingredients in our Puffets that we can, such as organic whole milk, organic veggies, and organic beans, just to name a few."

"To be certified organic, there's a list of additives and other ingredients that are restricted from using," adds Litwin, who sells to more than 100 stores throughout the United States. "I hope to get Puffets in the hands of many young children as I can."

For more information visit www.planetorganics.com, www.pattyjames.com, and www.peasofmind.com.