



Lisa Seger, with husband Christian, are the farmers and cheesemakers behind Blue Heron Farm in Field Store Community, Texas. Responding to their increasing concerns with the state of our food system (corporatized, bad for the planet) and despite no prior knowledge of livestock or farming, the two opened their 10-acre farm guided by a firm belief that anything can be learned or unlearned. Goat milk cajeta and 'feta' have become highly prized artisan products with farmers' market loyalists, just as #bgotd (baby goat of the day) images and acerbic political commentary on the Blue Heron Twitter account have grown steadfast followings.

Prior to this, Lisa had other careers – as a stand-up comedienne and a marketing copywriter. In 2018, Lisa ran for office for Texas House District #3, earning the Houston Chronicle's endorsement, yet another example of her citizenship and activism. As a founding member of IHWSH, Lisa advocates for better health awareness and access to care, and helps guide our commitment to sustainable practices, mindfully conserving earth and human resources.

A photo of Lisa Seger is available by [clicking here](#).