ORGANIC VS. NONORGANIC FOODS

ORGANIC FARMING:

* 'Organic' refers to the way that farmers grow and process their foods that include all 5 food groups. Organic farmers do not use artificial fertilizers or weed control. Instead they use methods such as natural fertilizers and mulch for weed control.
* Both natural and artificial insecticides and pesticides are used for better crop production, however only the USDA approved ones are permitted.
  + This may result in lower crop production than conventional farming which may drive up cost.
* Organic farming practices are designed to encourage soil and water conservation and reduce pollution.

CONVENTIONAL FARMING

* Conventional or 'nonorganic' farming methods use artificial fertilizers, weed control, insecticides, pesticides. etc.
  + This usually allows for an increase in crop production allowing conventional farmers to sell products cheaper

WHAT MAKES A FOOD/BEVERAGE ORGANIC?

* Products that are made with 95% or more organic ingredients can use this seal.



* The USDA has established an organic certification program that requires all organic foods to meet strict government standards. These standards regulate how such foods are grown, handled and processed.
* Single ingredient foods such as eggs, fruits, and vegetables can be considered 100% organic.
* Products that contain at least 70% organic ingredients may say "made with organic ingredients" on the label, but may not use the seal.

SOME KEY POINTS:

* Recent research shows that conventionally grown and organically grown foods have similar nutritional value.
* Consider what is important to you:
  + Pesticides, Insecticides, Herbicides etc.
  + Food Additives
  + Environment