

## 5 Reasons to Eat Organic



### It Tastes Better!

Organic fruits and veggies are not sprayed with nasty insecticides or herbicides or modified genetically, so it is organically delicious! It's also easier to cook, because the flavors are as nature made them.

### It's Better for You!

A recent study in British Journal of Nutrition, found concentrations of antioxidants were 18- to 69-percent higher in organic food.

The researchers suggest that switching to eating organic fruit, vegetables and cereals provide consumers 20- to 40-percent more antioxidants, which would be equivalent to eating between one to two extra servings of fruit and vegetables a day. Being healthy is easier with organic produce!

### No Chemicals or GMOs!

The same study found that pesticide residues were four times more likely to be found in conventional crops than organic crops and that levels of the toxic heavy metal cadmium are nearly twice as high for conventionally grown foods. **Some produce has upwards of 47 different kinds of pesticides on them!**

Foods are genetically modified for two reasons:

1. To create plants strong enough to withstand the intensive herbicide application, most commonly known as glyphosate or Round Up.
2. They are modified to create their own insecticide to ward off pests.

In an informal study (*to the right*), they found that animals couldn't distinguish GMO corn as food.



GMO vs. Organic. Which one is food?



### It's Better for the Farmers!

Farm workers on conventional farms are six times as likely to have cancer than the average American due to chemical exposure. Organic farmers use natural techniques and aren't exposed any harsh synthetic chemicals.

### It's Better for the Environment!

From chemicals in the air, to toxic run off, to the lack of biodiversity in the crops, and the declining pollinator populations (think Bees and Monarch Butterflies), it's crucial that we change the conventional way we farm to be more environmentally friendly. Organic farming encourages natural growth by incorporating sustainable, earth friendly practices.