



How Going Organic Benefits You and the Planet



ARTICLE

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**Read more about how eating organic is beneficial for both you and the planet.**

When we started in 1989, Seeds of Change™ was among the first companies to commit to selling organic-only products. Today, just like we did back then, we carefully source our ingredients from a select group of trusted farmers who share our values and expertise. Read on to see why we're so passionate about the benefits organic farming offers and how the practice is growing and changing.

## WHY IS ORGANIC FARMING BECOMING POPULAR?

As the environmental movement has expanded and agricultural practices have evolved, consumers have become more conscious about how their food is grown. Awareness of the chemicals involved in food production and how they affect personal and environmental health is at the forefront of this discussion. The organic movement is a response to these concerns.

## **WHAT'S DIFFERENT ABOUT ORGANIC FARMING?**

Support for organic farming has led to the establishment of U.S. Department of Agriculture (USDA) organic standards for crops, livestock and food handling. Now, the USDA certifies organic products according to strict standards for production, handling and labeling. These standards cover raising animals, soil quality, and pest and weed control. To qualify for the USDA organic seal, no synthetic fertilizers, sewage sludge, irradiation or genetic engineering can be used in farming or production.

### **Quick Guide to Organic Labels**

# **ADDITION BY SUBTRACTION**

While it's true that organic and nonorganic foods contain similar amounts of nutrients, it's what's *not* in organic products that matters the most to your health and the well-being of the planet.

## **PROHIBITED FOR ORGANIC PRODUCE**

- Synthetic pesticides and fertilizers
- Genetic engineering
- Irradiation
- Sewage sludge

## **PROHIBITED FOR ORGANIC LIVESTOCK AND POULTRY**

- Injection of hormones and antibiotics
- Nonorganic feed
- Withholding medical treatment
- Indoor confinement

## **ENVIRONMENTAL BENEFITS OF GOING ORGANIC**

Rather than adding excess chemicals to the land, organic growers rely on natural, sustainable methods such as crop rotation and the use of cover crops to keep soil healthy and fertile. This proactive approach to creating a balanced ecosystem deters pests and prevents pollution and soil degradation rather than treating problems after they cause damage.

Organic farming also ensures healthier conditions for animals:

- Humane treatment
- Clean living conditions
- A healthy diet
- Constant access to the outdoors
- Regular animal socialization

## **HUMAN BENEFITS OF GOING ORGANIC**

In addition to helping us live more sustainably within our environment, organic farming produces direct, immediate benefits to those in and outside of the industry:

- Prevents poisoning of farmers and migrant workers from acute exposure to pesticides
- Protects consumers from ingesting pesticide and hormone residues
- Prevents airborne pesticide drift into farm-adjacent communities
- Keeps waterways free from dangerous chemicals
- Offers farmers economic opportunities within a growing business sector

## **GREATER ACCESS**

While organic products may once have been exclusive to farmers markets or specialty grocers, mainstream retailers have taken notice and vastly expanded their organic product offerings. This has helped increase access to organic food and contributed to lower costs.

## **WHY DO WE GROW ORGANIC?**

Our mission at Seeds of Change™ is to revolutionize the food system and help people eat healthy. Thanks to the success and growth of organic farming practices, we're seeing this mission come to fruition one seed at a time. It may be a hard row to hoe, but the rewards are worth it.

**Start gardening now**



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