



Why organic?

10 reasons to choose organically-grown food

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Keep chemicals out of your food

Organic methods use no chemical-based inputs.

Enjoy food from better crops

Organic methods create stronger, healthier crops

Promote healthy, happy farm animals

Organic methods are more humane and produce healthier stock .

Reduce carbon dioxide levels

Organic methods (green manure crops) absorb CO₂ into soil.

Promote healthy, living soils

Organic methods create humus. Soil life thrives in humus.

Reduce run-off, flooding and droughts

Soils with high organic matter content hold water like a sponge.

Reduce pollution

Cut down the chemicals that run off from non-organic farms.

Build community

Small-scale organic farms are viable family enterprises.

Save natural resources

Organically grown food requires no manufactured chemicals.

Help create a healthier planet!