



WHY ORGANIC?

According to the National Organics Standards Board of the United States Department of Agriculture, organic farming encourages biodiversity and enhances ecological harmony. As defined by law, “organic” farming does not permit the use of synthetic chemicals, hormones or antibiotics. Products labeled organic guarantee that at least 95% of their ingredients meet this standard.⁷

PLENTIFUL SUPPLY

Shifting to all-organic farming worldwide could substantially increase the global food supply, says a 2007 study from the University of Michigan.¹

A 2006 report on 12.6 million farmers in 57 countries—on combined acreage that’s nearly the size of California—concluded that sustainable, largely organic, practices increased yields an average of 64%.²

A 30-year Rodale Institute trial showed that yields of organic wheat & soybean were as high as those on farms using chemicals; and in drought years, organic corn yields surpassed those grown with chemicals by 31%.³

BETTER HEALTH

With every bite of organic plant-based food, we get a quarter more nutrients, on average, compared to eating their conventionally grown counterparts.⁴

At least 13 pesticides show up in an average American, reveals tests by the Centers for Disease Control. You can help to avoid them with organics!⁵

ENVIRONMENTAL PROTECTION

Organic farming generates one-half to as little as one-third as many greenhouse gas emissions as chemical farming.⁶

WWW.SMALLPLANET.ORG

GO ORGANIC!

LOCAL HARVEST

WWW.LOCALHARVEST.ORG

USDA ORGANIC PROGRAM

WWW.AMS.USDA.GOV/AMSV1.0/NOP

ORGANIC CONSUMERS ASSOCIATION

WWW.ORGANICCONSUMERS.ORG

THE ORGANIC CENTER

WWW.GENERATIONSOFORGANIC.ORG

PESTICIDE ACTION NETWORK OF N. AMERICA

WWW.PANNA.ORG

UNION OF CONCERNED SCIENTISTS

WWW.UCSUSA.ORG

THE DIRTY DOZEN: HIGHEST IN PESTICIDES

STRAWBERRIES	SWEET BELL PEPPERS	GRAPES
PEACHES	NECTARINES	PEARS
APPLES	CHERRIES	SPINACH
CELERY	LETTUCE	POTATOES

THE CLEAN FIFTEEN: LOWEST IN PESTICIDES

ASPARAGUS	WATERMELON	KIWI
PINEAPPLE	BROCCOLI	EGGPLANT
ONIONS	TOMATO	PAPAYA
AVOCADO	SWEET POTATO	CABBAGE
SWEET CORN	SWEET PEAS	MANGO

SOURCE: ENVIRONMENTAL WORKING GROUP; BASED ON USDA DATA⁸



RESOURCES

- 1 Catherine Badgley, et al., "Organic Agriculture and the Global Food Supply," *Renewable Agriculture and Food Systems* 22 (2007): 86-108.
- 2 Jules Pretty, "Agroecological Approaches to Agricultural Development: Version 1," RIMISP Background Paper for the World Development Report 2007, November 2006, 2-3. www.rimisp.org/getdoc.php?docid=6440.
- 3 "The Farming Systems Trial: Celebrating 30 Years," Rodale Institute, Kutztown, Pennsylvania, 2011. www.rodaleinstitute.org/files/FSTbookletFINAL.pdf.
- 4 Charles Benbrook et al., "New Evidence Confirms the Nutritional Superiority of Plant-Based Organic Foods," The Organic Center, March 2008. www.organic-center.org/reportfiles/5367_Nutrient_Content_SSR_FINAL_V2.pdf.
- 5 Kristen S. Schafer, et al., "Chemical Trespass: Pesticides in Our Bodies and Corporate Accountability," Pesticide Action Network of North America, San Francisco, California, 2004. www.panna.org/sites/default/files/ChemTres2004Eng.pdf
- 6 Natural Resource and Environment Department, Organic Agriculture, Environment and Food Security (Rome: Food and Agriculture Organization of the United Nations, 2002), www.fao.org/DOCREP/005/Y4137E/y4137e02b.htm#96.
- 7 For more information on the United States Department of Agriculture National Organic Program, visit: www.ams.usda.gov/AMSV1.0/NOSB
- 8 For more information on the Environmental Working Group's 2012 *Shopper's Guide to Pesticides in Produce*, visit: www.ewg.org/foodnews/

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to Create the World We Want*
by Frances Moore Lappé