

# why buy organic?

**Organic** farming is the production of food without the use of synthetic, chemical or genetically modified components. Organic food has also not been exposed to food irradiation (a food safety technology that can eliminate disease-causing germs from foods by treating them with ionizing radiation). Organic foods include animal produce such as meat, vegetables and eggs from free range rather than cage hens (unless specified, 'organic' free range hens are still supplemented with non-organic food and may be dosed with antibiotics). Animals raised using organic methods may be treated with vaccines but may not be fed any growth regulating drugs, steroids, hormones or antibiotics.



The philosophy of organic farming is to protect the environment and work in harmony with existing ecosystems. Traditional farming methods such as rotating crops are often used to prevent the depletion of nutrients in the soil.

Choosing organic foods whenever possible is the nearest we can get to eating a pure diet. Not only is organic food free from highly toxic pesticides, herbicides, fungicides, antibiotics and artificial growth hormones but they are also free from artificial colourings, flavourings, additives, sweeteners and the thousands of unwanted and unnecessary chemicals used in our food.

Naturally grown and ripened produce may have a higher content of essential nutrients; this is because organically grown produce must be grown in enriched soil. Non-organic methods of farming use agrochemicals which can often speed up the growth of a plant, changing its structure to increase its water content. This is why non-organic produce tends to shrink more on cooking as its high water content evaporates.

## Did you know?

Organic foods can be purchased from places such as:

- Supermarkets
- Green grocers
- Health food stores
- Fresh food markets
- The internet
- Certified organic retailers

### References

<http://www.betterhealthchannel.com.au>  
<http://www.organicfood.co.uk/sense/betterforyou.htm1>

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