



Why buy Organic Food?

Organic crops are not treated with synthetic pesticides and fertilizers. Animals on organic farms are not given hormones, drugs, and antibiotics to promote more rapid growth. Genetically modified organisms are not used on any organic farms.

Organic food is grown and processed by following the standards of the United States Department of Agriculture's National Organic Program (NOP). These standards describe when and how organic food products can use the USDA organic seal. When you see this seal, you can be assured the item is certified organic. Additives such as hydrogenated fat, aspartame (artificial sweetener) and monosodium glutamate are banned under this seal.

Organic farmers manage the natural cycles of the earth and animals. Most combine crops and livestock to build better soil, have healthier animals, and prevent pests all of which are sustainable farming practices. Organic food companies use production methods that keep the important vitamins, minerals, flavors, and antioxidants in organic food.

Why buy Local Food?

Local food is picked riper, sold fresher, and tastes better than food shipped long distances from other states or countries. Local farmers can offer produce varieties bred for taste and freshness rather than for shipping and long shelf life.

Buying local food keeps your dollars circulating in your community. Getting to know the farmers who grow your food builds relationships based on understanding and trust, the foundation of strong communities. Also, with each local food purchase, you ensure that more of your money spent on food goes to the farmer.

Knowing where your food comes from and how it is grown or raised enables you to choose safe food from farmers who avoid or reduce their use of chemicals, pesticides, hormones, antibiotics, or genetically modified seed in their operations.

Local food doesn't have to travel far. This reduces carbon dioxide emissions and packing materials. Buying local food also helps to make farming more profitable and selling farmland for development less attractive.