

Canadian Organic Growers

Perth–Waterloo–Wellington



Why Buy Organic?

Because your food choices matter - to your health, the environment and the people who grow your food.

Organic farms aim to work in harmony with surrounding ecosystems and the diverse communities that live therein, including soil organisms, plants, livestock and people.

7 Reasons to Buy Organic

1. Healthier – no chemicals on your plate!

Organic food is produced without synthetic fertilizers, pesticides, hormones or GMOs.

2. Tastier and more nutritious

Organic farming builds healthy soil which nourishes the plant foods that nourish us. Livestock that graze on grass are healthier and their meat is more tender.

3. Saves energy and protects the environment

Synthetic fertilizers are dependent on fossil-fuels, and their production and use leads to the creation of greenhouse gas emissions in our atmosphere.

4. Supports a true economy

Higher prices for organic food reflect the true value of producing that food (instead of paying for it in the hidden costs of taxes, health care costs, environmental clean-up), and put food dollars where they belong – with the people who produce our food.

5. Gives control back to the producer

Organic production focuses on making the land itself more fertile. This means that the money that would be spent on chemical inputs is put directly into maintaining the soil - an investment in the land, not in some multinational chemical corporation.

6. Conserves and protects soil and water

Organic producers use plant diversity, crop rotations, mulch and composting to build and maintain soil health. Healthy soils bind carbon, reducing greenhouse gases; hold water better, needing less irrigation; and do not require chemicals that can run-off into rivers and lakes.

7. Preserves biodiversity

Organic producers create habitat through the use of cover crops and natural buffers, attract and maintain beneficial insects, use heritage varieties of vegetables and rare animal breeds, and save seeds.



A sustainable system is one which over its lifetime produces the energy required to develop and maintain itself.

– Andrew Jones, Foreword in *Eating Fossil Fuels*



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