

# 10 Things You Don't Know About Organic Food

It's likely that you've heard that organic food is a more sustainable alternative for our world. Organic food is traceable from the farm to your table. It does not require synthetic fertilizers or pesticides and is also more sustainable and is prepared with respect for the animals that supply the food. But there's so much more to organics than that. Here are 10 facts that you didn't know about organic farming to celebrate The Soil Association's month-long OrganicSeptember campaign.

## 1. It's not only about fruit and veg

Most people consider organic food to be fresh produce, but there are organic alternatives that cover everything from grains such as rice, wheat and quinoa to cupboard basics like sugar, olive oil, tea and coffee. Organic foods go far beyond the kitchen, and are present in furniture, clothing and even beauty products.

## 2. Organic farming was previously the only type of farming available

You may believe organic [ginger powder](#) farming is a part of a trendy new age. However, just prior to the Second World War farming across the globe was carried out organically. After the war, fertilisers, chemicals, and pesticides began to be widely used.

## 3. It takes about two years to transition to an organic farm

Farmers cannot switch to organic farming in a single day. The process for conversion could take between two and three years, based on the area the crops are grown. If they intend to sell organic products, they'll need to register with an organic certification agency after which their property and farming practices must be thoroughly examined.

## 4. The market for organic food and beverages is small

According to the National Farmers Union the organic sector accounts for just 1.4 percent of the multi-billion pounds of food and drinks. Although a large portion of organic produce comes from local farms, the majority of it comes from imports (so make sure to read the label! There's great potential for producers to increase their production).

## 5. Denmark is a major market for organic food

The majority of the Danish population purchases organic food every week, at least. Organic food is responsible for 8.4 percent of the drinks and food sales. On the third Sunday in April, Denmark celebrates National Organic Day. It is the day when the country's 60,000 organic dairy cows can roam free out of their barns in the summer months. There are cows who are so thrilled that they jump, run and even dance in joy!

## 6. Organic farming removes CO2

The Rodale Institute estimates that a single acre dedicated to organic farming can eliminate around 7,000 pounds CO2 each year. If the US converted all its crops to organic farming that would be the equivalent of getting 217 million vehicles off the roads.

## **7. Traditional farming isn't sustainable**

The food system in the world is in crisis due to a variety of reasons. These include the increasing demand for cheap food and destructive practices in agriculture in addition to climate change. However, the fertilizers and pesticides employed in traditional farming are a problem, too. The pests they are meant to repel will eventually become resistant to them. Therefore, more powerful formulas are needed to destroy soils and kill creatures like bees.

## **8. It's impossible to wash chemicals away**

Pesticides and other chemicals used for conventional farming don't remain on the skins of fruit and veggies. They also find their way into the flesh of the vegetable or fruit, so they cannot be removed by washing. It's an ideal idea to clean your produce anyway, whether organic or otherwise.

## **9. Organic produce is better than other types**

However farmed it is, it's important to eat your five-a day for optimal well-being. There are some varieties of fruit and vegetables that are more beneficial to buy organic over other varieties. The Environmental Working Group released recently its list of fruits and vegetables that are free of pesticides. They also released their Dirty Dozen, which contains the highest amount of pesticide residue. If you're planning spend money on only a few organic foods, it may make more sense to choose the fruits and vegetables, like spinach and strawberries, for instance, as opposed to avocados and sweetcorn.

## **10. Organic is different from natural**

Packaging has to be certified organic to indicate the fact that it's organic. This can be a long and expensive process for food producers. Some companies try to avoid this issue by using labels like 'natural' and "certified naturally grown", but it's not the same thing. Always seek proper certification.

Dhow Nature Foods  
35 Distinction Road,  
Wangara WA,  
Australia.  
Call Us: +61 863050822