

# Organic Foods

## Are they Safer? More Nutritious?

It may cost less to purchase conventionally grown produce, but are organic foods safer or more nutritious? It is important to understand the difference between Conventional and Organic and to have all the facts before you start shopping. When it comes to Conventional and Organic, farmers grow and process fruits, vegetables, grains, dairy products and meat. When thinking about nutrition, safety, and price you, as a consumer will want to know the difference. For more information visit Mayo Clinic:

<http://www.mayoclinic.com/health/organic-food/NU00255>.



### Conventional

Apply chemical fertilizers to promote plant growth.

Spray synthetic insecticides to reduce pests and disease.

Use synthetic herbicides to manage weeds.

Give animals antibiotics, growth hormones and medications to prevent disease and spur growth.

### Organic

Apply natural fertilizers, such as manure or compost, to feed soil and plants.

Spray pesticides from natural sources; use beneficial insects and birds, mating disruption or traps to reduce pests and disease.

Use environmentally-generated plant-killing compounds; rotate crops, till, hand weed or mulch to manage weeds.

Give animals organic feed and allow them access to the outdoors. Use preventive measures — such as rotational grazing, a balanced diet and clean housing — to help minimize disease.