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Organic Produce

Do food producers often lie to the consumers? Or do stores say food is organic when really it isn't? Well, there is only one way to find out! In order to buy healthy, organic produce, they need to be bought at local farms where farmers take their time to raise and grow quality products. As time passes by, the number of local farms is slowly decreasing due to the larger industries selling a higher quantity of products, while demanding a smaller price. Organic products are better for people due to them having no pesticides, animals being free-ranged, and human bodies being able to digest the food easily and use it for more energy.

Food being grown without any herbicides is a perk due to no chemicals rushing its growth. When going to a local farmers market, consumers may see a high demand in price on products due to the time and effort required to help produce the quality products. As stated by the Mayo Clinic, "Farmers who grow organic produce don't use conventional methods to fertilize and control weeds" (Howard). As stated in the quote, farmers do not use herbicides to decrease the amount of work that is required from them, but instead they take their time to produce the quality products that all consumers will be happy with.

When visiting a farm, observers may notice that a lot of the animals are not locked up in a barn but are outside grazing, receiving an abundant amount of fresh air. This is a benefit

because of the animals being allowed to get their exercise they need for them to be healthy, the way they are to be before taken for slaughter. As stated by the Help Guide, “Organic livestock must have access to the outdoors and be given organic feed” (USDA). When livestock is outside, they are allowed to get the natural food that grows outside to eat and receive the sunlight that they may need to be healthy and satisfied in their own way.

When humans consume organic produce, their bodies use more of the product for energy, allowing their bodies to be healthy because of the organic product. As stated by the Help Guide, “Pregnant women are more vulnerable due to added stress pesticides put on their already taxed organs” (USDA). As stated, the pesticides used to grow produce can often have different effects of many people. With the number of local farms around people, they can try and prevent their bodies from having health issues that could possibly take their life.

Organic produce can often bring benefits to all people of different ages, in different conditions. The produce bought at stores are usually grown to bring in major profits to businesses, while produce grown at local farms is grown for quality, but sold at a higher price. Higher pricing at local farms is usually due to the greater efforts needed to grow the product and also the larger amount of time that had to be put into it. The higher pricing is worth the cost if it promises a healthier body to all consumers.

Works Cited

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