

WHY ORGANIC MATTERS

BETTER FOR HUMAN HEALTH

- **Organic farming minimizes exposure to toxic & persistent chemicals** and pesticides for the consumer, farmer & farm workers.
- **Eating organic fruits & vegetables increases antioxidant intake** 20 to 40%, boosting anti-aging & cancer-protective flavanols & anthocyanins.
- **Foods grown organically have higher concentration of nutrients**—organic strawberries have more Vitamin C and fiber than conventional.
- **Organic livestock consume fresh pasture** resulting in higher proportions of **healthy fats**. This means Organic milk has 62% more omega-3 fatty acids than conventional milk.
- **No genetically engineered plants and animals (GMOs).**
- **No antibiotics, hormones or steroids used with livestock.**
- **No irradiated foods, artificial flavors, colors or preservatives.**



GOOD FOR THE PLANET

- **Organic farms emit 30% LESS greenhouse gases** than conventional farms, and soils under organic management actually **sequester carbon**.
- **Ecosystems thrive around organic farms**, supporting 34% more plant, insect & animal species and 50% higher pollinator species diversity.
- **Organic systems support 30-70% more microorganisms** and improved bacterial pathways than conventionally managed soils.
- **Organic agriculture uses significantly less water** (20%+ depending) due to improved soil capacity for water absorption and retention, lower run-off, and soil cover that reduces evaporation.
- **Reduces pollution** by decreasing fertilizer, pesticide run-off into streams.

SUPPORTS FARMERS

- Organic markets are stable and growing each year. Organic farms earn 35% more than conventional farms, **helping farmers** earn a predictable living.
- Organic and local is best! If every KY family spent 10% of our annual food budget on Kentucky farm products (average \$13/ week per household), we would **keep \$1 billion in our local food economy**.
- Contiguous counties with high organic production experience increases in median household income and have lower poverty rates.

