Going and Growing Organic
What is Organic?

According to the USDA standards:

• Emphasize the use of renewable resources and the conservation of soil and water to enhance environmental quality for future generations.
• Meat, poultry, eggs, and dairy products come from animals that are not given antibiotics or growth hormones.
• Produced without using most conventional pesticides; fertilizers made with synthetic ingredients or sewage sludge; or ionizing radiation.
Why Eat Organic?

• Taste
• Health
• Building soil
• Saving water
• Preserve diversity
• Healthy rural communities
Environmental Effects

- Superweeds/Superbugs
- Loss of Honeybees
- Loss of Carbon Sequestration in Soil
- Sustaining Diverse Ecosystems
- Less Energy and Produce Less Waste
- Dead Zones
Children who eat a diet of organic food show a level of pesticide six times lower than compared to children who eat a diet of inorganically grown food. (Study done by the University of Washington)

If we continue to ingest pesticides and other toxins:
- Development Problems
- Ineffective Antibiotics
- Obesity and Diabetes
- Cancer
- Other major complications
What to eat organic

• Milk
• Potatoes
• Peanut Butter
• Ketchup
• Apples
<table>
<thead>
<tr>
<th>Highest in Pesticides:</th>
<th>Lowest in Pesticides:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peaches</td>
<td>Onions</td>
</tr>
<tr>
<td>Apples</td>
<td>Avocados</td>
</tr>
<tr>
<td>Sweet Bell Peppers</td>
<td>Sweet Corn (Frozen)</td>
</tr>
<tr>
<td>Celery</td>
<td>Pineapples</td>
</tr>
<tr>
<td>Nectarines</td>
<td>Mangos</td>
</tr>
<tr>
<td>Strawberries</td>
<td>Asparagus</td>
</tr>
<tr>
<td>Cherries</td>
<td>Sweet Peas (Frozen)</td>
</tr>
<tr>
<td>Pears</td>
<td>Kiwi Fruit</td>
</tr>
<tr>
<td>Grapes</td>
<td>Bananas</td>
</tr>
<tr>
<td>Spinach</td>
<td>Cabbage</td>
</tr>
<tr>
<td>Lettuce</td>
<td>Broccoli</td>
</tr>
<tr>
<td>Potatoes</td>
<td>Papayas</td>
</tr>
</tbody>
</table>

Source: Environmental Working Group and the Organic and Natural Experience (ONE) Tour
Growing Organic

- Good exercise
- Cheap food supply
- Less food miles
- Personal connection to your food
Health Benefits of Gardening

• “Gardening is the best method of exercise to increase bone density and prevent osteoporosis.” (recent study from the University of Arkansas.)
• Food with more vitamins and minerals
• Reduces the intake of harmful chemicals in the human body
• Relaxation! “Gardening can connect you to the natural rhythm of the earth and its cycles in a way that nothing else really can.”
• Composting
• Pest Management
• Water saving
• Improve your soil
• Right plants for the right place
• Being okay with imperfection
How to start a garden at home:

• Pick a site
• Create healthy soil
• Weed
• Pick local or heirloom varieties
• Container Gardening
• Have fun

Additional Resources:
- Wasatch Community Gardens
- Red Butte Gardens
- Western Gardens
- Salt Lake City Master Gardeners
- Slow Food Utah
- Community Supported Agricultural
- Real Food Rising
WESTMINSTER’S ORGANIC GARDEN

Contact:
Syd Sattler: sms0608@westminstercollege.edu
garden@westminstercollege.edu