

SO WHAT IS ORGANIC?

Organic farming means farming in a way that cares for the environment, without relying upon synthetic chemicals and other unnatural interventionist approaches to farming and food production. Hence, organic food comes from organic farms utilising the best of both traditional agriculture and modern techniques.

Rather than using synthetic pesticides to kill pests, farmers prevent pests by planting a diverse range of crops, by rotations, using natural biological and environment friendly applications, and conserving natural ecosystems. This means no artificial pesticides, no herbicides, no hormones a questionable place in our aim to maintain healthy bodies.

The same logic of natural and preventative health management (rather than reactive disease management) is applied to GMOs, or Genetically Modified Organisms, that the organic industry prohibits in the production of organic foods. With many safe and proven forms of farming already available, the organic farmer believes it is important to allow Mother Nature to provide us with food the way nature intended.

For organically processed foods and personal care products, only minimal processing is permitted, with a limited number of nonagricultural but natural or traditional ingredients allowed. Hence no synthetic chemicals, unnatural dyes, colourings, flavourings or other additives are permitted. And no growth promotants that have a questionable place in our aim to maintain healthy bodies.

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Resource: Natural and Organic Living, My One Group—issue two