

- To use your pocket guide:**
1. Cut along outer black line
 2. Fold on grey lines

What is "organic" anyway?

Federally regulated since 2002, the term **organic** means food grown using methods that foster the health and harmony of the ecosystem, including the people and animals living in it. Organic food is produced with:

- No synthetic pesticides, herbicides, or fumigants
- No fertilizers made with synthetic ingredients or sewage sludge
- No genetically modified organisms (GMOs)
- No irradiation
- No hormones, antibiotics, artificial ingredients, or trans fats

"Natural," "local," and "sustainable" have no federally regulated definitions for most products.



This seal means the product is at least 95% organic.
Non-organic ingredients must be from a regulated list of items that aren't available in organic form, like salt.

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About Earthbound Farm

Earthbound Farm started farming organically 27 years ago on a small 2½-acre garden, with a big commitment to protecting the health of the land and those whose enjoyed our harvest. Today, 150 farmers on 37,000 acres are helping us fulfill our mission to bring the benefits of organic food to as many people as possible.

Co-founder Myra Goodman's new cookbook offers 250 delicious recipes and sensible advice to help any cook make sustainable choices at the market and at home. Available now online and in bookstores.



Visit our farm online for delicious recipes, coupons, and great organic info:
EBFarm.com



Food to live by.

POCKET GUIDE TO

Choosing Organic

2011

Why choose organic food?



Food to live by.

- **Helps keep potentially dangerous chemicals out of our bodies.**
A recent university study shows that children who eat non-organic produce show traces of pesticides in their bodies, which disappear within 36 hours of switching to organic produce.
- **Helps protect the environment.**
Earthbound Farm's organic farming on nearly 37,000 acres will avoid the use of 11.5 million pounds of potentially dangerous chemicals, conserve 1.8 million gallons of petroleum, and sequester as much CO₂ as taking 7,800 cars off the road.
- **Safer.** Organic fields are safer for farmworkers, wildlife, and nearby homes, schools, and businesses.
- **Nutritious and delicious.** Recent science shows that average levels of 11 nutrients are 25% higher in organic foods compared to conventional foods, based on 236 scientifically valid comparisons.

Organic is the healthiest choice for people and the planet, but it's not always possible to buy everything organic. Government data shows that the conventional fruits and vegetables below are most likely to carry multiple pesticide residues. **Choose organic for these items, especially for infants and children.**



Thanks to the Environmental Working Group and their "Shopper's Guide to Pesticides in Produce," the source from which our guide has been adapted.