



Why Organic Farming?

It is very important for you to eat lots of fruits, vegetables, whole grains and some fish, meat and dairy products to keep your body healthy. If these foods are covered with pesticides and grown in man-made chemical fertilizers the foods may not be so healthy for you. It's much better to eat foods free of pesticides. Farmers who grow foods without chemical fertilizers and pesticides are considered organic farmers. They want to protect our Earth's soil and water. They also want to protect the health of their own families and yours. California Certified Organic Farmers (CCOF) has a good link for kids that will help you learn more or about organic farmers and farming. Check out this link. http://www.ccof.org/pdf/CCOF_Organic_Activity_and_Coloring_Book.pdf

Where can I find organic food. Some organic farmers sell their food at farmers markets. This is a great way to buy food at good prices. The simplest way to find organic food is in your local grocery store or health food co-op. Grocery stores usually have a small selection, so ask your grocer where to find organic foods. Be sure to look for the product symbol saying "**Organic USDA**" which means the food is truly organic. The federal **USDA** makes and enforces the rules that farmers have to follow to show that their products are organic.

Bees and other bugs are Important! Organic farms are much safer places for bees and other bugs that are very important to the balance of nature. Every insect has a job to do. We need bees, moths and butterflies for pollinating our plants. And bees produce delicious honey. Pollinators are part of the process of making plants grow. We don't want dragon flies or other insects to disappear! Pesticides can kill all these important bugs.

Shop or grow organic. The information in the KSE Organic Gardening information piece will help you begin your organic garden. If you can't garden be sure to shop organic. You will help the Earth and keep yourself healthier. Tell all your friends about organic gardening and farming.