

# ORGANIC MONTH FACTS

## Fall in Love with Organics!



1 Consider this: more than 1/3 of the world's total food production relies on bees for pollination. But there's a band of killers on the loose, and they're called neonicotinoid insecticides and they've been implicated in the declining honey bee population.



2 Is organic better for the soil? That's a big YES. Organic farming has been shown to increase soil health and microbial biodiversity!



3 Do you know what could happen if you choose at least one organic product out of every 10 items you buy? It could result in 25,800 square miles of degraded soil being turned into rich, highly productive crop lands. The impact 1 in 10 can have on soil is bigger than Lake Michigan!



# 12+

4 Conventional farmers apply an average of 2-12+ synthetic pesticides to their crops. One, is one too many!



5 Eating better actually tastes better? Here's something too delicious to pass up: researchers have discovered that organic fruits and vegetables are more flavorful!



6 Are you sipping on extra chemicals in your favorite cup of tea? Conventional herbs like chamomile are often sprayed with pesticides, so let's all have a cuppa organic.



7 Unborn babies are among the most vulnerable to the harmful effects of synthetic pesticides. Research indicates it can cause adverse neurologic and cognitive outcomes in children including putting them at a higher risk of developing an autism spectrum disorder.



8 Need another compelling reason to go organic? Studies show that pesticide exposure during development is associated with lower IQs in children later in life!



9 Organic tomatoes aren't just delicious, their nutrition score is better than the conventional kind. They have higher levels of lycopene (+20%) and vitamin C (+30%)!



10 of glyphosate have been sprayed on fields around the planet. That's more than 2,300 Olympic-size swimming pools worth of carcinogenic pesticides. Not by organic farmers though, because organic agriculture prohibits glyphosate.



# 69%

11 According to a meta-analysis of 342 peer-reviewed studies, organic produce has up to 69% higher levels of phytonutrients than conventionally grown produce. If this were a test, conventional would fail!



12 Keep hearing that organic can't feed the planet? Guess what does better in times of drought? Yup that would be organic, and it has similar yields to chemically intensive conventional crops in normal conditions.



# 3.5 BILLION

13 pounds of this carcinogenic pesticide have been sprayed across America since 1974. Its name: Glyphosate. It's most common use: GMO crops. Who prohibits it? Organic agriculture.



14 Organic strawberries do it BEST! Studies have found that they have a longer shelf life, higher antioxidant activity AND taste better than conventional strawberries.

15



Sunshine and blue sky aren't genetically modified and guess what else is always Naturally NON- GMO? Organic produce!

16



We can all use more free radical scavengers, to help combat the stress and pollution we face every day. The great news is organic apples have higher levels of free radical scavengers like quercetin and other flavonoids.

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An apple a day...doesn't keep the pesticides away, if you're buying conventional. According to the Environmental Working Group's analysis, pesticides showed up on 90% of conventional apples tested, even after they were washed!

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100% Of the Produce at Natural Grocers is USDA Certified Organic



100% Of our produce is naturally NON- GMO



No risk of cross-contamination or co-mingling

NO WORRIES... PRICELESS!

19



Did you know... ketchup made from organic tomatoes has higher antioxidant content than ketchup made from conventional tomatoes?

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We know organic produce takes the cake, (carrot cake of course), when it comes to having higher levels of nutrients that are good4u<sup>sm</sup>. Then there's the icing on top - organic produce also has lower levels of bad things, like the toxic metal, cadmium.

21

24+

Where do you NEVER have to worry about the 24+ different pesticide residues found in conventional herbs & spices? That would be your Natural Grocers bulk herbs & spices because they're all 100% Organic!

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It forms in the Gulf of Mexico every year, and it's three times as big as Grand Canyon National Park. This area of approximately 5,550 square miles is called a dead zone, because there isn't enough oxygen to support life, and it's caused by runoff of chemical fertilizers.

23



Organic farming is good for the whole neighborhood. In areas where it's on the rise, known as organic "hot" spots, the nearby median household income is rising too, by over \$2,000!

24



How does conventional farming stack up against organic, when it comes to biodiversity? It doesn't. Numerous studies show that organic farming promotes biodiversity and enhances the health of nearby ecosystems, but conventional farming does nada.

25

120%

Popeye jokes are so outdated, we know, but he really must have been eating organic spinach! How do we figure? Because a study comparing conventional vs. organic spinach found that organic had 120% higher antioxidant activity.

26



Everybody wants the best pregnancy possible, and organic veggies are happy to help. Studies show that consuming them "often" or "frequently" is associated with a healthy pregnancy.

27

Synthetic pesticides don't do little brains any favors. Studies have shown that children exposed to pesticides commonly found on conventional foods, were twice as likely to be diagnosed with ADHD. As for adults, the same exposure is linked to a 1.5-fold increase of developing Alzheimer's!

28

The bad news is that 94%

of the U.S. population has measurable levels of pesticide breakdown products in their urine. The good news is: Natural Grocers only sells organic produce.

29

96%

Switching to a diet of 80% organic foods for one week, reduces pesticide breakdown products in urine by 96%! Make the switch permanent and your liver and body will thank you as well the fishes, sea turtles and dolphins.

30



Does more nutrition taste better? Yes! Colorado State University did a little scientific snacking, comparing organic to conventional apples, and guess who aced that test? Organic!