



10 Reasons Organic Food Is Better for You and the Planet *Part 2*

6. Less Contribution to Climate Change

So many organic farming practices are good for the planet. Here are a few reasons why organic farming contributes less to climate change than industrial farming methods:

- Manufacturing synthetic fertilizers and pesticides uses a lot of energy and produces carbon emissions. By avoiding the use of these chemicals, organic farming can be more ecologically friendly.
- Organic farms often have fewer animals per hectare than concentrated animal feeding operations (CAFOs). Having fewer animals naturally grazing is better for the environment and for the animals themselves.
- Healthy soil serves as a carbon sink.

7. Greater Biodiversity

The soil on organic cropping farms is teeming with soil life and is mostly higher in soil carbon which makes the farm more resilient with weather extremes. Because organic farmers don't apply synthetic chemicals to their crops, the soil food web is abundant with countless bacteria, nematodes, fungi and earthworms live in the soil.

Cover crops introduce a diversity of nutrients for beneficial insects above ground.

8. Cleaner Water

The chemicals used in industrial farming, which include pesticides and synthetic fertilizers, often end up in waterways. This can poison aquatic organisms or lead to eutrophication, the condition where fertilizer contaminates a body of water and causes explosive algae blooms.

These huge quantities of algae can deplete oxygen and block sunlight. Human-caused eutrophication harms the animals and plants living in the water.

9. Healthier Pollinators

Grasshoppers and other crop-eating pests aren't the only insects that pesticides kill. Toxic pesticides also harm insects that benefit crops, like bees, butterflies, and wasps. Organic farmers avoid using pesticides that kill pollinators.

Additionally, monocropping decreases the amount of nectar available to pollinators, making it harder for them to find food. Since organic farming usually isn't as large-scale as traditional farming and tends to include cover crops, beneficial insects have a better chance of finding food.

10. Improved Working Conditions for Farmers

Although scientists are still studying the effects of indirect pesticide and synthetic fertilizers usage, there's plenty of evidence that working directly with poisons can harm farmers' health.

Agricultural workers may be exposed to toxins via inhalation, skin contact, or getting the chemicals in their eyes. This can cause cancer, diabetes, asthma, and other lifelong health issues. Because organic farmers don't come in contact with toxic chemicals, they aren't risking their health at work.

Choose Organic for You and the Planet

There are so many benefits to organic farming. When you buy organic food, your choice serves as a vote that supports the environment, better working conditions for farmers, and improved human health. Make sure your voice is heard.

Soil Lovers say: We Can All Enjoy The Benefits Of Organic Farming

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