

# You Are What You Eat!

CHOOSE ORGANIC SEEDLINGS AND SEEDS

## ORGANIC VERSUS NON-GMO

### COMPARING THE 2 LABELS



ORGANIC OPERATIONS MUST DEMONSTRATE THAT THEY ARE PROTECTING NATURAL RESOURCES, CONSERVING BIODIVERSITY & USING APPROVED CROP, LIVESTOCK & PROCESSING INPUTS. THE USE OF GMOS, IONIZING RADIATION, SEWAGE SLUDGE, SYNTHETIC PESTICIDES & FERTILIZERS ARE PROHIBITED FROM ORGANIC PRODUCTION.



NON-GMO VERIFIED PRODUCTS EXCLUDE GMO INGREDIENTS FROM BEING USED. BEING VERIFIED MEANS THAT THE PRODUCT DOES NOT INCLUDE GMO INGREDIENTS BUT THAT DOES NOT MEAN THE PRODUCT IS FREE FROM OVER 700 CHEMICALS USED IN CONVENTIONAL FOOD PRODUCTION..



NO GMOS



NO ANTIBIOTICS



NO GROWTH HORMONES



NO ARTIFICIAL COLORS



NO PRESERVATIVES



NO ARTIFICIAL FLAVORS



NO SYNTHETIC FERTILIZERS



NO SYNTHETIC PESTICIDES



NO IRRADIATION



NO SEWAGE SLUDGE



### GREEN MARKETS IN PALM BEACH COUNTY

#### BOCA RATON

BOCA RATON GREEN MARKET – 8 AM – 1 PM ON SATURDAYS (OCT 27-MAY) ROYAL PALM PLACE (SOUTH END), THE INTERSECTION OF S FEDERAL AND MIZNER BLVD, BOCA RATON ROYALPALMPLACE.COM

#### BOYNTON BEACH

BEDNER'S FARM FRESH MARKET – OPEN MON-SAT, 9 AM-6 PM/SUN. 10 AM-5 PM 10066 LEE ROAD, BOYNTON BEACH; 561-733-5490 BEDNERS.COM

#### DELRAY BEACH

DELRAY BEACH GREEN MARKET – CLOSED AT THE MOMENT, BUT YOU CAN SHOP THEIR VIRTUAL GREENMARKET. OLD SCHOOL SQUARE PARK, 51 N SWINTON AVE., DELRAY BEACH; 561-276-7511 DELRAYCRA.ORG/GREENMARKET/

#### JUPITER

JUPITER FARMERS MARKET AT EL SOL – SUNDAYS FROM 9 AM – 1:30 PM NOV-APRIL 106 MILITARY TRAIL AT EL SOL; 561-283-5856 JUPITERFARMERSMARKET.COM

#### LOXAHATCHEE

SWANK SPECIALTY PRODUCE FARMERS MARKET SATURDAYS FROM 10 A.M. TO 1 P.M. SWANK SPECIALTY PRODUCE, 14311 N. ROAD, LOXAHATCHEE; 561-202-5648 HTTPS://WWW.SWANKSPECIALTYPRODUCE.COM

#### PALM BEACH GARDENS

GARDENS GREEN MARKET – AT THIS TIME, THE GARDENS GREENMARKET WILL NOT BE OPEN TO THE PUBLIC. INSTEAD, THEY WILL BE HOSTING A VIRTUAL GREENMARKET WHERE YOU CAN SHOP FOR YOUR FAVORITE VENDORS' ITEMS ONLINE. 561-630-1100 PBGFL.COM/GREENMARKET

#### ROYAL PALM BEACH

ROYAL PALM BEACH GREEN MARKET – SATURDAYS FROM 9 AM – 1 PM LAKESIDE AT VILLAGE HALL, 1050 ROYAL PALM BEACH BLVD., ROYAL PALM BEACH; 561-792-9260 WWW.RPBGREENMARKET.COM

#### WEST PALM BEACH

WEST PALM BEACH GREENMARKET – SATURDAYS FROM 9 AM-1 PM 101 S FLAGLER DR., WEST PALM BEACH; 561-822-1520 INCLUDES 2 HOURS OF FREE PARKING IN CITY GARAGES. WPB.ORG/GREENMARKET



## The Benefits of Organic Food

How your food is grown or raised can have a major impact on your mental and emotional health as well as the environment.

Organic foods often have more beneficial nutrients, such as antioxidants, than their conventionally-grown counterparts and people with allergies to foods, chemicals, or preservatives may find their symptoms lessen or go away when they eat only organic foods.

Organic produce contains fewer pesticides. Chemicals such as synthetic fungicides, herbicides, and insecticides are widely used in conventional agriculture and residues remain on (and in) the food we eat.

Organic food is often fresher because it doesn't contain preservatives that make it last longer.

Organic produce is sometimes (but not always, so watch where it is from) produced on smaller farms nearer to where it is sold.

Organic farming tends to be better for the environment. Organic farming practices may reduce pollution, conserve water, reduce soil erosion, increase soil fertility, and use less energy. Farming without synthetic pesticides is also better for nearby birds and animals as well as people who live close to farms. Organically raised animals are NOT given antibiotics, growth hormones, or fed animal byproducts. Feeding livestock animal byproducts increases the risk of mad cow disease (BSE) and the use of antibiotics can create antibiotic-resistant strains of bacteria. Organically-raised animals tend to be given more space to move around and access to the outdoors, which help to keep them healthy.

Organic meat and milk can be richer in certain nutrients. Results of a 2016 European study show that levels of certain nutrients, including omega-3 fatty acids, were up to 50 percent higher in organic meat and milk than in conventionally raised versions.

Organic food is GMO-free. Genetically Modified Organisms (GMOs) or genetically engineered (GE) foods are plants whose DNA has been altered in ways that cannot occur in nature or in traditional crossbreeding, most commonly in order to be resistant to pesticides or produce an insecticide.

## Organic Food vs. Locally-Grown Food

Unlike organic standards, there is no specific definition for "local food". It could be grown in your local community, your state, your region, or your country.

During large portions of the year it is usually possible to find food grown close to home at places such as a farmer's market.

## The Benefits of Locally Grown Food

### Financial:

Money stays within the local economy. More money goes directly to the farmer, instead of to things like marketing and distribution.

### Transportation:

In the U.S., for example, the average distance a meal travels from the farm to the dinner plate is over 1,500 miles. Produce must be picked while still unripe and then gassed to "ripen" it after transport. Or the food is highly processed in factories using preservatives, irradiation, and other means to keep it stable for transport. Less carbon footprint!

### Freshness:

Local food is harvested when ripe and thus fresher and full of flavor. Some small local farmers use organic methods but may not be able to afford to become certified organic. Visit a farmer's market and talk with the farmers to find out what methods they use.