

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..

<input checked="" type="checkbox"/>	NO GMOS	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/>	NO ANTIBIOTICS	<input type="checkbox"/>
<input checked="" type="checkbox"/>	NO GROWTH HORMONES	<input type="checkbox"/>
<input checked="" type="checkbox"/>	NO ARTIFICIAL COLORS	<input type="checkbox"/>
<input checked="" type="checkbox"/>	NO PRESERVATIVES	<input type="checkbox"/>
<input checked="" type="checkbox"/>	NO ARTIFICIAL FLAVORS	<input type="checkbox"/>
<input checked="" type="checkbox"/>	NO SYNTHETIC FERTILIZERS	<input type="checkbox"/>
<input checked="" type="checkbox"/>	NO SYNTHETIC PESTICIDES	<input type="checkbox"/>
<input checked="" type="checkbox"/>	NO IRRADIATION	<input type="checkbox"/>
<input checked="" type="checkbox"/>	NO SEWAGE SLUDGE	<input type="checkbox"/>

GREEN MARKETS IN PALM BEACH COUNTY

BOCA RATON

BOCA RATON GREEN MARKET – 8AM – 1PM 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



JOSEPH P CORY
FOUNDATION
Anchored in Love.

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561.501.3538

EIN:47-5340784

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.