



Beachy Cream Fact Sheet

Definition of Organic:

“Organic food is produced by farmers who emphasize the use of renewable resources and the conservation of soil and water to enhance environmental quality for future generations. Organic meat, poultry, eggs, and dairy products come from animals that are given no antibiotics or growth hormones. Organic food is produced without using most conventional pesticides; fertilizers made with synthetic ingredients or sewage sludge; bioengineering; or ionizing radiation.”

Source: <http://www.ams.usda.gov/AMSv1.0/nop> (United States Department of Agriculture)

Organic vs. Natural: What’s the Difference?

“Natural foods’ are often assumed to be foods that are minimally processed and do not contain any hormones, antibiotics or artificial flavors. In the United States, however, neither the FDA nor the USDA has rules or regulations for products labeled ‘natural.’ As a result, food manufacturers often place a “natural” label on foods containing heavily processed ingredients.” (See definition of “organic” above.)

Source: <http://www.organicitsworthit.org/natural/natural-vs-organic> (Organic Trade Association)

How Organic Farming Affects Taste and Sustainability of Produce:

“In a study conducted at Washington State University, the organic strawberries had higher concentrations of antioxidants and vitamin C and survived longer without rotting. Taste testers clearly preferred the organic version of Diamante strawberries, one of three varieties tested. DNA analysis revealed that the organically managed soil had a larger array of microbes, an indication that the ecosystem was more resilient. The results were published in the journal PLoS One.”

Source: <http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0012346> (PLoS One Journal)

Health Benefits of Eating Organic Food:

“A report jointly produced by The Organic Center and professors from the University of Florida Department of Horticulture and Washington State University provides evidence that organic foods contain, on average, 25 percent higher concentration of 11 nutrients than their conventional counterparts. The report was based on estimated differences in nutrient levels across 236 comparisons of organically and conventionally grown foods.”

Source: “New Evidence Confirms the Nutritional Superiority of Plant-Based Organic Foods,” http://www.organic-center.org/reportfiles/5367_Nutrient_Content_SSR_FINAL_V2.pdf (The Organic Center)

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How Organic Farming Affects the Environment:

“Research at The Rodale Institute has shown that organic practices can remove about 7,000 pounds of carbon dioxide from the air and sequester it in an acre of farmland per year. Thus, Rodale estimates that if all 434 million acres of U.S. cropland were converted to organic practices, it would be the equivalent of eliminating 217 million cars—nearly 88 percent of all cars in the country today and more than a third of all the automobiles in the world.”

Source: “Regenerative 21st Century Farming: A Solution to Global Warming”
http://www.rodaleinstitute.org/files/Rodale_Research_Paper.pdf (The Rodale Institute)

Why Organic Milk is Different from Regular Milk:

Cows at organic dairies:

- Are fed only organic grains, free of synthetic fertilizers and pesticides.
- Get at least 30 percent of their feed from pasture.
- Aren’t treated with antibiotics, or with bovine growth hormone to increase milk production.”

Source: <http://www.ams.usda.gov/AMSV1.0/getfile?dDocName=STELPRDC5082660>

(United States Department of Agriculture)